NEELB publish the Amalgamation Site Feasibility Study on the merger of Monkstown Community School and Newtownabbey Community High School.

Monkstown is the preferred site


The North Eastern Education & Library Board (NEELB) have now published their Amalgamation Site Feasibility Study.

The brief from NEELB for this Study was for ‘a Feasibility Study to be prepared that could determine which Site is preferable for an amalgamated School campus.’

This Study reports on the condition of existing accommodation and investigates the options available to provide modern accommodation for a long term enrolment of 1000 pupils with space to expand to 1100 pupils by 2025 if required.

Based on the technical analysis the Feasibility Study concludes ‘the preferred site for the amalgamation is Monkstown Community School’.

Among some of its other conclusions, the Study found that if all pupils from MCS were to relocate to NCHS, the transport costs would rise to over £93k pa, with an additional 81 pupils being eligible to a bus pass; a net increase of over £53k.

If all pupils from NCHS were to relocate to MCS, the transport costs would fall to just over £36k pa; a net saving of nearly £5k.

However it is in the general Financial analysis that the Study has found the capital costs required to develop MCS would be significantly lower at close to £4.5m compared to just £6m at NCHS. It states ‘From our analysis the capital cost to develop Monkstown CS is significantly less than Newtownabbey CHS . . . Monkstown CS has therefore greater building capacity than Newtownabbey CHS to accommodate pupils in permanent buildings due to any amalgamation.’

Now that the Development Proposals are published there will follow a two-month consultation period, when responses from all interested parties can be made directly to the Department of Education.

This will take effect on 31 August 2014 or as soon as possible thereafter.

In a letter to parents, the Principal, Mr Pell-Ilderton, wrote: ‘Although pleased that the proposal is to locate the new school on the Monkstown site, we are aware that the consultation process has to run its course and once this is completed we can then forge ahead with the detailed planning around the establishment of the new school. In the meantime our prime aim, as always, is to ensure that the young people receive the best possible educational experience.

‘In situations such as this rumour is rife, but the process so far has been open and transparent and there is no reason to believe that this will change.

‘If you have any questions please contact the school . . . Thank you again for your on-going support.’

Please continue to make your local Councillors aware of your support and expressing your support for the outcome recommended in the Study.

£924.74 for Breast Cancer

Debbie Smyth and Debbie Patterson raised a grand total of £924.74 during their ‘Pretty in Pink’ event in Monkstown Jubilee Centre.

The Debbies would like to thank everyone who contributed and to all who made it a great night!
MONKSTOWN BAPTIST CHURCH

Sunday:
10.00 am: Sunday School
11.00 am: Ministry of the Word followed by Breaking of Bread
            (crèche and children's church)
6.30 pm: Gospel Meeting
8.00 pm: Youth Fellowship

Tuesday:
7.45 pm: Bible study and prayer

Pastor Hoey leaves Monkstown after 15 years

After 15 years of faithful service in Monkstown Baptist Church, Pastor Alan Hoey and his wife Heather have left to take up the Pastorate in Limavady Baptist Church. A special evening was held in the church on Saturday 5th October when they were presented with gifts in appreciation of their labours for the Lord. His final Sunday was 6th October. The induction in Limavady is on Friday 1st November.

Pastor Hoey was well-known in the community for his visitation and help to those who were in need. Above everything else he preached the Gospel clearly and simply. Many can testify that through his preaching they realised they were sinners and needed God's salvation. One of the highlights of his time in Monkstown was a Tent Mission at the football pitch in Cloyne Crescent when many attended each night to hear God's Word. He was also a popular visitor to Hollybank Primary School both with the Amazing Journey programme and on the assembly rota.

We wish them God's blessing for the future. Visiting speakers will be responsible for the meetings in Monkstown Baptist.

Visiting speakers each week
Everyone welcome
Jesus said 'You must be born again' (John 3:7)

T4U
We are open again!
Abbey Presbyterian Church
Tuesdays and Thursdays 1:30 – 3:30pm

This is for anyone in the community as part of a social community outreach. Currently our numbers are few and we would love to see more people dropping in for a chat a cup of tea and a biscuit. If you are passing, you will be made very welcome and tell your family and friends.

We look forward to seeing you.
CHRISTMAS, or at least the run up to it, seems to start earlier every year. The adverts on the television, the decorations in town centres and the late night shopping, all serve to tell us that we need to spend big in order to enjoy ourselves.

However, the hangover we can be left with after buying the presents, food and decorations can leave us starting the New Year with a big financial headache.

Debt is a fact of life for many people these days but following some simple guidelines can help in the run up to Christmas:

♦ Make a list of who you need to buy presents for and set a limit according to your budget on how much you can spend;
♦ When you go shopping keep track of what you have spent – that way you will know when your money is low and when you have spent what you budgeted for;
♦ Try to avoid going over your budget – shop around for the best deals and try to avoid impulse buying;
♦ If you cannot avoid borrowing make sure you can afford the repayments - avoid credit cards, store cards and doorstep lenders as these can be very expensive.

If you get into financial difficulties or find you have overspent follow these tips:

♦ Don’t panic and don’t ignore the problem – it can seem tempting to ignore bills and threatening letters but they won’t go away;
♦ Avoid borrowing further to try and pay off existing debt – this may lead to more problems in the long run;
♦ Talk to your creditors – don’t just stop payments without explaining why. They can sometimes be more understanding than you might expect;
♦ Work out priority debts, for example, rent and utility debts – pay these first. Don’t fall into the trap of paying whoever shouts loudest first;
♦ Work out a budget that covers all your income and essential outgoings. Only offer to pay off debts at a rate you can afford.

Get free, confidential and independent advice from your nearest Citizens Advice Bureau go to www.adviceguide.ork.uk or call at:

Newtownabbey Citizens Advice Bureaux
Dunanney Centre, Rathmullan Drive, Rathcoole, Newtownabbey, BT37 9DQ

To help reduce client waiting times, all personal callers to bureau are given a 5 minute assessment to determine if they need an appointment, email address or telephone number. Only Pre-arranged appointments are available at the main bureau and all Outreaches; these can be arranged by telephoning the Bureau or calling personally to the main Centre at Dunanney or emailing the bureau.

ADVICE IS STILL AVAILABLE
ON THE TELEPHONE
9am – 4pm each day
028 90852271
Lunch 1:00 - 1:30pm

Newtownabbey CAB contribute to work in the community and to social issues undertaken both locally and nationally, particularly by identifying enquiries which have wide implications.
Some Useful Housing Information

Pay your rent first—Don’t risk losing your home

In the current financial climate more people are finding it difficult to make ends meet. It is important however for tenants to pay their rent first, if they don’t, they may be at risk of losing their home.

If you are having difficulty paying your rent, shouldn’t ignore the problem. The Housing Executive is committed to providing every opportunity to help tenants who are experiencing difficulties with paying their rent.

Members of staff in local Accounts Offices can provide confidential help and advice to any tenant who is having difficulty paying their rent. However, it is important to contact NIHE at the earliest possible stage so that a fair, affordable agreement can be made to help repay the arrears. If your circumstances change and you are unable to keep the agreement, contact your local office. A new agreement may be able to be negotiated.

Situations arise where the Housing Executive is required to take legal action to recover rent arrears. Ultimately this could result in you being evicted from your home if you ignore us or have failed to keep an agreement to repay your debt.

Staff are specially trained and can help by providing initial advice. You will then be referred to an advisor in Debt Action NI, who can give you advise and ensure all your income is maximised.

This service is free, confidential and independent. Anyone with money worries can also contact this service directly on Freephone 0800 9174607, text ‘Action’ to 81025 or visit … www.debtaction-ni.net

Housing Executive tenants - you can pay your rent:


♦ At any of the extensive number of Paypoint outlets throughout the province situated in local stores and garages, using your rent payment card.
♦ Online at www.nihe.gov.uk from the comfort of your home through Paypoint’s web based service (Paying by credit card will incur an additional charge of up to 2.5%).
♦ Telephone an automated 24 hour phone line on 0844 5578321, using a debit or credit card.
♦ By Direct debit or standing order if you have a bank or building society account
♦ In person at an Accounts Offices or by post.

Staff in Accounts Offices can assist you in finding the payment method that suits you.

Fire safety

The dangers of fire are considerable, but you can greatly reduce the risks.

Don’t smoke in bed
It is one of the most common causes of fires in the home. Always finish your last cigarette or pipe before you go into the bedroom, and make sure that you have put it out.

Cooking chips
Use a deep fat fryer, never use a chip pan; never fill the fryer more than a third with oil or fat and never leave unattended.

Electrics
Never overload sockets, always switch off appliances at the socket when not in use, and turn them off at night. Always use the correct fuse.

Candles
Never leave them unattended or near combustible materials and extinguish them properly.

Heaters and fire
Make sure that they can’t be knocked over and are away from furniture and furnishings. Use a fire-guard and make sure nothing can fall onto heaters. Do not hang washing over heaters.

Bedtime checks
Switch off and unplug all electrical goods that do not need to be left on. Check ashtrays for burning cigarettes or pipes. Close all internal doors.

Smoke alarms
Most of our properties will already have a smoke alarm fitted. These should be tested every week by pressing the test button.

If your home does not have a smoke alarm fitted you should install at least one. This will give advance warning of a fire, which will enable you to escape without injury. Smoke alarms can be purchased relatively cheaply at most electrical and hardware stores. The smoke alarm should also be tested each week by pressing the test button.

Save on your energy costs—Some simple tips


♦ Turn off lights when not needed
♦ Fit energy efficient light bulbs
• Electrical appliances on standby could be costing you up to £100 per year – turn them off!
• Never leave mobile phones on charge overnight and make sure your computer equipment is completely switched off and plugs out.
• Use a toaster rather than the grill.
• Only use the amount of water you need when boiling the kettle but be sure to cover the element of an electric kettle.
• Put lids on pots - they not only keep heat in but also reduce condensation in the kitchen.
• Wait until you have a full load before using washing machines, tumble dryers or dishwashers.
• Do not block radiators with furniture.
• Close curtains when it gets dark to keep heat in.
• Turning room thermostat down by 1°C can save up to 10% on heating bills.
• Defrost fridges and freezers regularly.

No matter what kind of fuel you use, discuss payment options with your supplier. Different payment methods can attract discounts for example paying by direct debit will usually get the biggest discount.

\textbf{Winter Information from NIHE}

Anyone who has had a frozen or burst pipe will know the mess, expense and inconvenience involved. The Northern Ireland Housing Executive through the Belfast Metropolitan College has provided some information on household frost protection, some prevention measures and other advice in the event of frozen or burst pipes.

\textbf{Properties of water}

Remember as water expands it takes up more space as it freezes. Newly frozen water forms a blockage of ice that prevents water from being able to pass through that section of pipe. This also causes an increase in water pressure within the pipe, simply by taking up more room. The pressure on the pipe increases until the pipe bursts.

\textbf{Types of pipes effected}

The main types of pipe effected by freezing temperatures include copper pipework, whether its the main drinking water pipework, domestic hot and cold or domestic central heating. Pipes in crawl spaces, attics, basements, garages, roofspaces and outside are most at risk.

\textbf{Preventing freezing}

\textit{In very cold weather}, you could leave your heating on for longer periods (or set it to come on a couple of times a day and night). The main purpose is to keep water moving around your heating system and keep the chill out of the house. You do not need to keep the heating temperature up to the normal high setting.

♦ Turn the boiler down to its lowest when you are out of the house.
♦ Turn the room thermostat up to the highest.
♦ Keep the programmer on constant. This will slow down freezing even if you have run out of fuel.
♦ Open the access panel into your loft, this will help raise the loft temperature and help prevent freezing.
♦ A light in the loft will also produce heat that can help prevent freezing (not an energy-efficient bulb or a flourescent light, they give very little heat).
♦ Run the hot and cold water taps regularly for short periods (30 seconds to 1 minute), this will help to raise the temperature of the water in the pipework, running water does not freeze as fast.

\textbf{In the event of a leak}

Once you have identified a leak the best course of action is to isolate the mains water supply (usually under the kitchen sink) after turning off the washing machine, electric shower, immersion heater and central heating and open all the taps.

The stop valve, taps etc are right hand thread and so open/close as a milk carton (righty tighty - close, lefty loosey - open).

If the water is leaking near electrical switches, lights etc. Keep clear and call the NIHE helpline for assistance (Housing Executive repairs 03448 920 901).

Please think of elderly or disabled people in your community, they may have no one else to rely on.

\textit{It Will Never Happen to Me'}

The Housing Executive urges householders to insure their house contents

Over the past few years there have been many examples of extensive damage being caused by flooding, fire and severe cold spells resulting in burst pipes. Many of those affected had no insurance."

The Housing Executive or housing associations will carry out repairs to the structure of their properties. It is, however, the tenant’s responsibility to have insurance cover for personal property, furnishings and the decoration of their home.

For many, with competing pressures on the household budget, house contents insurance may not seem a priority. But we are urging everyone, including Housing Executive and housing association tenants, to have their possessions insured. If you do not have insurance for your personal property, you run the risk of having to find all the money necessary to repair or replace items that have been damaged.

There are numerous contents insurance policies available and you can obtain details by looking in your yellow pages or contacting your local insurance broker. Alternatively, visit Supporting Communities NI website www.supportingcommunitiesni.org

 NI Direct website www.nidirect.gov.uk

\textit{(Information for this article was taken from a Supporting Communities NI publication.)}
What is Stress?

Stress is the feeling of being under too much mental or emotional pressure.

Pressure turns into stress when you feel unable to cope. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else.

Many of life’s demands can cause stress, particularly work, relationships and money problems. And, when you feel stressed, it can get in the way of sorting out these demands, or can even affect everything you do.

Stress can affect how you feel, think, behave and how your body works. In fact, common signs of stress include sleeping problems, sweating, loss of appetite and difficulty concentrating.

You may feel anxious, irritable or low in self esteem, and you may have racing thoughts, worry constantly or go over things in your head. You may also experience headaches, muscle tension or pain, or dizziness.

Stress causes a surge of hormones in your body. These stress hormones are released to enable you to deal with pressures or threats - the so-called “fight or flight” response. Once the pressure or threat has passed, your stress hormone levels will usually return to normal. However, if you’re constantly under stress, these hormones will remain in your body, leading to the symptoms of stress.

Managing stress in daily life

Stress is not an illness itself, but it can cause serious illness if it isn’t addressed. It’s important to recognise the symptoms of stress early. Recognising the signs and symptoms of stress will help you figure out ways of coping and save you from adopting unhealthy coping methods, such as drinking or smoking.

Spotting the early signs of stress will also help prevent it getting worse and potentially causing serious complications, such as high blood pressure.

There is little you can do to prevent stress, but there are many things you can do to manage stress more effectively, such as learning how to relax, taking regular exercise and adopting good time management techniques.

(Adapted from an article printed on www.nhs.co.uk)
Monkstown Village Initiatives’ re:think/re:act service in conjunction with the NHSCT are offering several stress management courses over the autumn winter months. The programme, called Stress Control, runs for six weeks at a time and covers topics such as understanding signs and symptoms of stress; managing your body, managing your actions, managing your thoughts etc. There are currently 3 programmes running with 3 more planned for January/February 2014.

**Current Stress Control courses**

**Tuesday Evenings**
7.00pm-8.00pm

22nd October – 26th November
Monkstown Village Centre
Newtownabbey, BT37 0HS

30th October – 4th December
Oakfield Community Centre
Carrickfergus, BT38 7SP

**Wednesday Evenings**
7.00pm-8.00pm

25th October – 29th November
Monkstown Village Centre
Newtownabbey, BT37 0HS

**Friday Afternoons**
12.00 midday-1.30pm

If you would be interested in attending one of these courses or you wish to register interest in a January/February course please contact Monkstown Village Centre on (028) 9086 0090.

(Even if the courses have already started, please come and benefit from the weeks that are still remaining.)

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**Now recruiting NEW members**

**Thursdays**
Beavers—6.30-7.30 pm
Cubs—7.00-8.30 pm
Scouts—8.00-9.30 pm

**Contact:**
John Campbell
02890 506031
Our summer has been a busy one here in the Green Hut. From the expanse of Ballintoy on the North Coast to the much smaller dimensions of a football cage and everything in between.

Our summer programme included a wide range of activities and was funded by Newtownabbey Council. We had a steady stream of drop-in sessions over a six week period from July to August with a number of other alternative activities mostly concentrated in the last three weeks of August. The drop-in sessions included our normal activities like snooker, pool, table tennis, Xbox, nail bar, and other games. The alternative activities outside the centre included outdoor adventure activities, 3G football, go-karting, football cage and our staff team BBQ!

Girls’ Group and Ballintoy
Claire, our Youth Support Volunteer had worked in developing a girls’ group towards the end of term in June and into the summer. Programme work was based on identity and concluded with a residential in Ballintoy. The residential involved camping out, coasteering, and chatting about the programme around a campfire. Thoughts on camping and coasteering included amazing, fun, and challenging. The result of this work is the formation of a girls’ group afternoon during term times on a Monday after school which is open to all from Year 8 and up. A big thank you to Claire for all her work in developing and sustaining this group.

Transfer Test Tuition
We began a new centre-based programme at the end of the last academic year in partnership with Hollybank primary school. Our transfer test tuition classes began at the end of last May with some of the pupils from P6 who will be doing the test this Autumn. The transfer test group took place every Thursday after school and then every Thursday morning during the summer. As their reward for all their hard work during the summer the group took a trip to W5 at the Odyssey in Belfast.

Schools’ Work
Last term we ran our Understanding Communities programme with P5 and P6. This programme is designed to help young people think about not only their own community but also other communities around the world.

We also engaged in three pieces of new work with P7 last year. The first was a transition programme helping young people with the move from primary to secondary school. The second was an adaptation of our Stress BEAT for Schools programme, which we have run for the past three years in Monkstown Community School. We made a few changes for P7 so that it could be as effective as it is in the secondary...
The third new piece of work to mentor the majority of P7 students in Hollybank. This mentoring was part of our Pinnacle Project, which is aimed at helping young people develop and encouraging them to imagine and then plan for what they would like to be doing in later life.

**Staff Team**

We had an amazing staff team barbecue at Carnfunnock during the Summer where we celebrated a great year. A large part of that great year was thanking those staff and volunteer members for their hard work, and thanking those who had recently joined us. With us this year is Beth who is young adult volunteer with the Presbyterian Church in the USA. Beth comes all the way from Kansas and is placed with us and with Abbey Presbyterian Church.

**This Autumn and Winter**

We’ll have our usual run of drop-in sessions and activities from September to December. Our Understanding Communities programme with P5 and P6 will take place in Hollybank and we’re also aiming to make our way through the whole of Year 12 with our Stress BEAT programme in Monkstown Community school. The Pinnacle mentoring project will continue in our centre as will our Transfer Test group. Check out the timetable below for days and times.

Thank you to all who help our work from praying, to volunteering, to donating and encouraging. Thank you.

If you’re interested in becoming involved or seeing more of our work then check out our Facebook page: www.facebook.com/thegreenhut

MVI Youth Works is a Christian-based youth project run from Monkstown Village Centre and is part of Monkstown Village Initiatives.

**Info:**

Facebook: www.facebook.com/thegreenhut
Email: info@mviyouthworks.org
Tel: 02895 812 822

**Where?**

18 Monkstown Village Centre
(Above Tesco)
Youth Entrance is on the Jordanstown Road
(in between Coasters and Tesco)

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**Weekly Outline**

**Monday**
After school: Girls group led by Claire and Beth for girls — 1st year and up

**Tuesday**
After school: Senior drop-in — 1st year and up

**Wednesday**
After school: Senior drop-in — 1st year and up
Evening: Junior drop-in P5-P7

**Thursday**
After school: Transfer Test guidance for Hollybank P7s
The Church of the Good Shepherd (COGS)

Do Protestants really think the Irish language is not for them?

by Dr Ian Malcolm—30 July 2009

There’s no such thing as a “political” language, but any language can be used politically and that’s where Irish has suffered. And a large part of our heritage has therefore been really denied to the Protestant people as a result. History proves that Protestants have engaged positively with Irish over many centuries: only in relatively recent times has it become associated with nationalism and republicanism. In fact, Presbyterians are credited as being the ones who ‘saved’ the language and kept it alive when it nearly died out. Recently members of the Free Presbyterian Church came over to Ireland to demonstrate the Gaelic Psalm singing they do as their normal worship. Perhaps we might get them to come again, to Monkstown? Would be lovely to hear them, don’t you think?

Politics and perception continue to influence what we think about the Irish language and we all need to appreciate that Irish, like any language, can be used to express whatever view or belief you have. You might want to say “Ar Son Dé agus Uladh” — “For God and Ulster”. Or next time you’re at Windsor Park you could even launch into a resounding chorus of “Ni Sinne an Bhraisíl ach Tuaisceart Éireann” — “We’re Not Brazil: We’re Northern Ireland”.

But despite all the politics there is a growing interest in Irish by Protestants. Many young Protestants have a tremendous curiosity about the language. For starters they are much more open-minded about Irish than their parents. Many older people actually regret not having the opportunity to learn it at school.

“Living Irish” is particularly popular — that’s the language that’s all around us in place names, surnames and even in the “Irish” way we use English. And it’s the best way to promote Irish on an all-inclusive basis. Being a staunch unionist is clearly no bulwark against having a good Gaelic name ... for example McCrea, Mellven, Campbell, Simpson, Donaldson and Paisley. People of every background also have a tremendous sense of attachment to their place names, even if they don’t know they’re Irish. Place names tell us so much about the geography, history, or mythology of the area. In fact, you’ll find no better exhibition of Irish place names than on the banners fluttering proudly in the breeze at a rural demonstration on the Twelfth of July. Many years ago a unionist councillor, renowned for his determination to stop the evil republican octopus spreading its foul tentacles over the six, sweet counties of Northern Ireland, bristled when the matter was raised in his council. He proudly proclaimed “Over my dead body will they translate Drummahuncheon into Irish”. He needn’t have worried — Gaelicising so Irish a name would have been impossible.

How do you feel when you hear the expression “Tíocfaidh Ar Lá”? It’s Irish, of course, and it means “Our Day Will Come”. Sadly, maybe the one phrase of Irish that every Protestant and unionist understands. How you react to those three simple words probably defines your overall attitude towards the language. Yet it needn’t be so. If you knew even a little Irish, you’d quickly discover how to say “Ni Thioicfaidh Bhur Lá” — “Your Day Will NOT Come”.

Launching our iD Family History Group on the THIRD Saturday of every month (9.30-11.30am) for those who wish to ‘research their family tree’. But occasionally we will also have mornings which are devoted to finding out more about your particular ancestors’ names and the places they came from, thanks to the help of the people from The Ultach Trust.

But for those who want to take the bull by the horns so to speak, we are hoping this autumn to offer a ten-week taster course in basic Irish Language to everyone in the Monkstown community. It will take place in COGS on Wednesday evenings from 8-9.30pm. To start us off, Linda Ervine, East Belfast Mission’s Irish Language Development Officer will help us to explore the hidden history of Protestants and the Irish language, revealing little known facts about the Unionist community’s Irish language heritage and showing how even today, we use many Gaelic words in our everyday speech. Some members of the Cloughfern Young Conquerors Flute Band will also be present to help to set the scene for us by playing some tunes from Protestant culture. There will also be a chance on that night to meet the Tutor, Niall Maclochlainn and to find out more about what’s involved. Tea and refreshments will be available at the end of the evening. Do come along, and bring a friend, or two. And say ‘Sea’ (pronounced ‘Sháh’ and means ‘Yes!’) You’ll find a warm welcome and we’d love to see you — or should I say ‘Cead mile faite’.

Feel free to contact Rev Arlene Moore for more details (02890 864902).
Monkstown Boxing Club’s Kid Gloves Programme had a surprise visit to the club by Carl Frampton after winning the European Super Bantamweight Title at the Odyssey Arena in Belfast. Carl was impressed to see the young hopefuls who each had the opportunity to hold his Championship Belt.

Mayor of Newtownabbey Alderman Fraser Agnew was guest of honour at Monkstown Boxing Club to present participants from our BoxClever pro- gramme who successfully completed their Community Sports Leaders qualification. Also pictured is Club Chairman Billy Snoddy.

Local boxer Ryan Greer has won 2 major titles in as many weeks. Pictured here with Head Coach Paul Johnston after winning Gold at the Celtic Box Cup in Dungarvan, Waterford. The previous week Ryan won the Co. Antrim Novice 64kg title at the Dockers’ Club Belfast. Ryan is off to a tournament in Florida in November along with other boxers from the Club.

Women’s Aid is the lead agency offering support and refuge services to women and children who have or are currently experiencing domestic violence and abuse. For almost 6 years, Women’s Aid has occupied premises in Monkstown Village Centre where the local and wider community in Newtownabbey have been able to access support.

Women’s Aid has further developed its services in order to meet the needs of those who require support and have acquired larger premises.

From 1st November 2013, Women’s Aid will be based at:

Unit 5a Lesley House
1-9 Carnmoney Road
Glengormley.

Women’s Aid is dedicated to providing refuge, support, information and training to women and children who are suffering abuse within the home, in the Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey areas.
The Persecuted Church

Tears of the Saints

'Women received their loved ones back again from death. But others were tortured, refusing to turn from God in order to be set free. They placed their hope in a better life after the resurrection. Some were jeered at, and their backs were cut open with whips. Others were chained in prisons. Some died by stoning, some were sawed in half, and others were killed with the sword. Some went about wearing skins of sheep and goats, destitute and oppressed and mistreated. They were too good for this world, wandering over deserts and mountains, hiding in caves and holes in the ground. All these people earned a good reputation because of their faith, yet none of them received all that God had promised. For God had something better in mind for us, so that they would not reach perfection without us.' (Hebrews 11:35 – 40)

These verses which were written so long ago are as relevant today as they were then, for the intervening centuries have not seen a lessening in the suffering of the body of Christ's followers. In fact the persecution of God's people in many countries throughout the world is worse now than it was then.

Fines, confiscation of property, imprisonment, torture and even death are an everyday reality for many who profess the name of Jesus.

Pray always for these brothers and sisters and for those who persecute them.

It makes you thankful that we have the freedom to go and worship our Saviour.

'You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.'

Psalm 56:8

MEN UNITED for 2013-2014

Attention all you "Men of Monkstown". Our men’s group "Men United" has started a new season. We would be delighted to get new members and make new friends. If you are free on the first Wednesday of each month, and you would like some company, please come along to Abbey Presbyterian and you will be made very welcome. We serve a 3-course meal at 6:30pm and we have a speaker that talks to us for about 30-40 minutes (see our agenda for itinerary). We always have an enjoyable evening, and we always enjoy the food and the crack, so why don’t you join us. Just walk in at 6:30 or give Jim a call on 07501948500.

Nov 6th Reverend Cutcliff
Dec 4th Carol Service with PW*
Jan 8th Greensland Golf Club dinner*
Feb 5th Val Stewart (Simply Serving Ministries)
Mar 5th Flying for Life (Valerie)
Apr 2nd AGM
May 7th Film Night (movie to be arranged)
June 7th TBA*

*Dinner will not be served on these dates.

Coffee Hour

Ladies are you free on Wednesday morning for a time of chat and fellowship?

Why not join with us at Abbey Presbyterian Church at 10.15 am for tea/coffee and chat followed by our fellowship time, finishing at 11.30 approx.

Programme

Nov 13th—S.A.N.D.E.S.
Dec 11th—LIFT Experiences
Jan 8th—Praise Morning Members
Feb 12th—Debbie McKelvey
Mar 12th—Craft Morning Jean and members
Apr 9th—AGM and dinner

Look forward to seeing you ladies!!
Ladies why not have a night for yourselves. Not being in the role of mum, wife or being at work or college.

Come and join us in friendship and fellowship and there is a cup of tea too!!! We meet on Wednesday evenings (dates below) at 8pm.

Our theme this year is Our God is Able—Nothing is impossible with God (Luke 1:37)

Programme

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<tbody>
<tr>
<td>November 6th</td>
<td>Missionary Night</td>
<td>Diane Cussick</td>
</tr>
<tr>
<td>November 20th</td>
<td>Meadow Flower Crafts</td>
<td>Eileen Millar</td>
</tr>
<tr>
<td>December 4th</td>
<td>Carol Service</td>
<td>Led by The Mossgrove Singers</td>
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</tbody>
</table>

Looking forward to seeing you there!!

Abbey Presbyterian Girls’ Brigade Company

The GB Company held a special evening for their Tinies, Explorers and Juniors as a night away from the normal Girls’ Brigade programme. The Animal Allsorts Show came along with Snakes, Lizard, Spiders, Frogs, Reptiles etc. The children really enjoyed the demonstrations and as you can see, they were probably less afraid than some adults may have been! Older girls and Officers went to Mauds afterwards for a chat and some ice cream! A good night was had by all.
DOMESTIC BURGLARY

During the holiday Season and indeed throughout the year, there are too many Domestic Burglaries, committed within the Newtownabbey Policing area.

Furthermore, for your information, not all these burglaries are carried out during the hours of darkness.

With this in mind, by carrying out some basic home security checks, we hope that you will not be the next victim of such attacks.

1: Check that all your windows and doors are secure when you leave the house.
2: Never ever leave the keys in the door overnight.
3: Even when you are in the house, look the door to ensure that no-one can walk in uninvited.
4: Always carry out a bedtime check. By getting into the way of checking all doors and windows last thing at night, you are less likely to go to bed with your property insecure.
5: Never ever let anyone into your home, unless you are 100% sure of their identity.

QUICK CHECK is a partnership set up by various organisations, including the PSNI, to assist in preventing Bogus Caller Crimes.

It is a FREEPHONE 0800 013 22 90 and when your call is answered, the caller will check with the ‘company’ requiring entry to your home on your behalf, to ascertain if they have ‘workmen’ operating within your area. If they are not genuine, or they think there is something suspicious, THEY will contact the POLICE immediately.

NEVER permit anyone into your home, unless you are 100% sure of their identity.

ALWAYS ask to see identification. Legitimate callers/workmen will be only too happy to provide this for you to inspect.

DRUGS & ANTI-SOCIAL BEHAVIOUR

Anti-Social Behaviour is becoming more and more commonplace within our neighbourhoods. This behaviour can take many shapes or forms, from persons gathering in large crowds and behaving in a manner that causes any individual to experience a feeling of harassment or intimidation, as a result of the actions of that crowd.

Only by working together, can we overcome the current levels of Anti-Social Behaviour within your area and ensure that those involved, if unwilling to adhere to the legislation that is in place, are brought before the courts to account for their actions.

Underage Youths drinking in public, or indeed taking illegal drugs, is also on the increase within our communities. With this in mind, you can contact Police and report such activities, in confidence, remaining anonymous. Simply phone the Crime-stoppers on 0800 555 111.

CHRISTMAS PRESENTS!

No doubt as the Christmas Holidays fast approach, we will no doubt see more parents purchasing these machines for their children, as part of a ‘Santa List’, but are you aware of the legal implications in respect to the use of these machines on our public roads and grass areas?

If a motorcycle Scrambler or Quad is being used on a Public Road or Public Grass area, then the driver/rider of the machine should have a valid driving licence and a valid certificate of insurance. Furthermore, the machine should conform to Construction and Use Regulations.

Anyone using these machines without having all of the above in place will be liable to prosecution through the Courts for the offences identified.

DID YOU KNOW that as the parent of any child caught using these machines on Public Roads or park areas, you too can be prosecuted for permitting the use of such vehicles without a Driving Licence or Certificate of Insurance.
Useful numbers

PSNI
University Community Policing

Inspector Alan McKeown
Sergeant Sharon Wishart  07786964859  (Team Leader)
Constable Mark Hawthorne  07786851164  (Monkstown, Twinburn, Oaklands, Brambles)
Constable Jacqueline McClurg  07765404220  (Abbeyville, Glenville, Abbeyhill, Glenama Manor)
Constable Nicola Rooney  07786986405  (Carnhill, Christine, Woodford, Wynnland)
Constable Adrian Woods  07786968170  (Ballyduff, Ravelston, Sharonmore, Beverley Shops)
Constable Barbara Scott  07769883228  (Ballyduff, Ravelston, Sharonmore, Beverley Shops)
Constable Heather Brown  07826848686  (Old Mossley, New Mossley, Lakeview, Ravensdale)
Constable Amanda McGuile  07825321790  (Loughshore, Jordanstown, Whiteabbey Village, UUJ)
Constable Danielle Burns  07799437645  (Loughshore, Jordanstown, Whiteabbey Village, UUJ)

Office: 02890 259339
Email: NPTUniversity@psni.pnn.police.uk

Newtownabbey Borough Council 02890340000
(see Source magazine for department extensions)

Bogus callers (Freephone) ........................................... 0800 013 22 90
Bus shelters (vandalism/graffiti) .................................. 02890 463250
CAP (Freephone) ...................................................... 0800 328 0006
Crimestoppers (Freephone) .......................................... 0800 555 111
Electoral office (Newtownabbey) .................................. 02890 446688
Flooding Incident Line .............................................. 0300 2000 100
Glenabbey Counselling .............................................. 02890 849600
Land Registry .......................................................... 02890 251555
North Eastern Education & Library Board ...................... 02825 653333
NI Gas Emergency Response (24hr) ............................. 02890 340193
NI Housing Executive ............................................... 03448 920 900
Northern Health & Social Care Trust ............................ 02825 311000
(Patient & Client information)
Northern Ireland Electricity ......................................... 0847 455 455
Ordnance Survey ...................................................... 02890 255755
Planning Service ...................................................... 02890 252800
Rates Collection Agency ............................................. 0845 3006360
re:think/re:act (Cognitive Therapy Service) .................. 02890 860090
Roads Service ........................................................ 02890 254057
Social Security Agency (Church Rd) ............................ 02890 250888
Street lighting .......................................................... 02890 253051
Town Centre Management .......................................... 02890 340039
Water Pollution (Freephone) ...................................... 0800 807 060
Water Service (24 hr) ................................................. 0845 7440088
Women’s Aid (24 hour helpline) (Freephone) ............... 0800 917 1414
**Community contact details**

(Please let us know if any of your details change, are out of date or you would like included in this list.)

**Abbey Presbyterian Church**  
Monkstown Road  
Contact:  
www.abbeypresbyterian.org.uk

**Alzheimer's Society/Support Groups**  
Moylinney House, 37 Ballyalton Park  
Contact: Linda Forbes  
T: 02890861871  
E: linda.forbes@alzheimers.org.uk

**(The) Bridge Youth Centre**  
Bridge Road  
Contact: R. Worthington  
E: rworthington385@c2kni.net

**Called 2 Care Support Group**  
Contact: Mary Henderson  
www.called2careministries.org

**Church of the Good Shepherd**  
Cashel Drive  
Contact: Rev. Arlene Moore  
T: 02890 864902

**Citizens' Advice Bureau**  
Dunanney Centre, Rathcoole  
T: 02890 852271  
www.citizensadvice.org.uk

**Hollybank Primary School**  
Devenish Drive  
Contact: Mr S. McConkey (Principal)  
T: 02890 864944

**Monkstown Boxing Club**  
Cashel Drive  
Contact: Paul Johnston  
T: 07909 694328  
E: info@monkstownboxingclub.com

**Monkstown Baptist Church**  
Jordanstown Road  
Contact: Maurice Flanigan (02890 864681)  
E: mauriceflanigan@btinternet.com

**Monkstown Children's Hospice Support Group**  
Meets 3rd Monday in Monkstown Village Centre

**Monkstown Community Association**  
Monkstown Community Centre  
Contact: Anne Judson  
T: 02890 866386  
E: monkstownmca@yahoo.co.uk

**Monkstown Community Forum**  
Monkstown Village Centre  
Contact: Alan Johnston  
T: 02890 860090  
E: villagecentre@btinternet.com

**Monkstown Community School**  
Bridge Road  
Contact: Mr N. Pell-Ilderton (Principal)  
E: info@monkstown.newtownabbey.sch.uk  
T: 02890 867431

**Monkstown Community School Playgroup**  
Monkstown Community School  
Contact: Shirley Dunlop  
T: 07810121531

**Monkstown Nursery School**  
Jennings Park  
Contact: Mrs H. Armstrong (Principal)  
T: 02890 861439

**Monkstown Outreach Project**  
6 Abbeytown Square  
Contact: Helena Dorrington  
Tel: 02890 859909  
E: monkstown.o.p@btconnect.com

**Monkstown Social Club**  
Cloyne Crescent  
T: 02890 867033

**Monkstown Village Initiatives**  
18 Monkstown Village Centre  
Contact: Alan Taylor (07954589751)  
E: artaylor@bigfoot.com

**MVI Youth Works**  
Monkstown Village Centre  
Contact: Stephen McLean  
E: stephenmclean@mviyouthworks.org

**Newtownabbey Educational Guidance Centre**  
Jordanstown Road  
Contact: Mr J. Lyster  
T: 02890 863199  
E: john.lyster@neelb.org.uk

**Three Mile Water Angling & Conservation Group**  
E: mail@threemilewater.org.uk  
W: www.threemilewater.org.uk

**Tiny Tots Playgroup**  
Hollybank Primary School  
Contact: Brenda Duff  
T: 07914355944