

# GET UP & DISCOVER PROGRAMME



## FAMILY WORKSHOP

**WITH SOUTH LOUGH NEAGH REGENERATION  
ASSOCIATION THROUGH THE RTÉ TOY APPEAL FUND**

These workshops are designed for families to spend some valued time together and utilise the abundance on offer within the South Lough Shore area designated for those who may benefit most after experiencing bereavement, stress, trauma or anxiety through the pandemic.

- **FAMILY COOKING SESSIONS (4 WEEKS)**
- **ROWING WITH LOUGH NEAGH BOATING HERITAGE TO CONEY ISLAND FOR OUTDOOR COOKING**
- **FAMILY GUIDED NATURE WALKS AND WORKSHOP**



**PLEASE NOTE THESE ARE ALL FREE!**

**TO REGISTER INTEREST PLEASE EMAIL THE  
CO-ORDINATOR HAZEL AT [BOLANDHAZELO@GMAIL.COM](mailto:BOLANDHAZELO@GMAIL.COM)  
OR ENQUIRE THROUGH [SLNRA@BTINTERNET.COM](mailto:SLNRA@BTINTERNET.COM).**



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## **SOUTH LOUGH NEAGH REGENERATION ASSOCIATION MISSION STATEMENT:**

**“Committed to attracting and encouraging investment in the economic, social, health and environmental well being of the southern shores of Lough Neagh through its own activities and through liaison with both the public and private sectors.”**

**South Lough Neagh Regeneration Association (SLNRA) is a cross-community not-for-profit organisation based in Maghery, Co. Armagh working specifically with communities and people in rural areas on the southern shores of Lough Neagh.**

