



FWIN
Foyle Women's Information Network



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May 2019



FWIN Annual Conference 2019



Foyle Women's Information Network held our International Women's Day annual conference *#balanceforbetter* in the Guildhall, Derry~Londonderry on Monday 11th March 2019.

Speakers at this event included peace building and women's activists Eileen Weir and Marie Gillespie; with brief talks by representatives from the North West Migrants Forum, Nus USI, Apex Social Supermarket, Advice NI, Dolce Vita Project and the Women's Regional Consortium. These speakers gave 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.

In addition, Julie Harrison, of the Justice Department for Northern Ireland, addressed the conference on the progress of the inspiring and powerful Women Involved in Community Transformation project. The conference also threw a spotlight on the importance of women's groups in the North West, highlighting the valuable work being done in our own communities.



We also had a range of fantastic musical performances, ranging from opera singing to the Pink Ladies Choir as well as an Ulster Scots/Irish traditional mashup from Traditions Meet. It wasn't all work however, as life coach Catriona Jones Coach provided a quick reflection on self-care!

Thank you to all our participants and attendees on what was a special day for all!
This event was funded by the Executive Office, T:buc.

FWIN Forthcoming Events

FWIN receives funding from DFC, DFA, Peace 4 & Halifax.

Date	Event	Venue / Details
31st May 2019	FWIN Quiz in Aid of Dolce Vita	Bertha's Bar, 6 Sea Road, Castlerock (near train station) 7.00pm til late!
12th June 2019	Summer Gala evening of Culture, Traditional Music and Dancing. Supper included. BYOB	Holywell, Bishop Street 7.30pm-10.30pm
20th June 2019	FWIN Book Club Monthly Meeting	Holywell, Bishop Street 10.30am-11.30am

To book a place or for further details contact Foyle Women's Information Network,
Email: info@fwin.org.uk or Telephone: (028) 7126 6291 ~ (028) 7126 1941.
Sign up by email to receive up to date weekly information.

Empowered Women Empower Women



An Roinn Gnóthaí
Eachtracha agus Trádála
Department of
Foreign Affairs and Trade

Foyle Women's Information Network were delighted to host Sue Gray, Permanent Secretary of the Department of Finance in the Northern Ireland Executive to Holywell on Wednesday 8th May 2019 as part of their 'Inspirational Women' talk events series.



Taking time out from her busy schedule, Sue spoke with our women at a breakfast meeting where we discussed issues as far-ranging as barriers to employment, the emotional labour of caregiving and what can be done to help improve and enhance the lives and career prospects of people in the north-west.

Reflecting on her own journey through the civil service from an entry level position to becoming 'the woman who runs the country'; Sue remarked that she did not feel that people in Northern Ireland have the same opportunities for career progression and vowed to change the status quo in our region.

Passionate in her commitment to developing and strengthening civil service infrastructure, Sue reached out to our women for their input on how better to serve the north-west. With comments touching upon the rigidity of the civil service as well as the missed opportunities for investment in the Derry/Londonderry City area, Sue was informed of specific issues of concern from those directly impacted.

Closing with the suggestion that 'empowered women empower women', Sue committed to coming back to visit our women in six months where she would ask them to hold her to account. Between then and now, Sue will be working with MLA's in a bid to restore devolved government here in Northern Ireland and she will also be visiting Rathlin Island to advise and assist locals with their aim of developing self-sufficient living on the island.

This event was funded by the Department of Foreign Affairs.

GALLIAGH WOMEN'S GROUP
63 Galliagh Park, Derry : Tel. 02871 356092

Are YOU female and aged 16-24?

Join our **PASS PROGRAMME**
at **GWG - 63 GALLIAGH PK., DERRY**

- = Creative Skills
- = Health, Well Being + Fitness
- = Personal Development
- = Job Skills Training
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- = Travel & Childminding Incentives

To learn more, contact **GWG (Rosie)** on 02871 356092 or enquiries@galliaghwomensgroup.co.uk

FIRST 15 TO SIGN UP RECEIVES £20 PRIMARK VOUCHER!

Department for the Economy
www.economy-ni.gov.uk

European Union
European Social Fund
Northern Ireland

The PASS project is part financed by the NI European Social Fund 2014-2020 and the Department for the Economy.

On the 7th May 2019, Foyle Women's Information Network (FWIN) hosted an audience with Judge Barney McElholm for participants of the Women in Community Transformation (WICT) program. The purpose of the event was to give WICT participants the opportunity to engage in conversation with the judge and explore potential alternatives to short prison sentences for women who have committed non-violent crimes. During the session Judge McElholm acknowledged that for many women custodial sentencing is not always the best solution. He explained:

“Yes we can lock women away, but it will only be for a few months before they are back on the street again. We need to set-up more community-based programmes designed by The Probation Service or the Youth Justice Agency, and in conjunction with Social Services, to work together as a whole to support people in their own communities.”

The event was well attended and included representatives from the Department of Justice, the Probation Board Northern Ireland, and a wide range of local voluntary sector organisations. The event marks the start of further conversations that will take place in order to secure better outcomes for vulnerable women who have been touched by the Criminal Justice System.



British Red Cross - Free Training

- Would you know what to do if someone choked? **Its Free**
- Do you know how to do chest compressions or use a defib? **Its Free!**
- Could you save your mum / dad or your child's life? **Its Free**

If you answered no to these then we have a simple, free First Aid course available.

Get your local community centre, [youth group](#), school, [summer camps](#), [sports groups](#) etc to organise a 2 hour course and you will learn these and many more skills.

It is available to anyone over the age of 10. Go on, give the gift of life.

59% of deaths last year could have been prevented if First Aid had been given. If you would like to book a group, go on, its easy. Phone Geraldine at the Red Cross on **Telephone:** 07808243707 or **Email:** gfitzpatrick@redcross.org.uk.



**British
RedCross**

AWARE Support Groups



AWARE offers self-help support groups for people affected by depression, bipolar disorder and other related conditions including anxiety. The groups are free to attend there is no need to book a place, just turn up. Support groups are one of AWARE's key services, providing regular in-person support in communities across Northern Ireland.

Depression can be a very isolating illness. AWARE's Support Groups provide an opportunity to meet others with similar experiences, this helps to explain the illness and allows group members to speak freely about how they are feeling, lets group members share information, discuss options and support each other to move forward.

The groups in Derry/Londonderry meet at:

- AWARE Offices, 15 Queen Street, Derry- Londonderry BT48 7EQ
Tuesday evenings at 7.30pm - weekly
Thursday mornings at 11am – weekly
- All Saints Centre, 21 Glendermott Road, Derry- Londonderry
Wednesday evenings at 7pm – fortnightly

We welcome people experiencing depression and other related conditions such as anxiety. We also welcome their friends and family.

For more information visit www.awareni.org

Volunteering Opportunities with Foyle Hospice

- Foyle Hospice Require a Volunteer Driver for Patient Transportation

Foyle Hospice is appealing for a volunteer to drive its patient bus 1 – 2 days per week. This is an important role that helps patients access the Day Hospice facilities. An appropriate and clean driving licence is essential. For further information please contact Sharon Williams, Volunteer Services Coordinator on **Telephone:** (028) 71 351010 or **Email:** sharon.williams@foylehospice.com.

- Foyle Hospice is appealing for volunteers for their charity shops in Derry~Londonderry, Strabane and Limavady



A few hours of your time helping in customer service, sorting donations or in the van with collections and deliveries will make a difference to the lives of people living with a life-limiting illness. No experience is necessary as all training is provided.

For further information please contact Sharon Williams, Volunteer Services Coordinator on (028) 71 351010 or email sharon.williams@foylehospice.com.

NI JUDO
FEDERATION

GET TO GRIPS JUDO



**Female session with Olympian and
Judo 6th Dan - Chloe Cowen Vickers**

Train with an Olympian

FREE

Eligibility

- Aged 8 years +
- Non Judo club females only
- Any Judo coaches working with females welcome to attend and work with our NI Performance Coach

**15
JUNE**

Saturday 15th
June: Foyle
Arena, L'Derry
1pm – 3pm

**16
JUNE**

Sunday 16th
June: Grove
Wellbeing Centre,
Belfast 1pm-3pm



LOTTERY FUNDED

To attend please contact; Vicki Kennedy, Club Workforce Officer on cwo@nijudo.com for a registration form. Places reserved on a first reply basis.

Free Safeguarding & Promoting Welfare of Children Training

North West Community Network is providing free (Basic) Safeguarding & Promoting Welfare of Children Training with North West Volunteer Centre.

Where: Fountain Street Community Development Association, Strabane

When: Wednesday 5th June at 6pm (until 9pm)

Light refreshments will be available.

To secure your place please **Email:** neola@nwcn.org



Older People North West Programme

Making Friends with Technology

Older People North West based in Malvern House, Chapel Road offer one to one tuition on computers for over 60's on a Monday and Wednesday mornings from 11am until 2pm. Our tutors work with what the user wants to know, be it setting up email accounts; doing shopping online; downloading music; catch up TV. This is the perfect place for the complete beginner to learn how much fun and what a great resource their computer can be. Book now for a 45 minute appointment. Ring 028 71 347 478 or email: development@olderpeoplenorthwest.org



Feeling Outsmarted by Your Phone?

Older People North West host an O2 Guru clinic in Malvern House, every second Tuesday of the month from 1 pm until 3pm. This is an opportunity to chat to the experts about any issue to do with your smart phone, tablet, apps. Ask for help and advice on how to get the best usage out of your phone, or what phone best suits your needs. Don't be baffled, make an appointment and let the Gurus sort out your technical hassle. Ring 028 71 347 478 or email; development@olderpeoplenorthwest.org for an appointment

Get Out Walking

Older People North West will be running a walking group from the end of May on a Tuesday afternoon. Now is the time to get out and get walking in the company of like-minded people. All walks will be guided by a trained walk leader and will explore the greenways and river walks on offer in and around this city. The walks will generally be relatively flat and suitable for most walkers. For further information and to put your name down contact **Email:** development@olderpeoplenorthwest.org or **Telephone:** 028 71 347 478 and leave your name and contact details. All you need is walking shoes : to be over 60 and enjoy meeting people.



Save the date: World Children's Day Wednesday 20th November 2019

On World Children's Day - Wednesday 20th November - the Commissioner for Children and Young People, Koulla Yiasouma, will host a **day of celebration** at W5 Belfast to mark the 30th Anniversary of the United Nations Convention on the Rights of the Child.



NICCY will bring 1,500 children and young people of **ALL** ages together for a **CHILDREN'S AND YOUNG PEOPLE'S SUMMIT**. It will be a mixture of child rights focussed activities and fun, with participants being able to explore the 250 interactive exhibits in W5's four exhibition areas, including the:

- Spacebase;
- Climbit;
- Go;
- See/Do; and
- MED-Lab exhibits.

For administrative and registration purposes, groups will be allocated an arrival time during the morning (from 9.30am) of 20th November and will be assigned specific times for specific activities. Beyond these, groups are free to stay and experience W5 until closing time at 5pm. It is envisaged that each group could have a minimum stay of at least 4 hours at W5.

Entrance to the event is **FREE!** NICCY also aim to make available a number travel bursaries.

Formal registration for the day will follow at later date along with further details on activities but please feel free to confirm an expression of interest by **Emailing:** participation@niccy.org with the following details:

1. Group name:
2. Group address:
3. Contact name.
4. Contact email address:
5. Contact telephone number:
6. Potential numbers and age group(s):

Confirming an expression of interest will ensure early notice of the formal registration process. If you have any queries, please don't hesitate to get in touch.



GOT AN IDEA TO
SUPPORT YOUR
COMMUNITY?

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££**

hello@holywelltrust.com | (028) 7126 1941

FWIN's MISSION

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



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 & Castledearg. 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 71 376555 or Vincent Mc Carron in Riversdale on **Tel:** 028 71 382672