Love Parks Week is the perfect reason to get outdoors and enjoy the summer. We’re celebrating all that parks have to offer, so why not visit your local park during the campaign to show what it means to you?

Contact details:
Mid and East Antrim Borough Council
Parks & Open Spaces Section
11 Antrim Street
Carrickfergus
BT38 7DG
028 9335 8231
parks@midandeastantrim.gov.uk
www.midandeastantrim.gov.uk/loveparks

Parkruns
Saturday 14 July at 9.30am (Start)
Carnfunnock Country Park, Ballygally
Carrickfergus Mill Ponds, Carrickfergus
Ecos Nature Park, Ballymena
Sunday 15 & 22 July Only (9.30am Start)
Junior Park Run, Town Park, Larne
Saturday 21 July at 9.30am (Start)
Carnfunnock Country Park, Ballygally
Carrickfergus Mill Ponds, Carrickfergus
Ecos Nature Park, Ballymena

Park Run is a free, 5km timed run - it’s you against the clock. Park Run is open to everyone, safe and easy to take part in.

Keep up to date by visiting www.midandeastantrim.gov.uk/loveparks for further information or adjustments to this programme. All details are correct at the time of going to press. Mid and East Antrim Borough Council reserves the right to alter or cancel events without notice. Under 16’s must be accompanied by an adult. All events take place outdoors; please wear suitable clothing and footwear.
Wild Survival Skills
Saturday 14 July 2pm to 4pm Ecos Nature Park, Ballymena
Could you survive in the wild? Learn how to build a shelter from natural resources and make your own herbal tea. Northern Ireland Survival School experts will guide you. Meeting at the Ecos Centre at 2pm.

Band Concert
Sunday 15 July 2.30pm to 4.30pm Carnfunnock Country Park
The summer programme of band concerts continues within the Walled Garden Amphitheatre with performances from Dummigans Accordion.

Mindfulness Walk
Monday 16 July 10am to 11.30am Carnfunnock Country Park
Be aware of the birds, see the trees move, listen to the sound of the river and hear yourself breathe. By going on an easy walk with likeminded people, learn to re-connect and let go. Meeting at Carnlough Natural Play Park (off Croft Road) at 10am.

Art in the Park
Monday 16 July 2pm to 4pm Carnfunnock Country Park
Fairies and toadstools! Enjoy some themed arts and crafts, then why not go looking for fairy doors in the parklands?

Let’s go Fly a Kite!
Monday 16 July 6.30pm to 8.30pm The People’s Park, Ballymena
Design and make your very own kite, learn how to fly it high, and take it home to enjoy all summer.

Pop Up Play
Tuesday 17 July 7.30pm to 9pm Portglenone Marina
Join us for an evening of giant garden games, play activities, arts and crafts and much more fun.

We’re going on a Bug Hunt!
Wednesday 18 July 11am to 1pm Martinstown Play Area & Wildlife Pond (Glenravel Road)
What magnificent mini beasts can you find? Have fun going bug hunting and pond dipping.

Outdoor Bootcamp
Wednesday 18 July 6.30pm to 8pm Town Park, Larne
Get fit in the great outdoors! Why not try this instructor led outdoor Bootcamp Workout? Meeting at the bandstand at 6.30pm. Booking essential. T: 02893358271

Dippering Dander
Thursday 19 July 10am – 12pm Galgorm Wood, Cullybackey
Join expert Aidan Crean for a morning stroll along the mystical Maine River, searching for river birds such as the Grey Wagtail, Kingfisher and the elusive Dipper. Meeting at Galgorm Wood (Old Mill Park entrance) at 10am.

Bat Night!
Thursday 19 July 8pm to 10pm Diamond Jubilee Wood, Whitehead
Go batty for bats! Take a walk at dusk looking for these fascinating nocturnal mammals, using torches and bat detectors. Please bring your own torch if you have one. Meeting at Bentra Golf Club at 8pm.

Nerf Works
Friday 20 July 2pm to 4pm Greenland Play Parks
 Blast your way to victory! The ultimate nerf experience comes to Greenland. Suitable for children aged 6 and over.

Shakespeare in the Park
Friday 20 July 6.30pm til late Shaftesbury Park, Carrickfergus
Enjoy Shakespeare in the Park, this year’s play is The Merchant of Venice. Gates open 6.30pm, show starts 7.30pm. For tickets please contact Carrickfergus Visitor Information Centre on 028 9335 8222

Wild About Food: Cook Your Catch!
Saturday 21 July 10am to 12noon Browns Bay, Islandmagee
Join local fishermen to learn traditional skill of sea angling, then cook your catch at a family BBQ!

Family Orienteering Challenge
Sunday 22 July 2018 1pm to 3pm Bashfordsland Wood, Carrickfergus
Get active and improve your navigational skills. Enjoy the challenge of orienteering in the beautiful surroundings of Bashfordsland Wood. Meeting at Oakfield Community Centre at 1pm.

Biodiversity Summer School
The Biodiversity Summer School gives families the opportunity to learn about the natural world through a variety of activities and games such as pond dipping, mini-beast hunts and nest box building. There is no need to book - just turn up to take part whatever your age!

Monday 30 July to Friday 3 August, 11am to 1pm, Diamond Jubilee Wood, Whitehead
Monday 6 August to Friday 10 August, 11am to 1pm daily, Diamond Jubilee Wood, Whitehead
Monday 13 August to Friday 17 August, 11am to 1pm daily, Town Park, Larne

Love Parks Week encourages friends, families, the young and old, to come together and enjoy what our parks and green spaces offer. People must never forget that these spaces provide many opportunities for friendships, education, health, exercise and simple play and fun. Let’s celebrate our green spaces, show your support for Love Parks Week.

Playday
Playday is the national day for play, traditionally celebrated on the first Wednesday in August.

Playday 2018 is on Wednesday 1 August. Celebrate Playday with fun games and family activities at: Wet and Wild, 11am to 1pm, Marine Gardens Carrickfergus Family Fun Day, 11am to 1pm, The People’s Park Funky Sports Day, 2pm to 5pm, Carnfunnock Country Park

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