



MHS
HERITAGE &
CULTURE LTD

ISSUE

01

May , 2020



THE HEARTH: 11 Main Street

A Message to our Readers

I trust you are all keeping well, and, by following the guidelines stipulated by our government the dreaded Covid-19 has passed you by.

Before the current restrictions, we had almost finished refurbishing our new premises at 11 Main Street – the old Premier Bar, now renamed The Hearth. Sadly, we are unable to use the building as a Community Space at the moment, but when this crisis is over, we look forward to a spectacular gala opening to celebrate a chance for us all to come together and socialise again.

In the meantime, we are busy organising a programme of Virtual Events which will begin in June.

Our main means of keeping in touch will be a monthly newsletter with details of our upcoming activities. Check our website too for updates on our building and news of events. Please take care of yourselves and others, stay safe.

James Armour (Director MHS Heritage & Culture Ltd.)

Coping with

Distancing:

Ideas for activities and hobbies in the time of Covid



Creative Writing Workshop :

With Sheena Wilkinson



The Big Maghera Quiz :

How well do you know your town? See how well you score at:

<https://maghera-heritage.org.uk/2020/05/31/maghera-big-quiz/>

Something New ?

A great place to start is <https://discovernorthernireland.com/events/whats-online/>

Here there really is something for everybody – with links to a Virtual Tour of Titanic Belfast, plays, films, cookery demonstrations, educational and fun children’s activities and live-streamed yoga classes. Surprise yourself with what you might find.



If you are missing your Quiz fix, check out <https://www.kensquiz.co.uk/> for a huge range of quizzes and word games . All free.

Kahoot! Is a great way to run a quiz for a group of people. Suitable for children and adults, it is fun as well as educational. If you are not very tech-savvy ask someone to download it for you. After that it is simple to use and is a great help with home schooling too. <https://kahoot.com/>



Gardening & Nature

Newly revived interest in gardening? Looking for tips and ideas? The Royal Horticultural Society is the place to go at : <https://www.rhs.org.uk>

Even when trapped at home you can enjoy tours of spectacular gardens as well. The Chelsea Flower Show is a virtual event this year and you can visit at :

<https://www.rhs.org.uk/shows-events/virtual-chelsea>

Find information on organic gardening at :

<https://www.gardenorganic.org.uk/local>

For children these are simple, but brilliant projects:

<https://www.gardenersworld.com/how-to/grow-plants/10-gardening-projects-for-kids/>

If you want to know more about nature and wildlife in your garden, The Royal Society for the Protection of Birds (RSPB) have a brilliant website at <https://www.rspb.org.uk/> .Get advice on what to feed birds and how to make your garden a wildlife haven. If you want to become more involved, membership of the British Trust for Ornithology is free at the moment and you could take part in the citizen project Garden BirdWatch at : <https://www.bto.org/our-science/projects/>

COPING WITH COVID

We are all having to adjust to a new way of life over the past few months, and it looks like these changes are here to stay for a while. Coping with the restrictions caused by Covid-19 is not easy for anybody. Some of us are trying to juggle working from home with childcare and home-schooling. Some of us are finding the isolation lonely and the days long and hard to fill. Here we have put together a range of free on-line resources and ideas to inspire the whole family. This could be your opportunity to get creative, learn new skills, start that hobby you've been thinking of or just relax and switch off for a bit.



Keeping in Touch

Zoom at <https://zoom.us/> has come into its own as perhaps the easiest way to make video calls to family and friends. The basic package is free. It is very easy and straightforward to use.

For people who enjoy old-style phone calls - Quarantine Chat is a link to the outside .

Completely free, it randomly pairs users with people around the world in some degree of isolation. Generally, you get one phone call a day and if you don't feel like chatting at that time your partner will be reassigned. All your information is kept private.

<https://quarantinechat.com/>

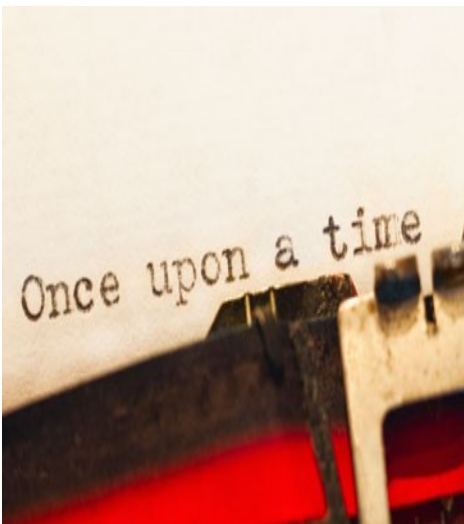
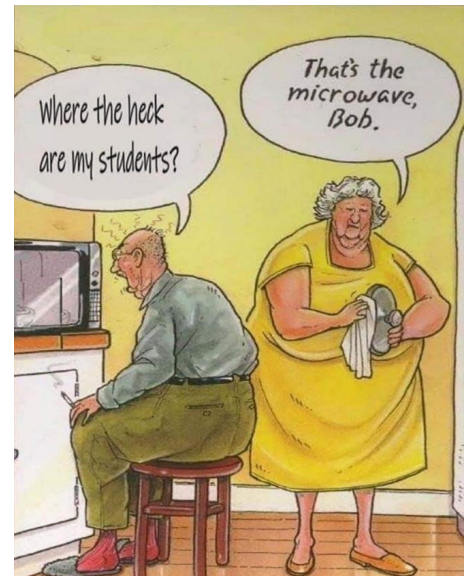
All the websites and Apps mentioned so far deal with hobbies or interests. If, however, you are finding that you are very stressed and not coping well Mid Ulster Council have put together a list of people and organisations you can get in touch with for advice and help at:

<https://www.midulstercouncil.org/covid19>

Here you can find phone numbers and contact details for a wide range of organisations to help you both with practical problems caused by the pandemic as well as feelings of stress and anxiety.

Virtual Events

At the moment it looks as though we will be practising social distancing for some time to come. With this in mind we have been working on developing a 'Virtual Programme' of events for the next few months including interactive workshops, quizzes, lectures and musical events. We'll be producing a monthly newsletter to bring you up-to-date with our activities and track progress with our new building. Hopefully some of our facilities will be able to open soon to a limited degree. We are working with the Community Development and Health Network seeking advice on how this can be done safely. Further information can be found on our website.



'Stuck for Words?'

Stuck at home? Stuck for something to do? Stuck for words? Why not try a fun creative writing workshop? Working online with award-winning author Sheena Wilkinson you'll have the chance to escape lockdown by travelling somewhere safe but limitless - your own imagination and memory. These short, interactive workshops, will run on the 20th June and the 11th July at 3.30 pm. To register and receive further details call us on : 028 79642677 or check our website at:

<https://maghera-heritage.org.uk/2020/05/31/creative-writing-workshop/>

Tablets Available

We are all learning new skills in order to help us keep in touch with the outside world. Not everybody has access to suitable technology, so MHS Heritage & Culture has accessed funding to make some tablets available for members to borrow. If interested please contact James at 028 79642677



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