

# DISTRICT GRAND ROYAL ARCH CHAPTER OF DOWN

DISTRICT GRAND KING  
*M.E.Comp. Neil A. Coey*

DISTRICT DEPUTY GRAND KING  
*R.E.Comp. Alan Ferris*

DISTRICT GRAND TREASURER  
*R.E.Comp. Cecil J.E.M Wilson*



DISTRICT ASSISTANT GRAND KING  
*R.E.Comp. Roy J.F. Humphries*

DISTRICT GRAND REGISTRAR  
*R.E.Comp. Terence A. Luney*

Galwally House, Drumkeen Court, Upper Galwally, Belfast, BT8 6TB  
Tel: 028 9064 1007 – Email: [office@dgracdown.org.uk](mailto:office@dgracdown.org.uk)  
Website: [www.dgracdown.org.uk](http://www.dgracdown.org.uk)

To All Companions,

It was great to see so many members at the last coffee morning, held on Thursday 27<sup>th</sup> May 2021. Brien Frazer, from the South Eastern Health and Social Care Trust said that he would send the various links mentioned during his talk.

Please find links below, including a 10 minute mindfulness/visualisation recording, information on the forthcoming Men's Health Week, and other information and resources.

[Take 5 Video](#)

[Men's Health Week Webinar](#)

You will find the directory of services for each area here

[Directory of services to help improve mental health and emotional wellbeing | HSC Public Health Agency \(hscni.net\)](#)

You will note that these directory of services contain the date 2020. The PHA decided not to update them this year and will review to determine if the information is still relevant and accurate next year before redesigning if necessary.

Some additional resources/information that may be of interest.

[Take Five - To Stop Fraud | To Stop Fraud \(takefive-stopfraud.org.uk\)](#)

[Take 5 steps to wellbeing \(English and translations\) | HSC Public Health Agency \(hscni.net\)](#)

Yours sincerely and fraternally

V. Ex. Comp Gerry Fleming

District Assistant Grand Registrar