HEALTHY OCEANS HEALTHY MINDS

2026 Events Programme

Credit: MEA Outdoors

In partnership with

Belfast Harbour

LIVE HERE LOVE HERE

Newcastle Beach Clean

Newcastle Beach, County Down

11am, Saturday 1st August

Join Inclusive Adventures at one of Northern Ireland's most picturesque seaside resorts for a coastal clean up.

This activity is designed for newcomers and established litter-pickers alike.

BOOK

FREE

Nia Beach Dance

Helen's Bay Beach

10am, Saturday 1st August

Join a joyful outdoor movement session designed to support physical wellbeing, relaxation and connection with nature.

This uplifting class combines dance, martial arts and mindful movement to improve flexibility, mobility, balance and overall wellbeing.

BOOK

R FREE

Blackwater River Kayak Litter Pick

Verner's Bridge, Dungannon

10.30am, Sunday 2nd August

Blackwater River Kayak Litter Pick combines paddlesport adventure with environmental action on the Blackwater River. This event is facilitated by Blackwater Paddle Sports.

BOOK

R FREE

Inclusive Fun Day at Groomsport Beach

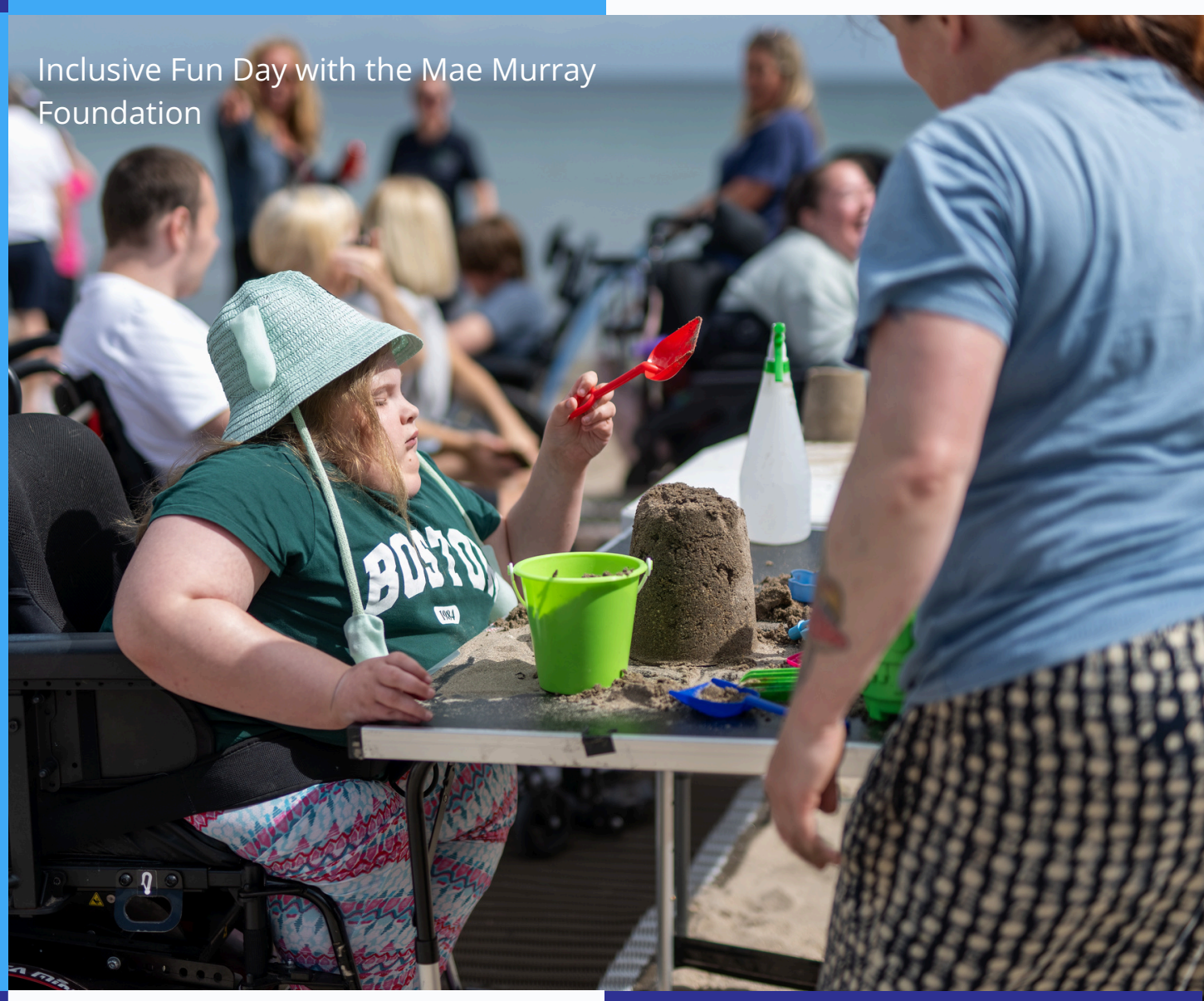
Groomsport Beach

11am, Thursday 6th August

Mae Murray Foundation has a vision of a society with true participation for ALL in leisure and social settings, regardless of age or ability. Join them for an inclusive, all-ability fun day at Groomsport Beach

BOOK

A FREE



Inclusive Fun Day with the Mae Murray Foundation

Sea Savers with Enspire Learn

Tyrella Beach

11am, Friday 7th August

Celebrate World Lighthouse Day hands-on by exploring ocean conservation, coastal heritage, and creative outdoor activities that the whole family will enjoy.

NO BOOKING REQUIRED

FREE

Inclusive Fun Day at Tyrella Beach

Tyrella Beach

2pm, Friday 7th August

Join the Mae Murray Foundation for an inclusive, all-ability fun day at Tyrella Beach, including archery and a litter pick.

BOOK

A FREE

Family Fun

Age Restricted R

All Ability A

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Plant Discovery Walk

Crawfordsburn Beach

11am, Friday 7th August

Join recipe developer, wanderer and foraging expert, Clare McQuillan of Feasting on Weeds for a foraging walk around the beautiful rural surroundings of Crawfordsburn Beach. Be inspired by the great outdoors in a way that values the environment and celebrates our landscape.

BOOK

FREE

Sea Savers with Enspire Learn

Cranfield Beach, Kilkeel

11am, Saturday 8th August

Save our seas with fun hands-on activities that explore ocean conservation, coastal heritage, and creativity, perfect for the whole family to enjoy.

NO BOOKING REQUIRED

FREE

Rockpool Safari with Ulster Wildlife

Carnfunnock Bay, Ballygally

2pm, Sunday 9th August

Join Ulster Wildlife to explore the fascinating world of rockpools, taking a close look at the weird and wonderful creatures who reside there! This will be a laid-back, unstructured session for you to explore at your own pace. Equipment provided.

SOLD OUT

FREE

Beach Babbies

Ballygally beach

11am, Tuesday 11th August

The ever popular and engaging, Beach Babbies returns as part of Healthy Oceans Healthy Minds.

Join Mid and East Antrim Outdoors for a nature-led play session. Activities and beach toys will be provided. The best bit is all the tidying up is done for you!

BOOK

FREE

Guided coastal walk

Ballylumford, Islandmagee

6.30pm, Wednesday 12th August

Join Antrim Glens native and trained tour guide Robert Stewart, on a walk from Ballylumford to Skernaghan Point. Expect fantastic historical insight, local stories and great craic whilst you walk and enjoy the great outdoors. Walk guided by Ramble with Robert.

BOOK

FREE

Talk and Tour of Belfast Wastewater Treatment Works

Belfast Wastewater Treatment Works

10am, Thursday 13th August

Experience the sights and sounds of Belfast's original Victorian Sewage Treatment Works and uncover the little things we can all do to keep our sewers flowing and our water environments healthy.

BOOK

FREE

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Mindful Walk in Nature

Bunkers Hill, Castlewellan

11am, Thursday 13th August

A beautiful mindful walk about one mile long, taken slowly so that you can open your senses to take in the view of Newcastle and Castlewellan, and experience nature like flowers, butterflies, birds and bees. A walking meditation, with Beyond Mindfulness NI.

BOOK

FREE

Waterskiing and wakeboarding with Meteor Waterski Club

Beach Yoga at Murlough

Murlough Beach, Newcastle

7pm, Thursday 13th August

Enjoy yoga outdoors in the fresh sea air, combining Hatha and Somatic movement suitable for all levels. We will connect with earth, water, sun, and wind through mindful movement, followed by a relaxing meditation to gently restore the senses in the surrounding natural environment.

BOOK

® £10

Introduction to Surveying for Butterflies

Swan Park, Buncrana

10.30am, Saturday 15th August

Peacocks and Admirals in your park or garden? Join Butterfly Conservation to learn how to ID 11 of the most commonly seen species, record them and techniques in surveying. Followed by a relaxed family-friendly butterfly walk in Swan Park to test your new skills.

BOOK

® FREE

Waterskiing & Wakeboarding

Meteor Waterski Club, Lisburn

9am, Saturday 15th August

Meteor Water Ski Club provides a friendly and thrilling atmosphere for water sports enthusiasts of all levels. With access to a private lake, clubhouse, and a top-of-the-line ski boat, they are dedicated to helping you improve your skills and enjoy your time on the water. No experience required

9am session

SOLD OUT £10

10am session

BOOK £10

11am session

BOOK £10

12pm session

SOLD OUT £10

1pm session

SOLD OUT £10

Plant Discovery Walk with Feasting on Weeds

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Nia Beach Dance

Helen's Bay Beach

10.30am, Saturday 15th August

Join a joyful outdoor movement session designed to support physical wellbeing, relaxation and connection with nature.

This uplifting class combines dance, martial arts and mindful movement to improve flexibility, mobility, balance and overall wellbeing.

BOOK

R FREE

Beach Meditation and Sound Healing

Kilclief Beach

9am, Sunday 16th August

Mourne Magic returns for a fourth year, bringing peace through reflection and sound in the cool morning air of Kilclief beach.

Join this hearing and healing session, celebrating the energy and grounding of blue spaces.

BOOK

R £10

Talk and Tour of Belfast Wastewater Treatment Works

Belfast Wastewater Treatment Works

10am, Tuesday 18th August

Experience the sights and sounds of Belfast's original Victorian Sewage Treatment Works and uncover the little things we can all do to keep our sewers flowing and our water environments healthy.

BOOK

R FREE

Sound Healing with Mourne Magic

Marine Mammal Discovery Day with Enspire Learn

Tyrella Beach

11am, Wednesday 19th August

Learn about seals, dolphins, and porpoises and how to protect these amazing coastal animals through fun activites.

NO BOOKING REQUIRED

FREE

Pond Dipping

Lough Neagh Discovery Centre, Oxford Island

Wednesday 19th August

Pond Dipping is a family-friendly wildlife discovery session, exploring the hidden creatures living beneath the water's surface. This event is facilitated by Armagh City, Banbridge and Craigavon Borough Council.

10.30am workshop

SALES ENDED

R FREE

11.30am workshop

SALES ENDED

R FREE

Inclusive Fun Day at Groomsport Beach

Groomsport Beach

11am, Thursday 20th August

Join the Mae Murray Foundation at for an inclusive, all-ability fun day at Groomsport Beach.

BOOK

A FREE

Family Fun

Age Restricted R

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Marine Mammal Discovery Day with Enspire Learn

Cranfield Beach

11am, Thursday 20th August

Learn about seals, dolphins, and porpoises and how to protect these amazing coastal animals through fun activites.

NO BOOKING REQUIRED

FREE

Swim and Snorkel at Strangford Lough

Strangford Lough

9am, Friday 21st August

Enjoy a full boat tour with Strangford Lough Boat Trips, before anchoring up in the shelter of an island and taking a refreshing dip in the lough. Snorkels, buoyancy aids and wetsuits will be provided for those who require them.

SOLD OUT

£10

Marine Scientist led Eco Boat Tour

Strangford Lough

9am, Saturday 22nd August

Join Strangford Lough Boat Trips' Marine Scientist, Sam Purdon for a guided eco tour around stunning Strangford Lough. Learn about the curious systems of this incredible sea lough, its ferocious tides and beautiful bird and sea life.

SOLD OUT

£10

Nia Dance at Helen's Bay

Nia Beach Dance

Helen's Bay Beach

1pm, Saturday 22nd August

Join a joyful outdoor movement session designed to support physical wellbeing, relaxation and connection with nature.

This uplifting class combines dance, martial arts and mindful movement to improve flexibility, mobility, balance and overall wellbeing.

BOOK

FREE

Introduction to Paddle Boarding

Greencastle Beach

1pm, Sunday 23rd August

Hosted by Geology Rocks Adventure, this popular stand-up paddleboarding session is perfect for beginners or people new to the area. Come alone or grab some friends, you choose!

BOOK

£10

Pebbles with Purpose

Browns Bay

2pm, Sunday 23rd August

Fancy a creative afternoon on the beach? Come along for a relaxed, fun session on the shore as we make some temporary beach art. Local artist Janet Crymble will be there to guide the session which is hosted by Mid and East Antrim Council, offering handy tips, and helping to spark ideas.

BOOK

FREE

Sand, Stone & Sea Build a Lighthouse Challenge

Tyrella Beach

2pm, Sunday 23rd August

Get creative with Enspire Learn and design and build your own lighthouses from natural materials while learning about coastal heritage and maritime safety.

NO BOOKING REQUIRED

FREE

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Sand, Stone & Sea Build a Lighthouse Challenge

Cranfield Beach

2pm, Monday 24th August

Get creative with Enspire Learn and design and build your own lighthouses from natural materials while learning about coastal heritage and maritime safety.

NO BOOKING REQUIRED

FREE

Electric Picnic - Electric Bike Tour & Artisan Picnic

Sketrick Island

10am, Wednesday 26th August

Electric picnic is is a guided electric bike tour experience around the shoreline of stunning Strangford Lough, with an artisan picnic. Guides will show you the way, with commentary throughout exploring the history and landscape of the Lough.

BOOK

R £10

Rockpool School with the Coastal Kidz

Salmon Beach, Portballintrae

11am, Wednesday 26th August

Join everyone's favourite rockpooling superstars, the Coastal Kidz, for a guided rockpool safari in Portballintrae. These intrepid little explorers will show you how to spot all the amazing creatures that make shallow rockpools their home.

BOOK

R FREE

Nia Beach Dance

Helen's Bay Beach

9.30am, Saturday 29th August

Join a joyful outdoor movement session designed to support physical wellbeing, relaxation and connection with nature.

This uplifting class combines dance, martial arts and mindful movement to improve flexibility, mobility, balance and overall wellbeing.

BOOK

R FREE

Rockpool Safari with the Coastal Kidz

Coasteering with Geology Rocks

Dunseverick Harbour

11am, Saturday 29th August

Coasteering is bouldering's big brother! Move along the coastline by any means possible, scrambling over rocks, swimming across bays, and of course jumping off cliffs into the sea. Big jumps or small swims, this coastal adventure activity is ALWAYS a big experience.

BOOK

R £10

Rockpool School with the Coastal Kidz

Pan's Rock Pier, Ballycastle

12pm, Saturday 29th August

Join everyone's favourite rockpooling superstars, the Coastal Kidz, for a guided rockpool safari in Ballycastle. These intrepid little explorers will show you how to spot all the amazing creatures that make shallow rockpools their home.

BOOK

R FREE

Family Fun

Age Restricted R

All Ability A

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Bark, Set, Go! with Rosie's Trust

Hazelbank Park, Newtownabbey

11am, Sunday 30th August

Does your pup just love the beach? Rosie's Trust, the charity that cares for people by caring for their pets, is hosting a 3-mile beach dog race and family fun event to round up the Healthy Oceans Healthy Minds festival.

BOOK

From £6
to enter

Rams Island Beach Clean

Rams Island

10am, Saturday 5th September

Start the day with a boat trip to Rams Island. On the island, you can get stuck in with a shoreline clean-up. Help with general conservation work, removing litter and waste that impacts both wildlife and water quality. Duration: Five hours including outbound and return boat journey.

BOOK

® FREE

Keep an eye out for even more Healthy Oceans Healthy Minds events going live in the coming weeks.

Please remember that while many events are free, numbers are limited. If you find you are unable to attend an event please let us know by cancelling your booking so someone else can take your spot.

All proceeds from ticket sales contributes towards facilitation of Healthy Oceans Healthy Minds festival events and the work of Live Here Love Here to connect people and nature.

See you on the sand!

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