

Newsletter

Live, Learn & Work

We are delighted to introduce our brand-new Live, Learn, Work project, an exciting three-year initiative funded by the National Lottery's Strengthening Communities programme.

The Live, Learn, Work team will support adults with learning disabilities and autistic people by providing social opportunities, learning and training, and volunteering opportunities.

It builds on the success of our previous Volunteer Inclusion Project, and employment support for individuals who are not eligible for existing employment programmes.

Keep an eye on our social media pages as we share updates and celebrate the journey of this exciting new project as it grows and flourishes.

Staff Changes

Our Chief Executive, Cara Cash-Marley, is currently taking some time away from work due to illness. We wish Cara a full and speedy recovery and look forward to welcoming her back when she is well.

In the meantime, Lydia has stepped into the role of Acting Chief Executive and will be leading the organisation during Cara's absence. We know Orchardville is in safe hands, and we thank Lydia for taking on this important role.

We are also saying goodbye to several valued members of our team this month. Katherine Bruce, Kitty McCracken, Ryan McBride and Laura Cummings are all moving on to new opportunities.

Each of them has made a valuable contribution to Orchardville through their dedication, hard work and commitment to supporting our participants. We are incredibly grateful for everything they have done and know they will be greatly missed.

I'm sure you will join us in thanking Katherine, Kitty, Ryan and Laura for all they have given to Orchardville, and in wishing them every success and happiness for the future.



Orchardville Lisburn

Aug
2026

Summer antics

Lisburn has been making full use of the warm weather in July, getting out and about, volunteering in the community and learning new skills.

The group kicked off July with the return of our walking club in which Next Steps meandered along the Lagan Tow path getting in their weekly miles

We hosted residents from Railway Lodge Care Home who helped revamp and develop our office garden with the planting of new flowers.

Our Men's Shed got their hands dirty with a trip up to the Bangor Office to help clean up the community garden.

It wasn't all work this month as our Next Steps Group were treated to a day out at Lost City Adventure golf at Yorkgate.

Monthly highlights

- Men's Shed trip to Ozaman Men's Shed in Lurgan
- Next Step's group learning to crochet
- Railway Lodge Residents visit Orchardville
- Next Steps go Mini Golfing
- Visit to the Ulster Folk Museum at Cultra

Participant jokes / quotes

Why did the scarecrow win an award?

...He was outstanding in his field

""You can, you should, and if you are brave enough to start, you will"

Upcoming Events

- Tuesday 11th August - Nandos Fun Day @ Spruce Meadows
- Tuesday 18th August - Moira Lakes Oceans Event
- Thursday 20th August - Cedar In the Park

Lisburn Social Club

- Friday 7th August 5:30 - 8:30pm
- Saturday 22nd August 5:30-8:30pm



Orchardville Belfast

Aug
2026

What we've been up to

Drama

We are busy rehearsing our production of Beauty and the Beast. Everyone is enjoying learning their lines, practising their acting, and working together to put on a great show.

Woodwork & Keep Fit

We have been getting creative in our woodwork sessions and keeping active with our Keep Fit programme led by Barbara from the Trust. It's lots of fun and helps us stay healthy and strong.

Barista OCN Training

We have started our Barista OCN training, where we are learning how to make delicious hot drinks and provide great customer service. We hope to put our new skills into practice by hosting a coffee morning for everyone to enjoy!

World Around Us

In our World Around Us sessions, we have been learning all about Northern Ireland. We've discovered interesting facts about its history, culture, landmarks, and traditions.

Friday Fitness

Every Friday we head to the gym, where we enjoy keeping fit and learning boxing skills.

Monthly highlights

- Alongside all our other fun activities we had so much more going in the month! We had a trip the cinema and an interactive trip to the Coca Cola factory in Lisburn!
- We also had some lovely visitors in with us throughout the month. Evan from Cedar has started a mental health course with Tap2.
- Ciaran has also been in with Community Connections teaching the group how to sew and they created their own aprons.
- We also had our disability bikes back on this month!

Matthew

Why did the chicken cross the road?

BEKAAAAAAAAASUE

Achievement of the month goes to:

Dillion for giving it his all in boxing training.



Orchardville DFC Belfast: Training 2-3PM

Every Thursday at LORAG

Orchardville DFC have now appointed Matthew as their new manager for the upcoming season. We would like to thank Aodhan and Greig for their hardwork over the last few years.

Belfast Social Club:

Every Thursday evening from 6.30pm at Lagan Village Tower.



Orchardville Works

Aug
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Working hard, or hardly working?

This month has been a busy and productive one! We worked hard packing fuses, packing, sticking and bagging items, as well as sealing and labelling mailers and letters, making sure we met all of our deadlines.

Alongside all the hard work, we also made time to be creative by sharing ideas, designing and making cards together. We even took a break to enjoy a walk, stopping to appreciate the beautiful flowers that we would normally just walk past without a second thought.

It's been a great balance of teamwork, creativity, and taking time to enjoy the little things. 🌸✨ It turned into a brilliant little discovery session especially when some of the flower names had us laughing along the way. Our flower finds included: • Spirea • White wild rose • Ivy • Ballerina rose — you might spot us dancing beside these ones! • New Zealand flax — a brilliant discovery, as it grows from the ground and can be used to make materials, a bit like our Irish linen



Fun in the sun

What a great day out at the Titanic Quarter! 🚌

We took the bus and then hopped on the Glider before enjoying a beautiful walk around the area. We took in all the amazing sights, admired the ships, and even got to see the pirate ship that's visiting the city. We also visited HMS Caroline, which proudly served during World War I.

We stopped for lunch by the water, followed by coffee and some tasty treats while enjoying the lovely views.

A fantastic day filled with history, fresh air, and great company. ❤️

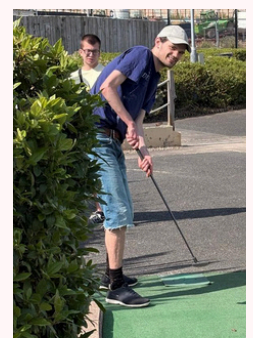


Mini golf and Bowling

We had a blast playing mini golf and bowling! There were plenty of holes-in-one moments, gutter balls, and strikes to keep the fun going.

The highlight of the day was when Robbie did the almost impossible on the very last course, he sank his ball into the hole and won a free game!

What an amazing finish to a fantastic day!



Orchardville Bangor

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July was a month of enjoying the outdoors with our wonderful summer weather. Our Re:Source group enjoyed a morning out to Bangor Walled Gardens where we had great fun splashing in the fountain and exploring the fruit and veg grown in the garden at the gardens market stalls.

Our Learning Disability Awareness group had a lovely morning out to Bangor Museum where they sampled some of the lovely homemade delights in the cafe and enjoyed the interactive displays at the museum including dressing as a viking!

Looking forward to an active August

Our August classes have lots of activity going on including our S.L.A.P. project who are enjoying sampling lots of different sports at Ards Blair Mayne. The launch of our Walk for Wellness group on a Wednesday morning (lets hope for good weather) and our new Movement Squad.



'The Seasons' by Cathie Moore

Springtime brings the newborn trees
A soft wind blows a gentle breeze
Buds are blooming everywhere
Butterflies flying here and there

Summer brings a rainbow bloom
And the birds are now in tune
Yachts sail on the sea a glaze
Then nighttime falls on a sunlight haze

Fall leaves turn brown and red
And the trees begin to shed
Birds are flying southbound now
With gold and yellow all around

Winter leaves a blanket of snow
Cold comes down and storm winds blow
A robin comes and starts to sing
It's time to wait for season spring

Words from our Participants

I enjoyed the day out at the museum - Rebecca Lowe

July was good because it was my birthday - Darren Woods



Happy Retirement!

July we said goodbye to our dear friend Christine who has retired after 21 incredible years with Orchardville. We wish Christine happiness and are thankful for all she has given us!



Happy Maternity Leave!

We are wishing Leah all the best on her maternity leave, we are looking forward to the arrival of her little bundle of joy.



Reminders

Social club dates Bangor:
Saturday 1st August 10am-1pm
Friday 14th August 6pm-9pm
Friday 28th August 6pm-9pm

**Closure dates: Monday 31st August
Bank Holiday**

Orchardville Photos



Aug
2026

Our favourite photos and moments across the month

