



# FWIN

Foyle Women's Information Network



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March 2019

## ***FWIN's Annual Conference 2019***

# **Balance for Better**

Monday 11<sup>th</sup> March 2019

*You are cordially invited to FWIN's Annual Conference*

**Date:** Monday 11<sup>th</sup> March 2019

**Time:** 9.30am-1.30pm

**Venue:** The Guildhall, Derry~Londonderry

**On Monday 11<sup>th</sup> March 2019, join Foyle Women's Information Network for our International Women's Day #balanceforbetter annual conference!**

We are delighted to announce that the Keynote Speaker for the Foyle Women's Information Network annual conference is 'Derry Girls' star Jamie-Lee O'Donnell, who plays Michelle Mallon. Jamie-Lee has been widely acknowledged as "*the youthful ensemble cast's breakout star*" and she is also an advocate for women's rights – using her fame to platform important issues close to her heart.



Other speakers will include peace building and women's activists Eileen Weir, winner of 2018 Community Relations Exceptional Achievement Award and Marie Gillespie, founder member of Galliagh Women's Group who has engaged in cross community work for the last 30+ years; with brief talks by representatives from the North West Migrants Forum, NUS-USI, the Apex Social Supermarket at Springtown Industrial Estate, Advice NI and the Women's Regional Consortium. These speakers will give a flavour of the great work being done by organisations in Northern Ireland to enhance the lives of women - and ensure balance and equality in our society.

We are also delighted to have a performance by Catherine Ferrin of Silver Sister Productions. In addition, Julie Harrison, of the Department of Justice Northern Ireland, will address the conference on the progress of the inspirational and powerful Women Involved in Community Transformation project. The conference will also throw a spotlight on the importance of women's groups in the North West, highlighting the valuable work being done in our own communities.

We will also have a range of fantastic musical performances, ranging from opera singing to the Pink Ladies Choir as well as an Ulster Scots/Irish traditional mashup Culturefuse. It won't be all work however, as life coach Catriona Jones will provide a short reflection on self-care!

With all these events and much more, join us at The Guildhall from 9.30am-1.30pm on Monday 11th March to celebrate International Women's Day and the achievements of women in the North West!

To book your place, please **Telephone:** (028) 7126 6291 or **Email:** [info@fwin.org.uk](mailto:info@fwin.org.uk).

**RSVP by: Friday 1<sup>st</sup> March 2019**

*This important conference is funded by The Executive Office, T:buc*



# International Women's Day

**International Women's Day 2019 campaign theme:  
#BalanceforBetter**

International Women's Day (March 8) is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. International Women's Day (IWD) has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people in Austria, Denmark, Germany and Switzerland. Prior to this the Socialist Party of America, United Kingdom's Suffragists and Suffragettes, and further groups campaigned for women's equality. Today, IWD belongs to all groups collectively everywhere. IWD is not country, group or organisation specific.

The future is exciting. Let's build a gender-balanced world. Everyone has a part to play - all the time, everywhere. From grassroots activism to worldwide action, we are entering an exciting period of history where the world expects balance. We notice its absence and celebrate its presence. Balance drives a better working world. Let's all help create a **#BalanceforBetter**.

Make IWD your day - everyday. Visit **Website:** [www.internationalwomensday.com](http://www.internationalwomensday.com). #IWD2019  
[#BalanceforBetter](https://twitter.com/BalanceforBetter)

## **FWIN Forthcoming Events**

*FWIN receives funding from DFC, The Executive Office TBuc, DFA, Halifax & Big Lottery*

<b>Date</b>	<b>Event</b>	<b>Details</b>
<b>Wednesdays 16<sup>th</sup> Jan-3<sup>rd</sup> April 2019</b>	Crochet Crafting Class	10.30am -12.30pm, Holywell (£2.00)
<b>21<sup>st</sup> January-25<sup>th</sup> March 2019</b>	Upcycling Crafting Course	10.30am-12.30pm, Holywell (£2.00)
<b>Wednesdays 6<sup>th</sup> Feb-27 March 2019</b>	Computer Classes – FULLY BOOKED	10.30am-12.30pm, Holywell
<b>Wednesday 6<sup>th</sup> March 2019</b>	Springtime Cookery Demonstration with Celebrity Chef Brian McDermott (Radio Foyle)	6.00pm-8.00pm, Apex Social Supermarket, Springtown Industrial Estate, Derry~Londonderry. Places are limited.
<b>11<sup>th</sup> March 2019</b>	FWIN Annual Conference 'Balance for Better'	9.30am-2.00pm. Lunch included. Registration 9.30am
<b>21<sup>st</sup> March 2019</b>	Bus Trip to Stormont – FULLY BOOKED	10.00am-7.00pm, Bus Departing the Diamond sharp 10.00am.
<b>28<sup>th</sup> March 2019</b>	Study Visit to Seamus Heaney Centre	10.00am-4.00pm, Bus Departing the Diamond sharp 10.00am.

To book a place or for further details contact Foyle Women's Information Network,  
**Email:** [info@fwin.org.uk](mailto:info@fwin.org.uk) or **Telephone:** (028) 7126 6291

## Salvation Army Women's International Woman's Day Meeting

Salvation Army are hosting International Woman's day with a meeting. It is being held on Friday 1st March at 7.30pm in the Citadel on Carlisle Road. For further details contact Julie on **Telephone:** 0044 7746259309.



### BBC Children in Need - Small Grants Programme

The Trust distributes the funds raised each year as grants to organisations that work with disadvantaged children and young people, under the age of 18, living in the UK.

Funding is available to organisations that are supporting children and young people of 18 years and under who are experiencing disadvantage through:

- Illness, distress, abuse or neglect.
- Any kind of disability.
- Behavioural or psychological difficulties.
- Living in poverty or situations of deprivation.

Organisations must be working to combat this disadvantage and to make a real difference to children and young people's lives. Eligible projects will make these differences by either working directly with children or seeking to improve their social and physical environments.

Priority will be given to projects where a relatively small amount of money can make a big difference for children and young people.

#### Who Can Apply

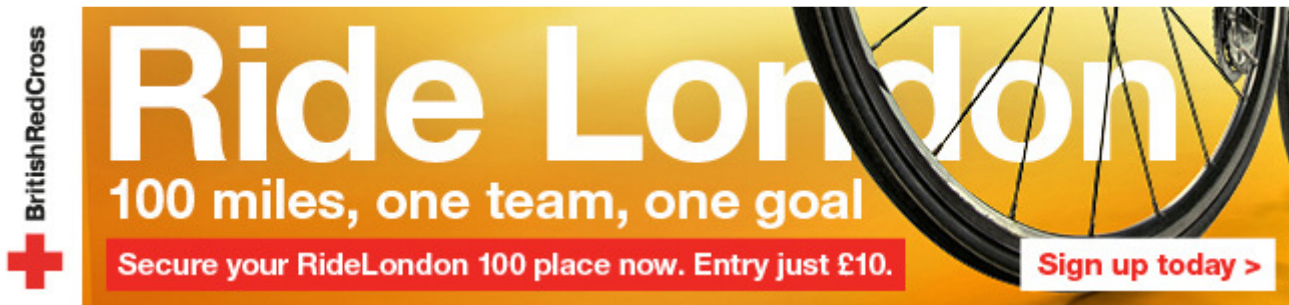
Not-for-profit organisations that work with disadvantaged children and young people of 18 years and under who live in the UK, the Isle of Man or the Channel Islands are eligible to apply. Organisations that already hold a grant from Children in Need can apply for further funding to keep running the same project or for a different project. Applicants will need to be able to provide convincing evidence of the differences the grant has made to the lives of the disadvantaged children and young people the organisation has worked with.

Organisations who currently hold an award from the Children in Need Main Grant Scheme can apply for a Small Grant as long as it is for work with a different group of children and young people.

**The deadlines for applications are 3 March 2019 and 27 May 2019. Applications must be submitted by 11:59pm on the deadline date.**

Applicants must refer to the A-Z Guidance document before making an application. Application forms are available to complete online at the Children in Need **Website:**

<https://www.bbc.co.uk/programmes/articles/4fJVTzz5QmQx5rx0S4NVg0Q/small-grants>



## Youth Group Wanted To Participate In A FREE Six Week Course (One Hour Per Week)

There will be First Aid and Conflict training – which will discuss issues around stigma and stereotyping of marginalised groups. For further details **Email:** [gfitzpatrick@redcross.org.uk](mailto:gfitzpatrick@redcross.org.uk) or **Telephone:** 07808243707.

### FREE First Aid for Groups

If you would like a two hour session for your group, contact Geraldine **Telephone:** 07808243707 or **Email:** [gfitzpatrick@redcross.org.uk](mailto:gfitzpatrick@redcross.org.uk)

- Older People
- Youth Groups, 16-18 year olds leaving care
- Teenage parents with young child/ babies
- Mixed risks which are connected (Homelessness/ Ex-offenders/ Drug and alcohol usage)
- Young Carers (young people with caring responsibility for their parents/ family)
- Youth Offending teams
- Domestic Abuse
- Low level health needs/ Mental health
- Mental Health/ Self harm

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## Steps to Health Programme

The Steps to Health programme, also known as the exercise referral programme is available in Templemore Sport Complex/Brooke Park/Foyle Arena/Riversdale & Castlederg. The programme lasts for 8 weeks and it is aimed to help improve people's health and well-being through physical activity. It caters for conditions such as Diabetes, BMI and Muscular Skeletal Disorder. The programme has been so beneficial to a lot of people and it is getting more and more popular and a great way to get out and socialise with other participants.

If you would like to be referred for the programme or find out more details please ask your GP or contact the programmes co-ordinators Colleen Brown in Templemore Sports Complex on 71 376585, Ron Mc Gowan/Rosie O'Brien in Foyle Arena on **Tel:** 028 7137 6555 or Vincent Mc Carron in Riversdale on **Tel:** 028 7138 2672.

# La Dolce Vita Project

YOUR VOICE IS YOUR FREEDOM

La Dolce Vita Project is a therapeutic counselling, support charity supporting those impacted by domestic abuse, violence and sexual violence, parental alienation, regardless of gender. LDVP is based in Queen Street, Derry/Londonderry. For further details contact **Telephone:** 02871377272 or visit **Website:** <http://www.la-dolce-vita-project.com/index.html>.



## Destination Reached for Foyle Women's Information Network 'Around the World' Events Series



Friday 15<sup>th</sup> February saw an intercultural celebration take place at the North West Migrants Forum, in partnership with the Foyle Women's Information Network. As the final stop in the 'Around the World' events series funded by The Executive Office, women from the north-west had the opportunity to attend a series of events exploring life, culture and experiences from Russia, China, Rwanda, Kenya, and across the globe more generally!

Meaning 'an exchange taking place between cultures', the FWIN and NWMF intercultural celebration included food, music, poetry and crafts – but more importantly, women from all around the world gained the opportunity to talk to one another, make new friends and thanks to the exceptional poetry of 14 year old Anesu Khanya Mtowa, we also got to experience some 'Black Girl Magic'!



After a warm welcome from the Mayor of Derry City & Strabane District, women from the north-west had the opportunity to reflect on diversity, the barriers experienced by migrant women in our society as well as the common ground that truly unites us.

## WICT Women Visit to Hydebank Wood College & Women's Prison



We at FWIN had a humbling and informative visit to Hydebank Wood College and Women's Prison as part of the WICT Programme (Women involved Community Transformation). We are indebted to those at Hydebank who made this visit possible and to the women who told us their stories and showed us their spaces in the prison.

## Free Planning Advice 9023 9444

Free, impartial and confidential

Our next Free Planning  
Advice event is on:



**Wednesday, 27 February 2019**  
Holywell Trust, Bishop Street, Derry  
(drop in any time between 1.00 pm and 4.00 pm)

Community Places gives free, impartial and confidential planning advice to people who cannot afford a planning consultant.

Our staff can provide advice on objecting to or commenting on a planning application; how Derry City and Strabane District Council decides on applications; and any other information on the planning system.

We are an independent, charity which gives advice to people who cannot afford private planning consultants. We are part-funded by the Department for Infrastructure to provide this service.



T: 9023 9444

E: [info@communityplaces.info](mailto:info@communityplaces.info)

W: [www.communityplaces.info](http://www.communityplaces.info)

Community Places  
2 Downshire Place  
Belfast BT2 7JQ

## INVITATION TO OLDER PEOPLE IN DERRY~LONDONDERRY

on behalf of

### The Commissioner for Older People for Northern Ireland

The Commissioner is seeking the views of older people in Derry/Londonderry on the topic of social isolation and loneliness. Please see below invitation to this workshop which will take place in Derry/Londonderry on the morning of Tuesday 26<sup>th</sup> March.

Please note, there is limited availability to this event, if you do wish to attend, please secure your place by **Email**:

[Eimear.cassidy@copni.org](mailto:Eimear.cassidy@copni.org) or by **Tel**: 028 9089 0885.

## Events in Association with The Pat Finucane Centre

**Rescheduled Screening – ‘Lifting a Dark Cloud: The Kathleen Thompson Case’ (2004)** followed by Q & A with Thompson family & filmmaker Anne Crilly: Museum of Free Derry, Glenfada Park. Admission free. Wed 20<sup>th</sup> Feb, 7.00pm

**In conversation- Daniel Holder (CAJ) & Emma de Souza “Brexit – a threat to the rights of Irish citizens & GFA”:** The Hive Studios, Rath Mor, Friday 22<sup>nd</sup> Feb, 1.00pm (Organised by PFC & Creggan Enterprise)

### FWIN’s MISSION

To increase  
the capacity,  
visibility  
and voice of  
women  
throughout  
the North  
West.

## Minority Ethnic Development Fund 2019/2020 Call for Applications

The 2019/20 Minority Ethnic Development Fund (MEDF) is now open for applications. Closing date for receipt of all applications is 2pm on 21 March 2019.

Further information, including the guidance notes and application form can be found at: <https://www.executiveoffice-ni.gov.uk/articles/racial-equality#toc-3>

A number of funding seminars have been arranged to provide further information on the process for potential applicants:

- 26 February, Holywell DiverseCity Community Partnership, 10-14 Bishop Street, Derry / Londonderry - 11.00am
- 27 February, Craigavon Civic & Conference Centre, Lakeview Road, Craigavon – 2.00pm
- 4 March, NICVA, 61 Duncairn Gardens, Belfast - 2.00pm

We recommend that you attend one of these seminars if you wish to apply - if you are planning on coming please confirm by **Email**: [race.equality@executiveoffice-ni.gov.uk](mailto:race.equality@executiveoffice-ni.gov.uk) or by **Telephone**: 028 9052 8560.