

Buildings and events open for heritage weekend

European Heritage Open Days (EHOD) promises to be exciting this year, with nearly 400 properties opening their doors to visitors for free this weekend (Saturday 9 to Sunday 10 September).

20th anniversary

This year marks the 20th year of European Heritage Open Days in Northern Ireland – a special celebration of our built heritage. The event provides a great chance for the public to see behind closed doors and experience the magic of our historic environment.

To mark this milestone many buildings which were part of the original EHOD in 1997 are opening again. There are also special conservation area walks for you to enjoy. Highlights include:

Andrew Jackson Cottage and US Rangers Museum, Carrickfergus

An 18th century thatched stone cottage restored as a tribute to seventh President of the USA Andrew Jackson, whose parents lived nearby.

The Redoubt in Enniskillen

A hidden historic gem, this stoned-walled redoubt sits on Windmill Hill. It was built in 1796, with walls 142 foot long, 20 feet high, 15 feet thick, and a moat 10 foot deep as a fortification to the town's West Bridge and to Enniskillen Castle.

Armagh Observatory and Planetarium

Enjoy a guided tour of the Armagh Observatory and Planetarium's grounds and gardens – the Astropark. Enjoy a scale model of the solar system, the Hill of Infinity, the Around North exhibit, and the natural environment of our woodland walk.

Newtownstewart Guided Walk

The village, located on the River Mourne, was once a centre for the linen industry, now a focal point for agricultural hinterland. The walk and guided tour by architect Manus Deery will feature buildings of architectural and historical interest.

European Heritage Open Days

If you want to find out more about what and when properties are opening, what events are on, and if you need to book, you can get information and download

the brochure at the following link:

Keep up-to-date with European Heritage Open Days on [Facebook](#) and on [Twitter \(@ehodni\)](#).

The weekend promises to have something for everyone so why not come along and enjoy a little bit of history right on your doorstep?

More useful links

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[Recognise signs of stroke and act FAST](#)

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Stroke is a common cause of death and disability. It happens when the blood supply to part of the brain is cut off and brain cells are damaged or die. You should 'act FAST' and call 999 if you think someone is having a stroke. It could save their life.

Signs and symptoms

If someone has a stroke, knowing the signs and symptoms and acting FAST can:

- improve their chances of survival
- reduce the level of disability that results from a stroke

The most common symptoms to look out for are blurred vision, slurred speech or muscle weakness when otherwise feeling well.

Check for the following:

- face – has their face fallen on one side? Can they smile?
- arms – can they raise both arms and keep them there?
- speech – is their speech slurred?
- time – time to call 999 if you see any single one of these signs

A full-blown stroke could include:

- numbness or weakness in face, arm, hand or leg on just one side of the body
- confusion or difficulty speaking or understanding what someone is saying
- difficulty swallowing

- sudden dimness, blurring or loss of vision in one or both eyes
- trouble walking and dizziness
- loss of balance or co-ordination
- severe headache, sudden vomiting or unconsciousness

With a stroke it's important to act immediately, as early treatment is vital. You should either:

- dial 999
- or go to a hospital Accident and Emergency department

When 999 is called they will be brought by ambulance to the nearest acute stroke centre.

You can find further information on this page:

Preventing strokes

Your chances of having a stroke reduce if you understand the risks and take action to prevent a stroke happening.

You can reduce your risk of having a stroke by:

- knowing and managing your personal risk factors such as high blood pressure, diabetes, an irregular heartbeat (for example, atrial fibrillation) and high blood cholesterol
- exercising regularly and maintaining a healthy weight
- reducing the amount of alcohol you drink
- stopping smoking

More useful links

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Feedback

Would you like to leave feedback about this page? [Send us your feedback](#)

[NI Direct phone line currently not working](#)

We are experiencing difficulties presently with the NI Direct phone line.

This is being worked on and we hope it will be fixed shortly.

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[ICT apprenticeship scheme offers opportunities](#)

If you're interested in a career in Information and Communication Technology (ICT), opportunities are available on the new ICT apprenticeship scheme. The closing date for applications is 5.00 pm on 8 September.

How to apply

The scheme has more than 30 apprenticeships available in various software development and IT infrastructure roles.

This innovative apprenticeship scheme, involving government and a number of ICT employers, is an excellent opportunity to start a career in ICT.

It will make sure that, when you're seeking employment, you'll have the necessary skills to take advantage of potential opportunities.

Details on how to apply can be found on this page:

If you're successful in being recruited as an apprentice, you will be given the opportunity to develop skills, achieve qualifications and enhance your career prospects.

More useful links

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[GCSE results – support and advice](#)

The GCSE results are out. Now it's time to make important decisions about your future and there are many options available for you to consider.

Contact a careers adviser

The [Careers Service](#) has a team of professionally-qualified careers advisers who offer impartial careers information, advice and guidance.

To contact a careers adviser, you can:

Careers advisers will be available from 9.00 am to 7.30 pm to provide support to GCSE students on Thursday 24 and Friday 25 August.

Careers advisers can provide advice and guidance on:

- Further and Higher Education
- continuing on at school
- apprenticeships
- CVs
- job applications
- job interviews
- advice on job trends, including occupations which will be important in the future

Online information

Further information on the many options available to you are also available in the following section:

If you have an issue with a result

If you have a query on any issue relating to your exam results (for example appeals, re-marks or re-sits) then contact your school, college, or the [Council for Curriculum Examinations and Assessment \(CCEA\)](#) helpline:

The helpline will be open 9.00 am to 5.00 pm until Wednesday 30 August.

More useful links

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