



FWIN
Foyle Women's Information Network



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July 2019

FWIN Visit to North West Migrants Forum for Refugee Awareness Event

Over sixty local women from Foyle Women's Information Network spent their morning taking part in cross cultural training and partaking in a programme giving an insight into the lives of refugees from across the continents.

Our women listened to refugees' stories on establishing new lives in this country while talking about their cultures and trying to build social networks with those in their new communities.

We were proud and delighted to see so many local women from such diverse groups in attendance and taking part in the NWMF workshops and programmes.

Each workshop focused on the importance of understanding and building social and cultural bridges between refugees and the local community; refugee and asylum seeker experiences in the country; and service provision for refugees and asylum seekers in the city and further afield.



For more details on the NW Migrants Forum visit: www.nwmf.org.uk.

FWIN Forthcoming Events

FWIN receives funding from DFC, DFA, Peace 4, Arts Council of NI & The Executive Office, T:buc.

Date	Event	Time
Thursday 1 st August 2019	FWIN Book Club <u>RSVP Essential</u>	10.30am-11.30am Holywell, Bishop Street, Derry~Londonderry Book of the Month 'The Midwife's Confession' by Diane Chamberlain
Thursday 12 th September 2019	FWIN Annual Network Event	10.30am-12.30pm Holywell, Bishop Street, Derry~Londonderry Lunch included.
Wednesday 18 th September 2019	Valued Voices Women Through The Troubles In association with TUH & The Junction	9.30am-1.00pm The Whittaker Suite, Guildhall, Derry~Londonderry. Lunch included
Thursday 19 th September 2019	Inspirational Woman's Event Mary Louise Oates, Former LA Times Journalist & Author	10.30am-12.30pm Holywell, Bishop Street, Derry~Londonderry Lunch included.

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.

Volunteers Needed for a Fancy Women Bike Ride

Emma at Sustrans is organising a Fancy Women Bike Ride on **Sunday 22nd September**, which is also World Car Free Day.

Fancy Women Bike Rides will be taking place on the 22nd all over the World and the purpose is to raise the visibility of women cycling in urban spaces.

The more women cycle, the more women will be encouraged to cycle.

I am looking for volunteers to help out assisting with the ride on the day - the ride will be approximately 3 miles along traffic free routes.

If you or anyone you know is interested in helping out (male or female!) please get in touch.

Email: Emma.Hagger@sustrans.org.uk

You can find out more about Fancy Women Bike Ride here:
www.fancywomenbikeride.com



**ONLY
£10**

18 & 19 Sept, Guildhall Derry

EVERY BRILLIANT THING

**"Heart- wrenching, hilarious... possibly one of the
funniest plays you'll ever see, full stop."**

★★★★ The Guardian

You're six years old. Mum's in hospital. Dad says she's 'done something stupid'. She finds it hard to be happy. So you start to make a list of everything that's brilliant about the world.
Everything that's worth living for...

A play about the lengths we go to for the ones we love.
Based on true and untrue stories

There will be a post show discussion with a panel of experts from the International Association for Suicide Prevention. These leading international experts will discuss the themes of the play, their role within the IASP World Congress, and what to do if you have been affected by any of the issues raised in the play.



A play by Duncan MacMillian with Jonny Donahoe.
Starring Stephen Beggs
Visit www.actiontrauma.com for details.

Brexit Survey for RCN

Please take 5 minutes to complete this short survey on Brexit and how it may affect your rural community and/or organisation by Friday 26 July.



Rural Community Network
SUPPORTING RURAL COMMUNITIES

Rural Community Network is increasingly being asked to attend meetings and speak on some of the issues that may impact on rural communities post-Brexit.

To date the focus of much of our engagement has been concerned with shaping and influencing future rural development policy, funding and service delivery. We would like to ensure that our views continue to be informed by our members.

We are conscious that there are a range of views on Brexit and the potential impacts amongst our diverse membership. However the imminent resignation of the Prime Minister means the current Draft Withdrawal Agreement is unlikely to be brought back to Parliament. A new Prime Minister may try to renegotiate the Withdrawal Agreement but the EU insists that the negotiations will not be re-opened. There is currently no mechanism by which the UK Parliament can prevent a No Deal Brexit although a new Prime Minister may seek a further extension to the negotiation period. In these circumstances the potential of a No Deal Brexit has increased significantly.

Complete the survey visit: <https://cdhn.us9.list-manage.com/track/click?u=1efc35d04e4c921abca05f196&id=071e7d6175&e=1f70c727ec>

TENDER- Socially Engaged Creative Artist



The Playhouse Theatre & Peacebuilding Academy is seeking to appoint a local, socially engaged creative artist working in any discipline to deliver a socially engaged project with individuals impacted by The Troubles. By Local Artist we mean an artist living and / or working in Northern Ireland & the Border Counties.

The Playhouse in partnership with Holywell Trust, Thomas D'Arcy McGee Foundation and Queens University Belfast received significant funding from the EU Peace IV to deliver the Theatre and Peacebuilding Academy starting January 2018 - June 2020. The 2.5 year project will be delivered in locations throughout Northern Ireland and the Border Counties.

The Theatre Peace Building Academy draws from this previous work and will programme national / international theatre artists with significant experience of using arts activity in areas of conflict & post conflict to promote healing and reconciliation. Project Base: The Playhouse, Derry-Londonderry. Location: Northern Ireland & the Border Counties of Ireland. Overview / Timescale: The successful Local, Socially Engaged Creative Artist may work in any mode or medium of the Creative Arts and should be willing to work in close collaboration with International Artist Ailin Conant to refine, enhance, and develop their own artistic practice. The successful local artist will deliver a creative project culminating in a public event by Friday 13th December 2019.

The application process is a three staged process. Tender Deadline: 12 noon GMT, 12th August 2019. Interviews (shortlisted candidates): 16th and 19th of August 2019. Appointment will be subject to eligibility to work in the UK. A project supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB).

For further details contact **Telephone:** (028)71268027 or **Email:** aine@derryplayhouse.com .

'A Woman's World'

by Margo Connolly - Galliagh Women's Group

We have often heard the phrase 'it's a man's world' but in all my years and there are plenty of them, I have never heard anyone say 'it's a woman's world'. I wonder why, could it be that patriarchy is alive and kicking? Well, what to write about a woman's world caused me to have severe writer's block, a humdinger of a migraine, and huge red itchy hives. I thought this is crazy, ask me about a man's world and I could write reams yet I was struggling to find something to write about a woman's world. My world, not good enough. So, I stepped out of myself and looked back into a woman's world. What a shock I discovered, we are all bloody geniuses, real superwoman without that stupid cape and I will tell you why.



Firstly.

We are master chefs without the trophies. How do I know this, because we have healthy families who eat like horses and breed like rabbits! Some of us are still feeding the baby bunnies and I tell you mine are eating me out of house and home. They refuse nothing I cook. They all look like well-fed Buddha's. What more could a three-star Michelin chef achieve?

Secondly.

We are doctors without certificates. We can tell you have a temperature just by touching your forehead. We know what not can be kissed better or healed with a squirt of cicatrin powder, or a Mister bump plaster and what must be x-rayed or scanned in hospital. Sure, isn't that what any educated doctor would do? What knowledge and I never even went to secondary school. St Mary's wasn't built so I only got as far as primary school. I told you all women are self-taught geniuses!

Thirdly.

We are accountants. We had to learn to manage money wisely, to make ends meet on one wage. I fed seven children, my husband, myself and of course the Granny. We never missed a dinner or a Christmas, nor the annual street bus run to Buncrana or Portrush, and hubby never went without his few pints of the black stuff. On the few occasions when I could not make ends meet sure Barr's pawn was a god send. What resourcefulness, worthy of any Harvard graduate and most of us managed to keep a secret stash with a sizable amount squirreled away for a rainy day. Isn't that what trained accountants do? Find ways of managing client's money and hide a little or a lot from him who shall not be named. We learned that going without going to Cambridge or Oxford as did all mummies in a woman's world.

Fourthly.

Forgive me I'm bragging now. I believe we are psychic. We really do see into the future. Aw, here comes our Sheila never a smile on her face. Didn't I tell her that she would never wear a fur coat or have a day's happiness if she married that idiot. Wasn't I right just look at her miserable face!

Fifth on the list

We are wonderful mechanics. There is not an appliance we can't get working with maybe a drop of oil, a good kick or a few ff's and bb's. Our family car refuses to start, but for me it takes only one turn of the key and she's raring to go. I tell her she is my best friend and today's journey is a life and death situation and I am the only one to keep her out of the knacker's yard, don't knock it for it works every time. We mechanics have great knowledge – it's a gift!

Finally, I have run out of steam but... I kept our most fantastic and spectacular talent for last. We have the most amazing and extraordinary ability to carry and nourish for nine months and then rushed into the labour ward to give birth to a miracle ...a baby, while the daddy is flaked out in some hospital corridor. A baby person with ten fingers, ten toes, and the ability to learn, adapt, grow, prosper and maybe become the next Marie Curie, Mother Teresa or another Einstein. Ask any man to beat that! Awesome, in a woman's world we are worth our weight in gold and then some. We are the hands that rock the cradles.

ROAD TO BLINDNESS

I am thankful for the small bit of light that I have.

It's a blessing

Getting lost is a great way of meeting people.

It's a challenge and an adventure.

Because I am blind I enjoy walking, smelling flowers, hearing the breeze, the soothing running water and the birds singing is the most cheerful.

The friends and good people I have met because of being blind.

Free Travel.

Even with all the knocks and injuries and near death experiences it doesn't make me want things any other way because I can hear, talk, walk and dance.

I wouldn't swap places with anybody.

I get shown a lot of kindness by people and I feel special because they all think I am amazing.

I get around with my sense of hearing and touch.

I get to link on to a lot of gorgeous men every day.

I get treasure hunts, mystery tours and obstacle courses everyday.

It doesn't even cross my mind the fact that I can't see, because I found so much happiness in the fun and laughter I have met. Since I lost my sight. It's such a privilege to feel the warmth and kindness of friends, they melt my heart and light up the darkness in my world.





LEVEL 2 FUNDING ROUND NOW OPEN

Contact a member of our team:



028 3026 4606



bcpp@cdhn.org

Historic Law Change for LGBT & Women's Rights

On Monday 22nd July, the House of Lords approved the passing of amendments to the Northern Ireland bill, making a new law.

This action means that should Stormont not be restored by 21st October 2019, equal marriage will be legalised and the 158 year-old abortion ban will be removed, decriminalising this healthcare.

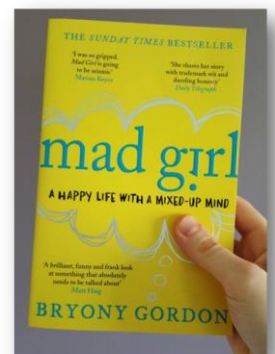
A public consultation on how reproductive healthcare services will be provided in Northern Ireland will run from autumn 2019 until 31st March 2020. Details on this consultation to follow. Have your say!

FWIN Book Club Update

The FWIN book club had a lovely morning discussing 'Mad Girl' by Bryony Gordon. There was lots of debate but ultimately we had a 50/50 split on whether we would recommend the read or not!

If you want to follow along remotely next month's book is 'Dubliners' by James Joyce.

Our next meeting is Thursday 1st August - RSVP is essential. Please
Email: info@fwin.org.uk or **Telephone:** 028 7126 6291 to book a place.





This project has been supported by the EU's
PEACE IV Programme, managed by the SEUPB

CALLING ALL WOMEN!



TRANSFORM EMPOWER CONNECT LEARN

Join the PACT Project today!

PACT is a **FREE** innovative ILM
assured training project designed to
promote **peace** and **reconciliation**
across Northern Ireland and Ireland

For more information contact:
Foyle Women's Information Network
t. 028 7126 6291
e. info@fwin.org.uk

Step 1: Answer the online quiz:
<https://survey.twnonline.com/index.php/212515/>



Esmée Fairbairn Foundation - Funding Priorities

Arts, children & young people, the environment, food or social change.

Esmée Fairbairn Foundation aims to improve the quality of life for people and communities throughout the UK both now and in the future. We do this by funding the charitable work of organisations that are building an inclusive, creative and sustainable society.

Priorities

The Foundation offers grants to organisations doing legally charitable work in the UK across the following range of priority areas:

- The arts
- Children and young people
- The environment
- Food
- Social change

Applicants should apply for the amount that they need. The Foundation does not set limits and makes grants across a fairly wide spectrum of sizes. In the past grants have ranged from £2,000 to £1.5 million with the support lasting from one to five years. Funding can be used for core or project costs, including staff salaries and overheads. Small grants of £60,000 or less are also available for one-off projects, or for testing out new ideas and collaborations (general running costs are not supported at this scale).

Who Can Apply

Charities and not-for-profit organisations with a regular annual turnover of at least £50,000, that are properly constituted and involved in legally charitable work in the UK.

Applicants must be able to demonstrate a track record to successfully deliver the work.

How To Apply

The Foundation currently receives about 2,000 first- stage applications each year, of which only one in ten is successful. As a result, it has created the online eligibility quiz to ensure the applicant's request for funding fits one of the funding priorities.

Applicants should read the guidance notes which can be downloaded from the Foundation's website <https://esmeefairbairn.org.uk/home>

The Foundation operates a two stage application process. First-stage application forms are available to complete online at the Foundation's website. Successful applicants will then be invited to complete a second-stage application form.

This is a rolling programme and applications may be made at any time.



Party Group on Learning Disability PIP Experience Project

The All Party Group on Learning Disability, lead research partners Mencap NI and The Law Centre NI alongside a number of organisations, are conducting research into Personal Independence Payments (PIP). We want to talk to people with a disability/ long term health conditions and their carers/supporters to find out their own experiences of PIP. We are trying to find out what works well , what needs to be improved within the PIP process and what are people's recommendations to improve the process.

We are asking organisations and individuals to support our research by getting involved in the following components:

1. Share on social media (PIP Twitter/Poster Final)
2. "We want to hear about your experience of the #PIP process. What went well? What didn't go well? How would you improve the process? Please fill in and share this PIP Experience Survey [surveymonkey.co.uk/r/PIPeXperience](https://www.surveymonkey.co.uk/r/PIPeXperience) #Informationispower #Haveyourvoiceheard"
3. Fill out our online survey: www.surveymonkey.co.uk/r/PIPeXperience
4. Participate as an anonymous case study – we are looking for examples of best practice in PIP and what went well as well as examples where claimants or supporters felt they had a negative experience during the PIP process. If anyone has someone who may be interested in participating – please contact fiona.cole@mencap.org.uk for more information.

As many organisations have expressed publicly and in private, individuals with a disability or long term health condition are being disadvantaged in the process -this project aims to highlight not only these experiences, but examples of good practice alongside recommendations to make the process better for all claimants.

If you have any questions or queries, please do not hesitate to contact Fiona Cole, Campaigns and Policy Officer, Mencap NI, **Email:** fiona.cole@mencap.org.uk or **Mobile:** 07747535590.

Volunteers Wanted For a Diet And Healthy Ageing Study

The Centre for Public Health, Queen's University Belfast is looking for volunteers who are aged over 65 years to take part in a study to investigate the association between diet, body composition, physical function and risk of frailty in older adults. The study will involve attending the Northern Ireland Clinical Research Facility at Belfast City Hospital on one occasion for two hours. During the visit you will have a body scan to examine levels of muscle and fat in the body and you will be asked to complete some questionnaires. Travel expenses will be reimbursed.



Contact Danielle Logan on 0759 6839285 or email dlogan11@qub.ac.uk

Mary O'Hagan from CDHN has signed up for the trial and will be sharing her experiences with members at a later date

What?

- The Centre for Independent Living NI (CILNI) is an organisation of disabled people, working to support disabled people choosing to take more control over their arrangements for personal support.

Why?

- We believe that independent living is important and work to raise awareness about Direct Payments (Option 1 under the Self Directed Support framework) as a way for disabled people to have more control over their support and lifestyle choices.

Who?

- Since 2001 we have provided a range of services to disabled people, including older people, people with learning disabilities, disabled parents and parents of disabled children.

Training Opportunities

We can provide free training on use of Direct Payments to anyone in our local communities including statutory sector, community and voluntary sector, schools, colleges, universities or any other interested party.

For more information please contact Emma O'Neill

Email: emma@cilni.org

Website: www.cilni.org

 [centreforindependentlivingni](https://www.facebook.com/centreforindependentlivingni)

 [cfilni](https://twitter.com/cfilni)

"Working together to enhance Independence"



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

Graduation Event with Dr Eilish Rooney (UU)



Local women attended a special graduation and inspirational woman's event on the evening of the 27th June at Holywell Trust, Bishop Street, Derry. The event marked the success of women who achieved an ILM Level 2 Award in Leadership and Team Skills.

Addressing the participants at the event, was Eilish Rooney, University of Ulster, Transitional Justice Unit (TJU).

Dr Rooney shared her experiences of her time at university in the 1970's and the opportunities afforded to her and about her work in the Transitional Justice Unit.

Dr Rooney praised all those who had taken part and said she hoped that the participants recognised the vital role that women can play in helping communities develop a vision for positive change. *The event was funded by the Department of Foreign Affairs.*

Participants Receiving Certificates Award in Leadership & Team Skills.

FWIN's MISSION

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

