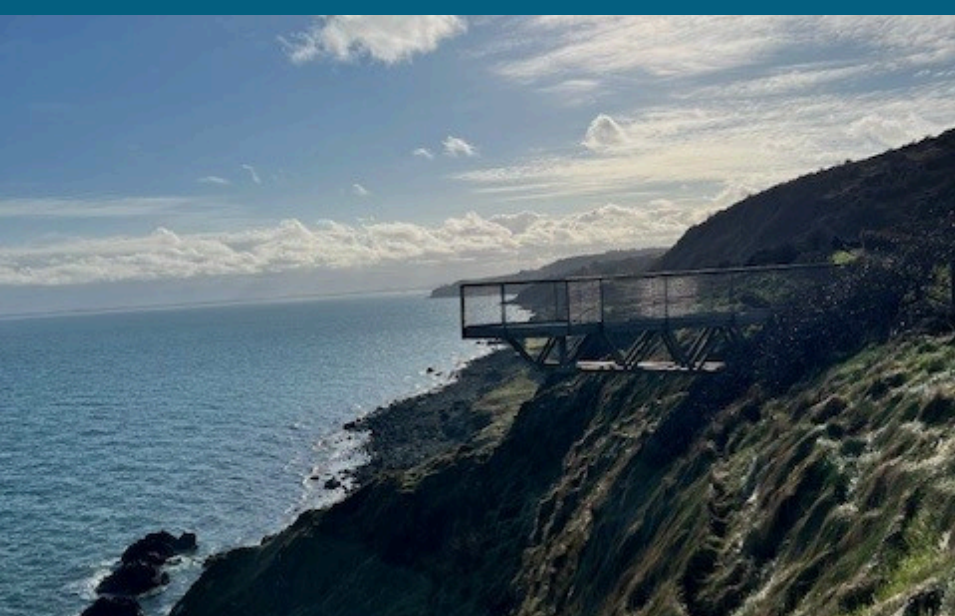


# Healthy Oceans Healthy Minds 2025

## Events Programme



**HEALTHY OCEANS**  
*Healthy Minds*





# Foraging with Clare

*Crawfordsburn Country Park*  
**11am, Friday 1st August**

Join Clare from Feasting on Weeds for plant discovery on a guided walk around Crawfordsburn Country Park.

[BOOK](#)  

# Beach Clean at Crawfordsburn with CIWEM NI Early Careers

*Crawfordsburn Country Park*  
**10am, Saturday 2nd August**

Join the Chartered Institute of Water and Environmental Management NI for a beach clean and find out about the importance of keeping our environment clean and protecting marine life from the dangers of pollution.

[BOOK](#)  

# Beach Clean with Ballyhalbert & District Community Association

*Ballyhalbert Harbour*  
**11am, Saturday 2nd August**

Head out and get involved with this brilliant volunteer group for a litterpick and beach clean at Talbot House and Ballyhalbert beach. A little bit of environmental action can make a big difference.

[BOOK](#) 

# Row the Erne in a Currach Boat

*Lough Erne*  
**Multiple times available, Sunday 3rd August**

Row the Erne provides a unique experience to row a Currach (a traditional wooden boat) while taking in the beauty of Lough Erne and having a bit of craic with other rowers. No previous experience is necessary.

**10am session**

[BOOK](#) 

**11.15am session**

[BOOK](#) 

**12.30pm workshop**

[BOOK](#) 



Row the Erne in a Currach Boat

# Gill's Open Garden with Butterfly Conservation

*Gill's Open Garden, Portstewart*  
**1pm, Sunday 3rd August**

Explore a “Wild Spaces” gem on the stunning North Coast sharing invaluable tips on wildlife gardening.

Tea, coffee and refreshments. £3 ticket donation applies.

[BOOK](#) 




# Paddle with a Purpose

*Strangford Lough, Whiterock*  
**2pm, Sunday 3rd August**

Hop onboard this canoe tour and litterpick on with Strangford Lough Activity Centre.

See this beautiful blue space from a new perspective and play a part in keeping its vital habitats safe and protected for the wildlife who call it home.

[BOOK](#)  

Family Fun   
Age Restricted   
All Ability 



# Leave Only Footprints with Enspire Learn

*Cranfield Beach*  
**1pm, Tuesday 5th August**

Join Enspire Learn to explore amazing beach and marine life during National Marine Week.

Learn how to safeguard our shores and ocean creatures with the guiding principle: "Take only pictures, leave only footprints."

NO BOOKING  
REQUIRED



# Beach Babbies

*Ballygally Beach*  
**2pm, Wednesday 6th August**

This National Play Day join Mid and East Antrim Outdoors for a nature-led play session.

This will be a laid back, unstructured session for your wee wild ones to explore and enjoy themselves at their own pace and for you to meet like-minded families

[BOOK](#)



# Groomsport Inclusive Beach Fun Day

*Groomsport Beach*  
**1pm, Thursday 7th August**

Mae Murray Foundation has a vision of a society with true participation for ALL in leisure and social settings, regardless of age or ability. Join them at Groomsport Beach for an inclusive family fun day to meet the alpacas.

[BOOK](#)



Beach Yoga with Beyond Mindfulness NI

# Leave Only Footprints with Enspire Learn

*Tyrella Beach*  
**2pm, Thursday 7th August**

Join Enspire Learn to explore amazing beach and marine life during National Marine Week.

Learn how to safeguard our shores and ocean creatures with the guiding principle: "Take only pictures, leave only footprints."

NO BOOKING  
REQUIRED



# Yoga on Murlough Beach

*Murlough Beach, Newcastle*  
**7pm, Thursday 7th August**

Join Beyond Mindfulness NI for a rejuvenating evening beach yoga and mindfulness session.

With the earth to ground you and the soothing sound of the sea to guide your practice, you can embrace the serenity of nature and your inner calm under the open sky.

[BOOK](#)




# Full Moon Paddle

*Whiterock Bay*  
**8.30pm, Friday 8th August**

Join Strangford Lough Activity Centre for an unforgettable night-time paddling adventure on the tranquil waters of Strangford Lough. Departing at twilight you will be guided by an instructor to paddle out around the islands, experiencing the sights and sounds of nature under the enchanting glow of the full moon.

[BOOK](#)





# Butterfly Walk with Butterfly Conservation

*Broughgammon Farm*  
**10.30am, Saturday 9th August**

Come along for a butterfly walk with Butterfly Conservation’s Senior Engagement Officer Rosie Irwin. She will introduce basic ID skills, tips and techniques to dip your toes into the world of Lepidoptera. Suitable for families – wellies and waterproofs advisable.

[BOOK](#)

←



# Gobbins Coastal Walk

*The Gobbins, Islandmagee*  
**11am, Saturday 9th August**

Mid and East Antrim Outdoors invite you to immerse yourself in our dramatic coastline with a guided walk around the spectacular Gobbins. Expect fantastic historical insight, local stories and great craic whilst you walk and enjoy the great outdoors. Walk guided by Ramble with Robert.

[BOOK](#)

←

# Beach and Underwater Clean-Up

*Greencastle Beach*  
**11am, Saturday 9th August**

Join the Oceanauts for a beach and underwater clean-up! This is a shore based event, cylinders, weights and mesh bags for collections provided for each diver. Under 18's must be accompanied by a parent/guardian

[BOOK](#)

←

# Gel and Gybe with Newcastle Yacht Club

*Newcastle, County Down*  
**10am, Saturday 9th August**

Walk the shoreline to gather seaweed, shells, and other ‘finds’ to create artwork using a mono printing process. After lunch, participants can experience accompanied dinghy sailing with experienced club sailors, supporting healthy minds through coastal-orientated art and sailing.

[BOOK](#)

←

Gobbins Coastal Walk with MEA Outdoors





# Shoreline Litterpick and Information Session

Dundrum Bay  
11am, Saturday 9th August

Join the Dundrum Coastal Rowing Club at Dundrum Bay for an information session on marine litter and its impacts, followed by a litterpick along the shoreline.

[BOOK](#)



# Fossil Finders with Enspire Learn

Cranfield Beach  
10am, Tuesday 12th August

Join us to meet fascinating geologist, Dr Kirstin Lemon, as we explore the geology of Cranfield and the local area.

Together, we'll search high and low for fossils and discover fascinating facts about our ancient marine life.

NO BOOKING  
REQUIRED



# Taking Notice Workshop with Field Studies Ireland

Tollymore  
Multiple times available,  
Tuesday 12th August

‘Taking Notice’ is a nature wellbeing initiative, designed to support a connection to local nature through place-based learning.

This half-day programme is designed for those who work or volunteer with others outdoors, to provide them with an insight into how they could use nature as a stimulating resource for wellbeing.

10am workshop

[BOOK](#)



1.30pm workshop

[BOOK](#)



Beach Fun Day with the Mae Murray Foundation



# Beach Fun Day with the Mae Murray Foundation

Cranfield Beach  
11am, Thursday 14th August

Mae Murray Foundation has a vision of a society with true participation for ALL in leisure and social settings, regardless of age or ability. This inclusive beach day will be packed with seaside activities for everyone to enjoy.

[BOOK](#)



# Lizard Trek with Enspire Learn

Tyrella Beach  
1pm, Thursday 14th August

Join the lizard-loving experts for a walk along Tyrella's sandy dunes this World Lizard Day.

Discover the mysteries of the dune habitat and learn fascinating facts about our remarkable common lizard, the unique reptile that makes this area its home.

NO BOOKING  
REQUIRED





# Eco Tour of Strangford Lough

*Sketrick Island*  
**9am, Saturday 16th August**

The tour is led by marine scientist Sam Purdon from the popular podcast and weblog 'Coastal Catch-Ups' and Strangford Lough Boat Trips. Get ready to learn about the rich flora, fauna, sea and bird life on the lough, as well as the extraordinary ecology beneath the surface.

[BOOK](#)  

# Rockpool Safari with MEA Outdoors

*Carnfunnock Country Park*  
**11am, Sunday 17th August**

Explore the fascinating world of your local rockpools, and take a closer look at the weird and wonderful creatures who live there. ID sheets, equipment, and activities will be provided to help you set off on your self-guided adventure!

[BOOK](#)  

# Beach Babbies

*Browns Bay Beach*  
**2pm, Wednesday 20th August**

Join Mid and East Antrim Outdoors for a nature-led play session.

Activities and beach toys will be provided, the joy of Beach Babbies is that all the post-play tidy up is taken care of for you. All you have to do is come along and have some fun!

[BOOK](#)  

Rockpool Safari with MEA Outdoors



# Tour & Talk at Belfast Wastewater Heritage Centre

*Belfast Treatment Works*  
**10am, Wednesday 20th August**

Join Northern Ireland Water to explore the original Victorian Sewage Treatment Works for Belfast then discover our modern Wastewater Treatment process with a tour of the Belfast WWTW. Follow the journey of our water from taps and toilets back to the water cycle.

[BOOK](#)  

# Sand Dune Discovery with Enspire Learn

*Tyrella Beach*  
**1pm, Wednesday 20th August**

A world of wild wonders live among Tyrella's dunes including lizards, butterflies, orchids and dragonflies! Come along for a charming walk to discover how the dunes were formed and observe its diverse wildlife.

NO BOOKING REQUIRED  

# Alpaca Walking at Strangford

*Strangford*  
**2pm, Wednesday 20th August**

Join Strangford Bay Alpacas for an unforgettable experience on the shores of Strangford Lough. After a meet and feed introduction, wander through the Old Court Estate gardens, then follow the path down to the shore to take in the sights and sounds with your new alpaca friend.

[BOOK](#)  



**LIVE  
HERE  
LOVE  
HERE**



# What the Water Gave Me: A Night of Storytelling

*Bronte Interpretive Centre*  
**7pm, Thursday 21st August**

This event will explore creative writing as a way to reflect on and define the relationship between the local community and the surrounding water. This workshop, guided by lead facilitators, will be conversational, drawing inspiration from traditional community gatherings rooted in storytelling.

[BOOK](#)  

# Tour & Talk at Belfast Wastewater Heritage Centre

*Belfast Treatment Works*  
**10am, Friday 22nd August**

Join Northern Ireland Water to explore the original Victorian Sewage Treatment Works for Belfast then discover our modern Wastewater Treatment process with a tour of the Belfast WWTW. Follow the journey of our water from taps and toilets back to the water cycle.

[BOOK](#)  

# Rock Pools Rock!

*Cranfield Beach*  
**2pm, Friday 22nd August**

Join Enspire Learn to explore the captivating world of seashore life in rock pools! Can you spot crabs, seaweed, fish, and shells? Learn what it's like for these amazing plants and animals. Don't forget to wear your wellies!

NO BOOKING REQUIRED  

# Waterskiing and Wakeboarding with Meteor Waterski Club

*Lough Henney*  
**9am, Saturday 23rd August**

Join the team at Meteor Waterski Club to have a try at waterskiing and wakeboarding! Equipment, wetsuits, life jackets and coaching all provided.

Children under 18 must have a parent/guardian present.

[BOOK](#)  

Coastal bird talk and ID Session



# Bird Talk and ID Session with Keep NI Beautiful

*Larne Promenade*  
**5pm, Sunday 24th August**

Join us for a walk along the Larne Coast to watch and identify the wide range of coastal wading birds during low tide.

Get to know our spectacular native species, what they get up to and how to spot them.

[BOOK](#)  

# Guided Rockpooling Tour with Coastal Kidz

*Salmon Beach, Portballintrae*  
**1pm, Monday 25th August**

Join everyone's favourite rockpooling superstars, the Coastal Kidz, for a seaside adventure in Portballintrae. These intrepid little explorers will show you how to spot all the amazing creatures that make shallow rockpools their home.

[BOOK](#)  



# Talk and Walk at WWT Castle Espie

Castle Espie  
10.30am, Friday 29th August

Join NI Marine Task Force to learn about Nature-based Solutions at WWT Castle Espie. Find out about the Blue Carbon Action Plan and how this can support mitigation of Climate Change through both the NI Climate Change Adaptation Programme and the Climate Action Plan.

[BOOK](#)



# Pollution Art with MEA Outdoors

Ballygally Beach  
10am, Saturday 30th August

The session will begin with a litterpick of the beach to gather your materials, followed by an opportunity to get creative with your findings! Local artist, Janet Crymble will be on hand to facilitate the artistry and show you how to turn trash into treasure.

[BOOK](#)



LIVE  
HERE  
LOVE  
HERE



Pollution Art at Ballygally Beach

# Electric Picnic at Nendrum Monastic site

Sketrick Island  
10am, Sunday 31st August

Join Strangford Lough Activity Centre for a guided electric bike tour and artisan picnic at Nendrum Monastic site, Sketrick Island, Newtownards.

[BOOK](#)



Keep an eye out for even more Healthy Oceans Healthy Minds events going live in the coming weeks.

Please remember that while all events are free, numbers are limited. If you find you are unable to attend an event please let us know by cancelling your booking so someone else can take your spot.

See you on the sand!