

Take on Jungle Challenge

Jason and Brenda Shankey are on the hunt for willing team members to take part in Meningitis Research Foundation's first ever "It's Jungle Out There" challenge event. Ever fancied taking part in "I'm a Celebrity?" well now is your chance to enter our own version here in Northern Ireland on Sunday 18th September 2011.



The event is taking place in our own Jungle NI, in Moneyreagh and while we can't promise the tropical weather of the Australian Jungle we can guarantee wall to wall craic! You will be part of a team headed up by one of our very own local celebrities and together you will face the TRIALS! From a tree top rope course to zorbing through an assault course there will be plenty of action and it wouldn't be the jungle if we didn't throw in one of the notorious food trials.

We would really appreciate your support with this event. It is still the case that no other disease can kill people as quickly as meningitis and septicaemia in the UK and Ireland. Register now for an unforgettable

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N.I. Hospice Abseil Challenge

NORTHERN IRELAND HOSPICE is looking for individuals and teams to step over the edge and join them for a breathtaking 130ft abseil down the Europa Hotel, Belfast, on Saturday 17th September 2011.

The hospice abseil challenge provides a thrilling experience at one of the city's leading landmarks and is a unique opportunity for a personal challenge while also helping to raise money for such a worthy and much needed cause.

Participants will be taken through all aspects of the abseil by experienced instructors and will be part of an event filled with excitement, fun and a great team spirit! Participants can also bring along friends and family to cheer them on and lend support as they drop 130ft!

With limited places available, don't delay in taking up the challenge and being part of a hospice team for this fantastic event. All that is required is a £35 registration fee and a minimum sponsorship of £95 (all funds do not need to be raised prior to the event.)

To secure your place on this abseil or for more information please contact Karen on 9078 1836 or email karen.dunlop@niahospice.org.

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N. Ireland Animal Rescue



NORTHERN IRELAND ANIMAL RESCUE aims to provide a friendly online community promoting the welfare and rehoming of unwanted and abandoned animals.

If you would like to view animals who are in urgent need of a new 'FOREVER' home, please visit the N.I. Council dog pounds web page in the first instance:

northernirelandanimalrescue.webs.com/nidogpounds.htm
These dogs need immediate assistance as they are in danger of being destroyed if not reclaimed or rehomed. As many as 11 dogs are destroyed each day. For such a small province these figures are unacceptable. Northern Ireland has the highest number of unwanted/stray dogs destroyed in the U.K.

We can change this by ensuring that dogs are neutered to avoid further litters and microchipping to ensure that if pets do go missing - they are reunited quickly with their owners.

We believe in the five freedoms that is every animals right:

1. Freedom from hunger and thirst
2. Freedom from discomfort
3. Freedom from pain, injury and disease
4. Freedom to express normal behaviour
5. Freedom from fear and distress

You will also find the websites for most of the N.I. Rescues on our links page. Many animals are rehomed due to behavioural issues. Owners often feel that they have tried everything to resolve these issues. We have a terrific support network of members who have experience of these kind of issues. Please visit the forum and open a discussion on any problem you are having with your pet. We may be able to help. If you feel that you and your pet may benefit from some training/behavioural therapy, or for any further advice please visit: northernirelandanimalrescue.webs.com



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Lucky Local Shopper Winner!

OUR lucky Local Shopper winner last month was **Sandra Boyle** from **Cleland Park North in Bangor.**

Sandra won the fantastic prize of the new **White Apple iPad 2 16GB**. Why not enter this month's **Local Shopper Competition** for a chance to **WIN AN APPLE IPHONE 4!** Check out our competition on page 4 for details and remember you can enter as many times as you like. **GOOD LUCK!**

Try the Three Peak Challenge

WE want you to take on the challenge of 3 mountains in 1 day! Join us for our first ever Three Peak Challenge and help us raise vital funds for the charity. Starting out on Saturday 13th August morning at 8am and finishing at approx 5pm.

Meeting in Belfast on Saturday morning you will head off to climb Slieve Donard the highest mountain in Northern Ireland. Following this you will be transported to Slieve mountain in Co Antrim which is legendary known as the first home of St Patrick in Ireland. Having completed the 1.5 km round trip it's off to Cavehill to complete the challenge. Take in the spectacular views of Belfast from its' peak before making your final descent!

Are you up to the challenge? The full cost of this action packed trip is £155 which includes sponsorship, transport, and fully guided treks on each of the mountains.

Please help the Foundation achieve its vision of a world free from meningitis and septicemia.
For a registration pack please contact Keli on **9032 1283** or email keli@meningitis-ni.org. Your help could save a life.



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ASSISI ANIMAL SANCTUARY is Northern Ireland's leading independent animal charity. Giving homes to around 200 unwanted, abused or neglected companion animals - cats, dogs, rabbits and guinea pigs.
We depend solely on voluntary donations and subscriptions and receive no Government or lottery funding. All animals are vaccinated, neutered, wormed and de-fleed and all dogs are microchipped and rehomed with a dog licence.
Last year we rehomed over 1200 animals and to date have transferred 6000 dogs to England for rehoming. These dogs have been saved from possible destruction in council pounds and sanctuaries.
We depend heavily on volunteers and welcome all donations of time, bedding, food toys, cleaning materials and sellable goods.
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www.womensaid.org.uk/survivors-handbook
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The Survivor's Handbook is produced by Women's Aid and supported by The Body Shop.
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