









WELCOME TO THE SIXTEENTH ISSUE

We have lots to tell you about our exciting projects over the last few months. We have had a number of traditional training courses, volunteer events, launches of some of our projects and numerous events to celebrate this fantastic landscape. We would also like to welcome Ann-Marie Laverty our new Admin and Finance Officer.

We have had a number of events over the winter including wreath making with Anne from Flowers at Annes, Ballycastle, Big ceilidh fireside stories with Liz Weir and Christmas bakes and edible treats by the great Edel Healy. Many thanks to the tutors for providing their expert guidance during these events.



We have now completed our swift project which was a tremendous success with many schools, businesses and community groups from all over The Glens (From Ballycastle right around the coast to Glenarm) coming together in partnership to create nesting sites for this incredible bird.

NIEA Environmen

Glens of Antrim Swift Box Project It is estimated that Swift numbers have fallen by up to 50% in the last 25 years. One of the main causes for this decline is a lack of nesting sites that would have been found in old buildings. This project set about creating new nesting sites in the towns and villages in the Glens of Antrim in partnership with local schools, businesses & other groups between 2015-2017. **New Nest Box Sites** 6 Towns / Incredible 9 Schools **Journey** 1 Golf Club 2000 bilingual leaflets produced by pupils of iscoil an Chaistil, which were distributed across the Glens **GAA Club** 9 Other Buildings 135 Nest Boxes 1 Swift Tower 5 Swift Callers 147 New Nest Sites addition to all partner organisations issted a special thans it to Brian Calalane of Ni Seriff Group, local swift exper McGrattan and all other volunteers who helped out, to would also like to thank the teachers and pupils from Ga c Chalstell for their efforts in delivering the project in Bally Heart of

Coast & Glens

BIG ARTS WEEKEND

Cushendun's Big Arts Weekend is a four day festival of music, drama, poetry, exhibitions workshops and family fun. Now in it's sixth year the festival celebrates the rich culture and spectacular landscape of Cushendun and the Glens of Antrim. Over the years Heart of the Glens LPS have supported the festival and this year are running a Wild Harvesting and Cooking workshop on Saturday 5th May.

The weekend kicks off on Friday 4th May with an evening of traditional music celebrating the songs of Brian Conners with Sean Quinn and Glenn Simpson. Saturday's highlights include 'Painters Poets and Playwrights' a guided walk around Cushendun, a Painting Masterclass with Hector McDonnell and performance 'In Conversation with Martin Lynch and Marie Jones'

Sunday is Family Fun Day at Glenmona House with a plenty of outdoor play, a sandcastle competition (weather permitting), kids craft workshop, face-painting and a puppet show + talks and workshops for the grownups.

On Monday you can join the 'An tSiuloid' (the long walk) before heading back to Glenmona House to enjoy wonderful local produce and craft at the Naturally North Coast Artisan Market. Glenmona House is open all weekend and serving delicious home made cakes and coffee. The annual 'Painting for Pleasure' exhibition will be open for the duration. The weekend has something for everyone and many of the events are free so be sure to save the date 4th-7th May.

Full details of the programme will be released in early March 2018 on our website www. cushendunbpt.org where you can book tickets and register for events. For further information contact info@cushendunbpt.org

CUSHENDUN OLD CHURCH NEWS

The Old Church Project received planning permission in January so can at last move ahead with the restoration project. However, they are lucky to have not only Pipistrelle, but also Brown Long Eared Bats roosting in the building, so the development has to work around the breeding season. All going according to plan restoration will be completed by early 2019 and by Spring the Cushendun Old Church Centre will be open for business. It will be a lovely new venue in the area with a focus on heritage, art and community events and activities. Over the next year the Old Church will be planning it's programme for 2019, if you have an idea for the space, a class or activity you think might work there, or would be interested in hiring the venue for an event, Cushendun Building Preservation Trust would love to hear from you. Contact info@cushendunbpt.org



SEASONS OF THE GLENS PHOTOGRAPHY COMPETITION

Congratulations to Niall McCaughan winner of the summer category and Katherine Van Aardt winner of the autumn category. We will be releasing the winner for the winter category in the next few weeks. We have received so many amazing photos of The Glens it was hard to decide on the best one. Many thanks to Fiona Jones for the great snap of her canine friend at the pond in Breen Wood in Glenshesk which we have used as our front cover. You will also see some of your photos we have received throughout this newsletter.

There is still plenty of time to enter your photos for the spring category of our Seasons of The Glens photography competition. The deadline for your spring photos is Thursday 31st May 2018.

Please forward your photos, with details about the location where they have been taken, along with your contact details to laura@lps.ccght.org.

For more info and details of prizes take a look at our website http://www.heartoftheglens.org/glens-lens-seasons-glens-photography-competition/





CAREY PLACE NAMES PROJECT

Our partnership with Carey Historical Society has been flourishing over the past few years to the point where a number of forgotten townland names in Culfeightrin have been rediscovered and recorded. This project is all about the recording of townlands to encourage a greater sense of ownership of local heritage in local children through schools and the older generation through senior citizen groups. A major element has been identifying the locations of sites of historical importance in Carey such as graveyards, standing stones, giants' graves, etc. and the associated mythology and industry surrounding the many raths, castles etc. A traditional Céilí was held at the Museum in Watertop farm in February to celebrate the heritage and culture of The Glens of Antrim. There are many more exciting workshops and mapping days to come from this fantastic partnership.



HISTORICAL PHOTOGRAPHY PROJECT

Over the past four years we have developed a great partnership with Glens of Antrim Historical Society, Carey Historical Society, Glenravel Historical Society, Ballycastle Museum, and Glenarm Visitor Centre. One of our final projects together will be the historical photography in which we will produce a number of postcards blending in the old and new landscapes from each of the nine Glens of Antrim. The idea is to find old photos of The Glens and go to that point in the landscape and take the same photo in present day and blend the two together. We hope to be able to host these on a website for all to see. We will also hold a pop up display across all the villages throughout The Glens which will hopefully coincide with our Archaeology celebration in May.

UPCOMING HERITAGE SKILLS TRAINING OPPORTUNITIES

TRADITIONAL BAKING

The Glens of Antrim and the wider countryside have a wealth of unique traditional recipes. In order to ensure traditions these local continue to flourish we organised two short training programmes to celebrate our heritage.



During this four week training programme local expert Edel Healy taught a range of people from all over The Glens and further afield how to bake treats such as apple tarts and traditional breads to name but a few.

If you missed out on this opportunity we will have our final traditional cooking and baking with Edel Healy in November which will teach you how to make the perfect Christmas dinner. Spaces are limited on this training so please book early to avoid disappointment.

TRADITIONAL STONE **FNGRAVTNG**

Again another very popular training course in our programme, the last round of our introduction to stone engraving will take place this April. Expert stonemason John McCollam will guide



you through the key skills of carving lettering into stone.

Having completed this training you will then be able to progress to the more advanced stone engraving training which will be taking place in June. On this advanced stone carving course you will learn about the basic form and layout of dimensional stone carving. (Please note you will need to have attended the introduction to stone engraving before you can proceed to the advanced training).

WOOD CARVING

We had another successful beginners wood carving training weekend November last year at the workshop in Glenmona Cushendun. As we are now into our final year of training we are running another beginners wood carving



training weekend at the end of May from which you can then progress to the more advanced training course which will run in November.

During the introduction to wood carving professional artist and wood sculptor Raymond Watson will show people how to create a variety of relief wood carvings.

By the end of the two days each participant will leave with their own completed wood carving and a good knowledge of what is involved in this creative process from design, drawing, carving, finishing and varnishing.

MAKE YOUR OWN TRADITIONAL HEDGE CHAIR

Following on from our successful hedge chair making training last year we decided to run another training course in June.



You can come and learn the craft of hedge chair making with expert Glenn White. Over the two days you will learn the skills of the traditional Irish hedge carpenter whilst making a simple but elegant 3-legged back stool or Irish 'creepie'. You will gain an understanding of timber choice, tool selection and project design, ending up with a functional seat to

WILD HARVESTING &

COOKERY

two day training programme with expert forager Glenn White will cover identification of wild foods, and harvesting and cooking what you find. It



will consist of a forage walk around different habitats to collect wild foods and then use these foods to make garlic pesto, nettle soup or cordials etc.

Topics covered:

- Foods that are safe to eat and foods that are poisonous
- Different foods you can find in different months of the year
- The many uses of wild foods such as medicinal uses
- Mythology and folklore surrounding wild foods

ORGANIC GARDENING

Join us for an introduction organic gardening exploring composting and soil health, crop rotation and planning your garden in the wonderful setting of Tiveragh View Allotments in Cairns Cushendall.



SPACES ARE LIMITED ON ALL OUR TRAINING PROGRAMMES SO PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT.

FOR FURTHER INFORMATION AND TO BOOK YOUR PLACE, PLEASE SEE THE UPCOMING EVENTS SECTION ON THE BACK PAGE



INTERVIEW WITH GLENN WHITE & KELLEY HANN

Trainers on our wild foraging & cookery, traditional wood skills and organic gardening.

TELL US A BIT ABOUT YOURSELVES, YOUR INTERESTS

Kelley: We manage Drumnaph Nature Reserve. The reserve is owned by Carntogher Community Association and The Woodland Trust and covers 230 acres of ancient woodland, wetlands, meadow and farmland. There is also a community garden on the site that brings people together to share knowledge and grow food. I like being outdoors; walking with our children and the dog, running, organic gardening, cooking and fermenting foods and visiting farms and other community projects.

Glenn: I am a traditional carpenter, bushcraft instructor, health and fitness coach, wild food forager and outdoor educator. My big interest in Paleo Anthropology (the study of ancient human behaviour) and Ethnobotany (the ways humans use plants). I am constantly learning and applying my knowledge to the work I do.

WHAT DO YOU ENJOY MOST ABOUT THE WORK YOU DO?

Glenn: On the foraging walks, it gives me a buzz when I see the look on someone's face when they have discovered something about a plant they have perhaps walked past most of their life without stopping to consider its uses and benefits. It is so easy to miss what is in front of us.

Kelley: I can't choose, I enjoy all my work. I am enthusiastic about what I do and I hope this comes across.

WHY DO YOU THINK TRADITIONAL SKILLS ARE SO IMPORTANT FOR THE LOCAL GLENS COMMUNITY AND ECONOMY?

Glenn: In the age of the 'throw away' culture, traditional crafts link us back to our cultural heritage whilst producing items that are both sustainable and long lasting. It is a return to the heirloom tradition where special items in the home would be passed on to future generations.

TELL US A BIT ABOUT YOUR PARTNERSHIP WITH THE HEART OF THE GLENS LANDSCAPE PARTNERSHIP SCHEME

Kelley: We have been working with the scheme for a few years and we always enjoy coming to the Glens to deliver courses. Last year I ran a weekend in Organic Gardening at Cairns allotments in May and a workshop on Using Garden Produce in September. Glenn leads wild food foraging and cookery days and he also delivers the Chairmaking course. The scheme offers a great variety of activities throughout the Glens and we see the benefit people get from attending the events whilst enjoying the beautiful landscape.





HILL & MOORLAND TRAINING

Heart of The Glens LPS are offering another Hill & Moorland Leader Award training course. The Hill and Moorland Leader Award is designed for people who want to lead groups in the hill and moorland areas of the UK and Ireland. This award is a wonderful opportunity to learn the leadership skills required to feel confident about taking people out walking.

There are a number of prerequisites you must meet and they are as follows:

- You must be at least 18 years old
- You should have at least a years' worth of experience of hill walking
- You need to have a good knowledge of navigation (using a map & compass)
- You should have an interest in leading groups in the hills

For further information take a look at the Mountaineering Ireland handbook below. http://www.mountaineering.ie/_files/WGL%20Handbook%202011.pdf

The training will take place over three days and will cost £50 per person. Provisional dates are Friday 14th - Sunday 16th September 2018. Spaces are limited on this course so please contact us asap.

To register your interest contact Laura on 028 2075 2100 or email laura@lps.ccght.org.

GLENS TOURISM CLUSTER GROUP

The Heart of The Glens LPS have, over these past years, been working very closely with TourismNI to develop and facilitate The Glens of Antrim Tourism Cluster Group. It has been a brilliant success to date.

The development of the cluster has seen a renewed Antrim Glens Tourism becoming a wonderful example of what businesses can do when they work together. It is our pleasure to be partnering and supporting them towards increasing the tourism potential of one of the most beautiful regions on this island. They have developed a new website (antrimglenstourism.com), which will continue to grow and act as an important hub for information for The Glens of Antrim. We have also helped them to provide training in digital media and a number of promotional materials to get them up and running.



About Us

GLENS STORYTELLING TRAINING - A GLIMPSE OF THE GLENS

Following on from the success of our autumn storytelling workshops these past two years as part of the Ghosts in The Glens festival we are now going to offer a more in depth training course. Fourteen people attended the event last October facilitated by Liz Weir and the aim was to foster individuals' storytelling skills and to encourage people to retell traditional stories rooted in the landscape. The participants showed great interest in storytelling as an art-form which could be used to promote local culture and also tourism. Karen Edwards from Carnlough who attended the storytelling workshop the past two years has told of how it has helped her to kick start her storytelling career.

"I had been challenged with a life-changing redundancy.

I knew that despite over 30 years working in an office, inside I was a free spirit who would love nothing more than to sustain my existence in a more creative way. Although musical I knew I would never be good enough to compete. Stories, books and writing had been my passion as a child and it was after attending Liz's storytelling workshop that truly felt I had a way forward. I have gone strength strength, telling first



as a volunteer, getting my Access NI check and now truly "on the road". I tell stories in nursing homes, at children's events and have been commissioned by two local authorities. It has been one of the most rewarding of my experiences. To see the smiles on young faces or to hear the reminiscences of older people. It really warms your heart."

As part of our continuing efforts to ensure that the local heritage and culture of The Glens of Antrim is not lost we are hoping to run an accredited storytelling course. The aims of the training course would be to reawaken interest in the traditional art of storytelling. This would be done by helping people appreciate the rich legacy of the stories which they already know, to develop their storytelling skills and to give them the confidence to collect and share their stories with the wider community. This training will require participants to collect, preserve and share stories across the whole of The Glens. will include stories of traditional crafts and jobs, farming, local history, townlands, fields, and tales of fairies, ghosts and banshees, etc. It is an opportunity for the people of The Glens to share their personal narratives and tell the stories of local legends, myths and folklore.

If you are interested in attending this training please get in touch with Laura on 02820752100 or email laura@lps. ccght.org



BCW HERITAGE WORK SKILLS PROGRAMME

We had another group of fantastic teenagers from BCW through our heritage work skills programme. The group got to take part in our archaeological excavation getting some hands on experience surveying, trowelling and identifying and recording artefacts as well as getting a tour of Bonamargy Friary led by local tour guide Kevin McGowan to learn about the heritage on their doorstep. The group also took part in a marine litter workshop with Rachael Conway and Donna Rainey and carried out a litter pick on Ballycastle beach.

CLOGHANCOR MEGALITH TALK

There was a great turn out for the talk on the excavation at Cloghancor on Monday 22nd January. archaeologist Brian Sloane spoke about the excavations carried out by Queens Centre for Archaeological Fieldwork and HoTGLPS over the four years with a focus on last years excavation at Cloghancor megalith. It was a great night with everyone getting a chance to see the artefacts that were found on site including the blue glass bead and flint arrowhead.



STORIES OF OUR A community celebration of the archaeology, **ANCESTORS**

history and mythology of The Glens of Antrim

Heart of The Glens Landscape Partnership Scheme invite you to join us in celebration of all the archaeological and historical events and activities that we have carried out over the past four years.

THURSDAY 17TH MAY - WELCOME AND LAUNCH

6.30pm - 7.30pm St Mary's Parish Centre, Cushendall

Celebrating history and archaeology projects by local people and groups. Display of information stands from various historical societies and local groups to be viewed throughout the weekend.

7.30pm - 9.00pm St Mary's Parish Centre, Cushendall

Public lecture on community archaeology excavations throughout The Glens and lesser known archaeological sites with Cormac Mc Sparron (CAF).

FRIDAY 18TH MAY - WHAT'S UNDER THE TEMPLE

1.00pm - 4.00pm Culfeightrin Old church, Magherantemple

Geophysics, drone and laser surveying at Culfeightrin Old Church with Siobhan McDermott, Colm Donnelly and Cormac McSparron (CAF).

FRIDAY 18TH MAY - LAUNCH OF MEDIEVAL GLENS BOOKLET & MYTHOLOGY OF THE GLENS BOOKLET

6.30pm - 7.30pm St Marys Parish Centre, Cushendall

Launch of Medieval Ulster history book -Colm Donnelly. Information stands to be viewed from 6pm to 9pm.

7.30pm - 8.30pm St Marys Parish Centre, Cushendall

Launch of Mythology of The Glens booklet -Thomas McErlean.

SATURDAY 19TH MAY - UNLOCKING THE TOWER GROUNDS with Thomas McErlean

10.30am - 1.00pm St Killians College Car Park Archaeological tour of Garron Tower with Thomas McErlean. The mock gothic castle of Garron Tower and it's surrounding landscape and seascape is one of the great hidden jewels of the Glens. This walk will take us through the grounds of the castle, now a college, and discuss its fascinating history. It will also take us through part of the local landscape of Garron Point which has many features of archaeological and geological interest including the early medieval promontory fort of Dunmaul.

SUNDAY 20TH MAY - IN FULL RETREAT

2.30pm - 4.00pm Retreat Castle, Ballyeamon Road, Cushendall

Archaeological tour of Retreat Castle - The great improvement project with Sloan & Colm Donnelly (CAF).

SUNDAY 20TH MAY - CASTLES & KINGDOMS OF THE GLENS with Tom Mc Neill

6.30pm - 8.30pm St Marys Parish Centre, Cushendall

A talk about the Castles and Kingdoms of The Glens with Professor Tom McNeill. Information stands and displays to be viewed from 5.30pm to 9pm.

PLEASE NOTE THIS ITINERARY IS SUBJECT TO CHANGE

All of these events are free and everyone is welcome. **Booking** is essential

For further information and to book your place on these events contact Laura on 028 2075 2100 or email laura@lps.ccght.org

To find out more about local accommodation visit antrimglenstourism.com

PCOMING EVENTS

Our events are open to everyone! To ensure we have enough refreshments please let us know you are coming. To register call 028 2075 2100 or email laura@lps.ccght.org or you can book directly onto most of our events via our **Eventbrite** page.



Sunday 29th April

2pm - 5pm Garron Point car park

Garron Point Whale Watch - Learn about our fascinating marine mammals at this whale watch with expert lan Enlander. Please $bring\ binoculars\ and\ spotting\ scopes\ if\ you\ have\ them.\ To\ book\ Email:\ biodiversity@midandeastantrim.gov.uk\ or\ call\ 078\ 4985$

Saturday 12th May (2 sessions)

10:30am-12:30pm & 1:30pm-3:30pm at Cregagh Wood, Cushendun

Nest & Squirrel box building for families - Whether you're nuts about birds or squirrels or just want to find out more, then come along on this family fun box building event with your local Biodiversity Officer, Rachel Bain and Glens Red Squirrel Group. We will also take a wander through this beautiful woodland & see some of the creatures who live there and put up the boxes you have created. To book: cushendunsquirrels.eventbrite.com

Sunday 13th May

5:30am - 7:00am Cregagh Wood

Dawn Chorus - Why not start your day and join us for a chance to hear the wondrous bird song on a dawn chorus walk through Cregagh Wood, nestled in the Antrim Coast & Glens Area of Outstanding Natural Beauty. We may even be lucky enough to hear the NI rare Great-spotted Woodpecker or Wood Warbler. To book: cregaghchorus.eventbrite.com

Saturday 19th May 11:00am - 1:30pm at St Killians

College car park

Garron Tower Archaeological Tour - The mock gothic castle of Garron Tower and it's surrounding landscape and seascape is one of the great hidden jewels of the Glens. This walk led by expert Archaeologist Thomas McErlean will take us through the grounds of the castle, now a college, and discuss its fascinating history. It will also take through part of the local landscape of Garron Point which has many features of archaeological and geological interest including the early medieval promontory fort of Dunmaul. Spaces limited so please book early to avoid disappointment. To book: garrontower.eventbrite.com

Saturday 7th April 8:00am - 12:00pm at Murlough Bay (Bottom car park)

Our Natural Landscape Through A Lens - Join Northcoast Nature photography & the Causeway Coast & Glens Heritage Trust (CCGHT) at Murlough Bay for a practical outdoor photography workshop capturing the stunning surroundings. Participant knowledge level - Intermediate, good understanding of own equipment. Must bring own equipment including tripod to the event. Please note spaces are limited to 6 for this event. Contact: Tom Tel: 07723 087 668 Cost: £40pp

Monday 23rd & Monday 30th April 2018

7pm - 9pm at Glenmona Workshop, Cushendun

Traditional Stone Engraving - Join expert stonemason John McCollam for a basic introduction to stone lettering. He will guide you through the key skills of carving lettering into stone. Spaces limited so please book early to avoid disappointment. Cost: £20pp To book: cushendunengraving.eventbrite.com

Saturday 28th April 10am – 4pm at Tiveragh View

Allotments, Cairns Road, Cushendall

Organic Gardening - Join us for an introduction to organic gardening exploring composting and soil health, crop rotation and planning your garden. Spaces are limited so please book early to avoid disappointment. Cost: £5pp To book: cushendallgardening.eventbrite.com

Saturday 5th May & Saturday 8th September

10am - 4pm at Cregagh Wood

Wild Harvesting & Cookery Training - This two day training programme with expert forager Glenn White will cover identification of wild foods, harvesting and cooking your foods. It will consist of a forage walk around different habitats to collect wild foods and then use these foods to make garlic pesto, nettle soup or cordials etc. Spaces limited so please book early to avoid disappointment. Cost: £20pp To book: wildcregagh.eventbrite.com

Saturday 26th & Sunday 27th May

10am - 4pm at Raymond Watson Workshop, Cushendall

Introduction to Traditional wood carving - Over the two days professional artist and wood sculptor Raymond Watson will show people how to create a variety of relief wood carvings. By the end of the two days each participant will leave with their own completed wood carving and a good knowledge of what is involved in this creative process – from design, drawing, carving, finishing and varnishing. Spaces are limited on this training so please book early to avoid disappointment. Cost: £20pp To book: cushendallcarving.eventbrite.com

Saturday 9th & Sunday 10th June

10am - 4pm at Glenmona House Workshop, Cushendun

Traditional Hedge Chair Making - Come and learn the craft of hedge-chair making with expert Glenn White. Over the two days you will learn the skills of the traditional Irish hedge carpenter whilst making a simple but elegant 3-legged back stool or Irish 'creepie'. You'll gain an understanding of timber choice, tool selection and project design, ending up with a functional seat to take home and the knowledge to make more. Spaces are limited so please book asap. Cost: £30pp To book: cushendunchairs.eventbrite.com

Thursday 26th April

1pm – 3pm at Garron Point (meet at the main car park at Glenarm strand, BT44 OAB)

Glenarm Beach Clean - Big beach clean in collaboration with Glenarm Wildlife Group, Keep Northern Ireland Beautiful, and Heart of the Glens Landscape Partnership Scheme. We will be cleaning the strand and harbour area at Glenarm. Wear old clothes that you don't mind getting dirty. Gloves and litter pickers will be provided. Minimum age of 16 years.

Contact: Dave Wall Email: dave.wall@ulsterwildlife.org Tel: 028 9046 3126

ABOUT THE HEART OF THE GLENS

The Heart of the Glens Landscape Partnership Scheme is made up of 21 exciting different projects over five years and covers a large area from Ballycastle to Glenarm. This Scheme is focused on and for the benefit of the communities and beautiful landscape of the Glens.

- TO CONSERVE AND ENHANCE THE BUILT, NATURAL AND CULTURAL HERITAGE
- TO ENGAGE AND INSPIRE COMMUNITIES
- TO IMPROVE ACCESS AND LEARNING IN THE AREA TO OFFER HERITAGE SKILLS AND TRAINING

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