Love Parks Week is the perfect reason to get outdoors and enjoy the summer. We’re celebrating all that parks have to offer, so why not visit your local park during the campaign to show what it means to you?

Contact details:
Mid and East Antrim Borough Council
Parks & Open Spaces Section
11 Antrim Street
Carrickfergus
BT38 7DG
028 9335 8231
parks@midandeastantrim.gov.uk
www.midandeastantrim.gov.uk/loveparks

Parkruns
Saturday 15 July at 9.30am (Start)
Carnfunnock Country Park, Ballygally
Carrickfergus Mill Ponds, Carrickfergus
Ecos Nature Park, Ballymena
Town Park, Larne (Junior Park Run)
Saturday 22 July at 9.30am (Start)
Carnfunnock Country Park, Ballygally
Carrickfergus Mill Ponds, Carrickfergus
Ecos Nature Park, Ballymena
Town Park, Larne (Junior Park Run)
Park Run is a free, 5km timed run - it’s you against the clock. Park Run is open to everyone, safe and easy to take part in.

Keep up to date by visiting www.midandeastantrim.gov.uk/loveparks for further information or adjustments to this programme. All details are correct at the time of going to press. Mid and East Antrim Borough Council reserves the right to alter or cancel events without notice. Under 16’s must be accompanied by an adult. All events take place outdoors; please wear suitable clothing and footwear.
Love Parks Week encourages friends, families, the young and old, to come together and enjoy what our parks and green spaces offer. People must never forget that these spaces provide many opportunities for friendships, education, health, exercise and simple play and fun. Let's celebrate our green spaces, show your support for Love Parks Week.

**Friends Of Town Park**
**Saturday 15 July from 2pm - 4pm**
**Town Park, Larne**
Show some love to your local park! Join the ‘Friends of’ group and help improve this park for the community and for wildlife. A great chance to learn new practical skills and meet new people.

**Archery in the Park**
**Sunday 16 July from 2pm - 4pm**
**The People’s Park, Ballymena**
Would you like to try your hand with a bow and arrow? Come along and let experienced coaches teach you all you need to know about archery.

**Pilates in the Park**
**Monday 17 July from 6pm - 7pm**
**Marine Gardens, Carrickfergus**
Get outdoors and get active, try some Pilates in the Park! Meeting at the Clock Tower. Mats provided.

**Magic Owls**
**Tuesday 18 July from 12pm - 4.30pm**
**Carrickfergus Country Park**
Join the ‘Owl Man’ Don Scott and get up close and personal to a selection of owls from around the world including the World’s Largest Owl, the European Eagle Owl and the Great Grey Owl from Lapland.

**Scavenger Hunt**
**Tuesday 18 July from 7pm - 8pm**
**Ecos Nature Park, Ballymena**
An evening in the outdoors! Scavenge for clues around Ecos Nature Park and see how many items you can find. Great prizes to be won!

**Shakespeare in the Park**
**Tuesday 18 July from 6.30pm**
**Shaftesbury Park, Carrickfergus**
Enjoy Shakespeare in the Park! This year the play is The Comedy of Errors. Gates open 6.30pm, show starts 7.30pm, £3 per ticket. Contact Carrickfergus Visitor Information Centre on 028 9335 8222 or email events@midandeastantrim.gov.uk.

**Pop Up Play Day**
**Wednesday 19 July from 2pm - 4pm**
**Portglenone Marina**
Giant garden games, play activities and much more fun!

**Mini Beast Hunt**
**Thursday 20 July from 1pm - 3pm**
**Carrickfergus Mill Ponds**
Investigate the pond and surrounding area to see what marvelous mini beasts live there. How many can you find?

**Big Family Games Night**
**Thursday 20 June from 7pm - 8.30pm**
**Town Park, Larne**
Everyone is welcome to this evening of fun family games including rounders, ultimate frisbee and much more!

**Bat Night!**
**Friday 21 July from 8.30pm - 10.30pm**
**Galgorm Wood, Cullybackey**
Go batty for bats! Take a walk at dusk looking for these fascinating nocturnal mammals, using torches and bat detectors. Please bring your own torch if you have one. Meeting at the Old Mill entrance.

**Wild About Food: Cook Your Catch!**
**Saturday 22 July from 12pm - 2pm**
**Browns Bay, Islandmagee**
Join local fishermen to learn the traditional skill of sea angling then cook your catch at a family BBQ!

**Summer Band Concert**
**Sunday 23 July from 2.30pm - 4.30pm**
**Carnfunnock Country Park**
Enjoy a band concert within the Walled Garden amphitheatre, East Antrim Juniors Accordion (2.30 – 3.30pm), Ballyclare Victoria Flute (3.30 – 4.30pm).

**Biodiversity Summer School**
The Biodiversity Summer School gives families the opportunity to learn about the natural world through a variety of activities and games such as pond dipping, mini-beast hunts and nest box building. There is no need to book - just turn up to take part whatever your age!

**Monday 31 July - Monday 4 August**
**Ballyclare Victoria Flute (3.30 – 4.30pm)**

**Monday 7 - Friday 11 August**
**Diamond Jubilee Wood, Whitehead**

**Monday 14 - Friday 18 August**
**Ecos Nature Park, Ballymena**