

European Heritage Open Days bringing history to life

European Heritage Open Days (EHOD) (Saturday 9 to Sunday 10 September) offers the opportunity to visit historic buildings and places of interest, free of charge – some of which aren't usually open to the public. This year's event will see a cast of characters at many of the sites, bringing history to life.

County Antrim

Pogue's Entry, Antrim

Childhood home of author Dr Alexander Irvine, the cottage gives a rare insight into how many Irish working class families lived in the latter half of the nineteenth century. There will be living history, storytelling, and traditional craft activities on offer and gardeners will be on hand to answer your questions.

Carrickfergus Town walls

Carrickfergus Town walls are the oldest stone town walls in Northern Ireland, building started in 1608. Although parts of them have been removed over the years, the circuit can still be traced around the town centre. Meet the man-at-arms on Saturday 9 September as he patrols the walls.

County Armagh

Navan Centre and fort

Enjoy a flavour of the historic Navan Centre and fort. Be welcomed to Navan by the Celtic characters, learn of the myths and legends of the Ulster Celts in a short tour.

Belfast

GI's Jitterbug NI War Memorial Museum

Visit the museum to learn about Northern Ireland's role in WWII and the 75th anniversary of the arrival of US Forces. An American Red Cross Club dance will be recreated, sample American candy, listen to 1940s music played on a gramophone, and take part in swing dances with the Ballroom Blitz Formation Team.

Discover Ulster Scots Centre

Come and discover Ulster Scots music, dance, history, and heritage in Belfast's Cathedral Quarter. Visit the spacious exhibition gallery with live folk music performances, Highland and Scottish ceilidh dance workshops, or

try on some period costumes from the early 1600s.

County Down

Ballycopeland Windmill

Meet the miller who will explain how the daily grind was done for the farmers of the Ards peninsula and filled the breadbaskets of County Down – 18th century high-tech engineering requires skill and hard work.

Dundrum Castle

Meet the Norman man-at-arms and survey his armoury of weapons, perhaps try on some chain mail, and feel the weight of a sword.

Greyabbey

Come and meet the Cistercian monk who walks the cloister and tends the herbs, vow of silence temporarily suspended...

Bangor Castle

Experience a behind-the-scenes escorted tour with a costumed guide to see the main rooms originally used for entertaining on the ground floor level, as well as a chance to see 'downstairs' as a comparison.

Visitors will also have the chance to see some of the local council's painting collection, some of which are original to the castle.

County Fermanagh

Devenish Island

This island community was founded in the sixth century, burned in 1157 by vikings, and in the Middle Ages it flourished as the parish church and St Mary's Augustinian Priory.

Best known for its intact round tower, there is lots to see and explore. Meet the early Christian monk and saint, and see how you would have fared as a scriptor monk copying holy texts with a goose quill pen, inks and pigments.

Tully Castle

A fortified house and bawn built in 1619 for the Scottish planter Sir John Hume. He occupied the house until 1641 when it was captured and burned on Christmas Eve by Rory Maguire. A place of beauty with a tragic history, you can meet living history re-enactors who will bring this castle to life once again.

County Londonderry

School master's treasure hunt

The year 1617 saw a Free School built within Derry Walls. Follow a trail of hidden clues and help the school master find his salary. Seek help from living history performers along the way and discover another story connected with the building of the Walls. You could win great prizes too. Part of Derry Walls Day 2017.

Martello Tower

Meet the 19th century artilleryman as he patrols the tower and explains the importance of this strategic lookout post, and his role in keeping the big guns ready. See uniforms, field kit, and hand weapons of the Napoleonic soldier.

Bellaghy Bawn

Once used as a doctor's surgery, come and meet a barber-surgeon from the 17th century and see how his medicine compares to modern methods. Cures for the plague and the pox guaranteed!

County Tyrone

Benburb Castle

Meet the soldiers who lived here, see weapons demonstrations, and hear the history of this amazing place. A new exhibition, 'Wildlife of the Blackwater Valley', will be open; take a wildlife walk with experts, and spot some of the creatures in the Valley Park. Something for all the family.

European Heritage Open Days

If you want to find out more about what and when properties are opening, what events are on, and if you need to book, you can get information and download the brochure at the following link:

Keep up-to-date with European Heritage Open Days on [Facebook](#) and on [Twitter \(@ehodni\)](#).

The weekend promises to have something for everyone so why not come along and enjoy a little bit of history right on your doorstep?

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Nature and heritage focus of weekend event

This year the theme for European Heritage Open Days (9 & 10 September), is 'Heritage and Nature: A Landscape of Possibilities'. Many events have been organised to show Northern Ireland's natural landscape and biodiversity.

Antrim

Greenmount campus nature trails and walled garden

Greenmount campus includes over 18 hectares of landscaped grounds. Walking tours of the nature trail will take you through woodland and past:

- the walled garden dating from 1801
- an ice house
- summer house
- stone arch
- lakes, ponds and a constructed wetland

Armagh

The Palace Demesne Public Park

Palace Demesne Park, set in 300 acres, is the creation of Archbishop Richard Robinson and includes walks that vary in distance and a play park for children. There's a restaurant and coffee shop in the picturesque Georgian stables and courtyard.

Belfast

Carnegie Oldpark Library

The library has been recently purchased and there are exciting plans to restore this 1906 building to its former glory.

There will be a book sale, film show, refreshments, and a small tree will be given to visitors as part of the 'Heritage and Nature' theme to enhance the local environment and encourage children to plant and grow them.

Derry/ Londonderry

Seamus Heaney's HomePlace

The Seamus Heaney HomePlace features an interactive exhibition over two

floors, filled with personal stories, images, and the voice of the poet himself.

His first major work, 'Death of a Naturalist', was published in 1966. Throughout his life, Heaney continued to explore the theme of nature and the landscape of his 'homeplace'.

The centre also features a recreation of Heaney's Dublin study, a gift shop, a Creative Learning Zone for children and a café.

Down

Bangor Castle walled garden

Designed by the Ward family of Castle Ward in the 1840s, the walled garden was considered a secret garden until it was restored and opened to the public in 2009.

The gardeners will be onsite providing tours of this exquisite garden and to answer questions about the restoration and the four separate horticultural personalities of the garden.

Fermanagh

Guided bus tour of Marble Arch Caves UNESCO Global Geopark

Take a guided tour of some of the major sites within the UNESCO Global Geopark, including the Cavan Burren, Cornagee Viewpoint, Blacklion, Hanging Rock, and Claddagh Glen, with optional nature walk, and guided tour of Marble Arch Caves.

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Buildings and events open for heritage weekend

European Heritage Open Days (EHOD) promises to be exciting this year, with nearly 400 properties opening their doors to visitors for free this weekend (Saturday 9 to Sunday 10 September).

20th anniversary

This year marks the 20th year of European Heritage Open Days in Northern Ireland – a special celebration of our built heritage. The event provides a great chance for the public to see behind closed doors and experience the magic of our historic environment.

To mark this milestone many buildings which were part of the original EHOD in 1997 are opening again. There are also special conservation area walks for you to enjoy. Highlights include:

Andrew Jackson Cottage and US Rangers Museum, Carrickfergus

An 18th century thatched stone cottage restored as a tribute to seventh President of the USA Andrew Jackson, whose parents lived nearby.

The Redoubt in Enniskillen

A hidden historic gem, this stoned-walled redoubt sits on Windmill Hill. It was built in 1796, with walls 142 foot long, 20 feet high, 15 feet thick, and a moat 10 foot deep as a fortification to the town's West Bridge and to Enniskillen Castle.

Armagh Observatory and Planetarium

Enjoy a guided tour of the Armagh Observatory and Planetarium's grounds and gardens – the Astropark. Enjoy a scale model of the solar system, the Hill of Infinity, the Around North exhibit, and the natural environment of our woodland walk.

Newtownstewart Guided Walk

The village, located on the River Mourne, was once a centre for the linen industry, now a focal point for agricultural hinterland. The walk and guided tour by architect Manus Deery will feature buildings of architectural and historical interest.

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Recognise signs of stroke and act FAST

Date published: 14 February 2019

Stroke is a common cause of death and disability. It happens when the blood supply to part of the brain is cut off and brain cells are damaged or die. You should 'act FAST' and call 999 if you think someone is having a stroke. It could save their life.

Signs and symptoms

If someone has a stroke, knowing the signs and symptoms and acting FAST can:

- improve their chances of survival
- reduce the level of disability that results from a stroke

The most common symptoms to look out for are blurred vision, slurred speech or muscle weakness when otherwise feeling well.

Check for the following:

- face – has their face fallen on one side? Can they smile?
- arms – can they raise both arms and keep them there?
- speech – is their speech slurred?
- time – time to call 999 if you see any single one of these signs

A full-blown stroke could include:

- numbness or weakness in face, arm, hand or leg on just one side of the body
- confusion or difficulty speaking or understanding what someone is saying
- difficulty swallowing

- sudden dimness, blurring or loss of vision in one or both eyes
- trouble walking and dizziness
- loss of balance or co-ordination
- severe headache, sudden vomiting or unconsciousness

With a stroke it's important to act immediately, as early treatment is vital. You should either:

- dial 999
- or go to a hospital Accident and Emergency department

When 999 is called they will be brought by ambulance to the nearest acute stroke centre.

You can find further information on this page:

Preventing strokes

Your chances of having a stroke reduce if you understand the risks and take action to prevent a stroke happening.

You can reduce your risk of having a stroke by:

- knowing and managing your personal risk factors such as high blood pressure, diabetes, an irregular heartbeat (for example, atrial fibrillation) and high blood cholesterol
- exercising regularly and maintaining a healthy weight
- reducing the amount of alcohol you drink
- stopping smoking

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