



LURGAN CATALYST PARENT NEWSLETTER PARENTS MAKING A DIFFERENCE

2006 ISSUE 2

PAKT Lurgan...

PAKT Lurgan is an established family led project for children, young people and their parents. It is open to families from all areas of Lurgan and surrounding localities and from all traditions. Through an on going programme of activities, help and support, we aim to enhance social, personal and physical development, enabling those involved to realise their true potential. PAKT also aims to provide parents and children with information relevant to their needs, to help them reach their full potential and to equip them in becoming participants in all aspects of community life. PAKT offer programmes to suit the whole family, **the children's programme** includes activities such as drama, soccer, computers etc, **the parents programme** offers social activities, adult education, community relations courses etc, **the family programme** provides opportunities for parents and children to engage in activities in a friendly environment, where they can build friendships and make contact with families from other traditions/cultures, access new activities and events.



For further information on activities and availability of places contact Margaret Houston, Family Support Worker on:
028 38347505 or check out the website:
www.paktlurgan.com

Members of Lurgan Catalyst Parent Focus Group with Margaret Houston from PAKT who recently signed up to the vision of Lurgan Catalyst Parent.

HAVE YOU SIGNED UP YET???

Check out the **NEW** Lurgan Catalyst Parent Website. You can sign up to the vision and get the latest info on the focus group...

www.lurgancatalystparent.org

AND REMEMBER...

Parents can and do make a difference

Sport

Not only does sport have a positive impact on the physical health of young people but also a recent study from the US has suggested,

“engaging in a variety of activities...reduces likelihood of engaging in risky behaviours such as drinking, drugs violence, smoking, sex and delinquency”

Sports encourage...

A bond with parents which helps to keep the lines of communication open

Having a sense of belonging and ownership

Teamwork, which gives skills needed to cope with everyday life

A heightened sense of self-esteem

Commitment and dedication

Waves Leisure Centre

Tel: 38 322906

Local Events

Volleyball

Venue: Lurgan Park
Dates: 14th–18th Aug
21st–25th Aug
Age: 16 -18 years
Contact for info:
Paul McLlwaine
TEL: 07808395530

Water Sports
Tel: 38 342669

YMCA The Well

Summer Scheme
Details to be confirmed
Contact for info:
Martin Larkham
TEL: 38347442

www.craigavon.gov.uk

Check out this website for information on what's on in the Craigavon area.

Lurgan Tennis Club

Venue: Lurgan Park
Dates: Various
Age: 6-18 years
Contact for info:
Jackie Muldoon
TEL: 38 327387

DV8 & Drama Project

Venue: Various
Dates: Various
Age: 15+
Contact for info:
Daryn Greene
TEL: 38322205

www.ni4kids.com
An excellent website for parents seeking general info about what's on all over Northern Ireland in the summer

Craigavon Leisure centre

Tel: 38 342669