

BANN MAINE WEST NEWSLETTER October 2026



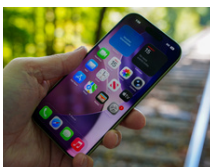
The Hub Gift Shop, Main Street, Cullybackey

Open Monday to Friday 9am - 3.30pm. New stock weekly. Range of gifts and handmade items like cards and knits.



Knit n Natter / Card Making Groups

Knit n Natter meets weekly on **Wed from 10am-12noon**. Card Making meet **every Friday, 10am - noon**. Both held in **Cullybackey Men's Shed**. All welcome. No cost & refreshments provided.



Tech Tuesdays

Every Tuesday morning at The Hub 10am-12noon - free help and advice available on technology. No cost but **booking advised**.



Men's Breakfast

Wednesday 21st October, 10.30am - 12.30pm, NI Screens, The Wild Duck, Portglenone. Booking essential, call 078 212 60158. Cost £3pp. Part Funded by Lottery.



Lunch & Learn

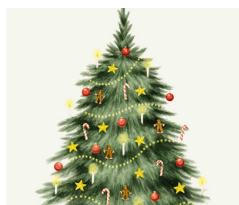
Thu 29th Oct Noon - 2pm, Support Services Day at The Wild Duck, Portglenone. A host of local support organisations and small businesses. Cost £5pp. **Booking essential - contact your local community group to book. Max 8 spaces per community group.** Part funded by Lottery.



Children's Book Reading

Tuesday 27th Oct 11.15am - noon, The Hub Gift Shop, Cullybackey.

Local children's author & illustrator, Rebekah Beatrix, will be reading from her book - Ralphie's Day of Dress Up. **Suitable for children aged 3 - 7. Includes short workshop. No cost but booking essential: 07821260158. Children must be accompanied by an adult.**



Christmas Trips

Men's Trip: Wed 9th December, Limavady Workhouse/Roe Valley Arts Centre. Pick Up Ahoghill Park & Ride 9am. Return by approx 3pm. Lunch selected on the day. **Book 07821260158**

Lunch & Learn Trip: Fri 11th December, 9.45am - 2pm, 'Step into Christmas' Ballymena Parish Centre. To book please contact your **local group**. Lunch options to be collected prior.

More info on both events in the Hub or by request 07821260158.



Exploring Other Cultures - Culture Cafe

Culture Cafe, Thursday 15th Oct 7pm - 8.30pm, Maine Business Centre, Cullybackey. No cost but booking essential: via our website <https://www.bannmainewest.co.uk/events-calendar> or contact 07821260158



Connecting Communities Report

Our 2025–2026 Connecting Communities report highlights the impact of our Men's Breakfasts, Lunch & Learns, workshops and Drop-In events:

<https://www.bannmainewest.co.uk/key-events>

Thank you to everyone who shared feedback!

CULLYBACKEY COMMUNITY ASSOCIATION

Free Otago Classes - 6 week course, strengthening & balancing class. 1st, 8th, 15th, 22nd & 29th Oct AND 5th Nov, 1pm - 2pm, Maine Business Centre.

Ladies Project - Let's talk Menopause, Thu 8th Oct, 7.30pm, Maine Business Centre.

Men's Shed - Every Tue & Thu 9.30am - 12.30pm. **Consumer Council Talk** at 11am, Thu 8th October. Trip, first Tue of the month. Bacon baps last Thur of the month.

Coffee Morning - Celebrating positive ageing month, Fri 16th Oc, 10.30am - 12.30pm, Maine Business Centre.

Thrive Project - New Habits Club, 4-week project, recognising bad habits & implementing new habits. 2nd, 9th, 23rd & 30th Oct, 9.30am - 11.30am. Tea/coffee & scones. Limited spaces.

Contact Samantha 07548893047 for more info/to book any of the above.

PORTGLENONE ENTERPRISE GROUP

Walking Group - recommenced in Sep. Meets at the Bank, Portglenone, at 10.15am, every Thursday. Everyone welcome, bring a friend!

Living Life to the Full - six-week course, starting Wed 7th Oct 10am - noon at the Bank. Suitable for people experiencing low mood, stress, and or mild to moderate depression.

For More Information on the above contact PEG office 028 25820150 info@portglenone.net

HILLSTOWN RURAL COMMUNITY GROUP

Monday club - 10.30am, Hillstown Orange Hall. For dates & more info contact Alan on 07900 608 685.

TULLYGARLEY & DISTRICT RESIDENT'S ASSOCIATION

Community Hub, Riverdale Cafe, Monday & Thursday's, 10.30am - 12.30pm. Come along for a cuppa and traybake and chat. Please email tullygarleyresidents@outlook.com OR call John on 07733354627 for more info.

GRANGE CROSS COMMUNITY ASSOCIATION

Pub Quiz - Friday 2nd October, 7.30pm at O'Neills. £5pp.

For more info see the Facebook Page - The Hamlet of Grange Cross Community Association or contact Ivan on 07860653409.