



FWIN

Foyle Women's Information Network



8-14 Bishop Street
Derry~Londonderry
BT48 6PW
T: (028) 71266291
E: info@fwin.org.uk
W: www.fwin.org.uk

April 2020

FWIN UPDATE

FWIN has currently closed its office because of the pandemic, COVID-19. We will continue to monitor the situation and will reopen when it is safe to do so. Our staff continue to work from home and are doing our best to keep you informed, engaged and connected as much possible.

Please do not hesitate to get in contact if you have any questions. For updates follow us on Facebook, visit our **Website:** www.fwin.org.uk and you can always contact us by **Email:** info@fwin.org.uk or **Telephone:** 028 7126 6291 if you have any queries or if we can help you in any way or you just want to speak to someone.

We look forward to seeing you all again when we reopen.

From all at FWIN stay safe, well and connected.

FREE ISOLATION GIFT BOXES!

Following our online nomination process FWIN can now offer the same to our newsletter members and send out gift boxes to subscribers! This means that we will give your postal addresses to a third party supplier. In compliance with GDPR, if you do not wish to receive a free gift, please email us on info@fwin.org.uk or telephone 028 7126 6291 to have your name removed from the order.



LOTTERY FUNDED



Send a postcard to say hello!

We have included a free stamped postcard for you to send to your nearest and dearest in this time of social distancing! Send some cheer in the post today and let someone special know you are thinking about them.

Foyle Women's Aid Support Services

We are still able to provide crucial support to women affected by domestic abuse.

**028 7141 6800 Confidential Advice & Support
Mon-Fri 9-5PM.**

Stay Safe – You Are Not Alone.



and thanks to all our frontline heroes

Bridge Transport Support

Bridge Transport Support Bridge Transport office staff will be providing regular calls to members of the transport and mobility hire service and their friends and neighbours to check what support is needed with essential supplies and/ or mobility equipment is needed.

We will assist in any way we can and provide links to the community services available at this time to ensure people are keeping well.

Contact: 028 7126 7555 for more information.

Good Morning North West

If you know anyone, a family member, friend or neighbour that could avail of this service please call 02871353694 or email karyn@leafaircommunity.org to refer.

Your Voices, Your Stories New Project - Surviving 2020



This is a time in history that we hope won't ever be repeated and if we could capture some of the things that helped us cope, the books we read what films we watched, board games we played how technology helped.

We would like to hear stories about how you coped, your day-to-day life, your fears and positive thoughts.

Please send any pieces to info@fwin.org.uk or post to: Foyle Women's Information Network, 8-14 Bishop Street, Derry-Londonderry.

If you are in distress or despair, you can call Lifeline on 0808 808 8000 where you can speak to a trained counsellor. This service is available 24/7 and is free from all NI landlines and mobiles.

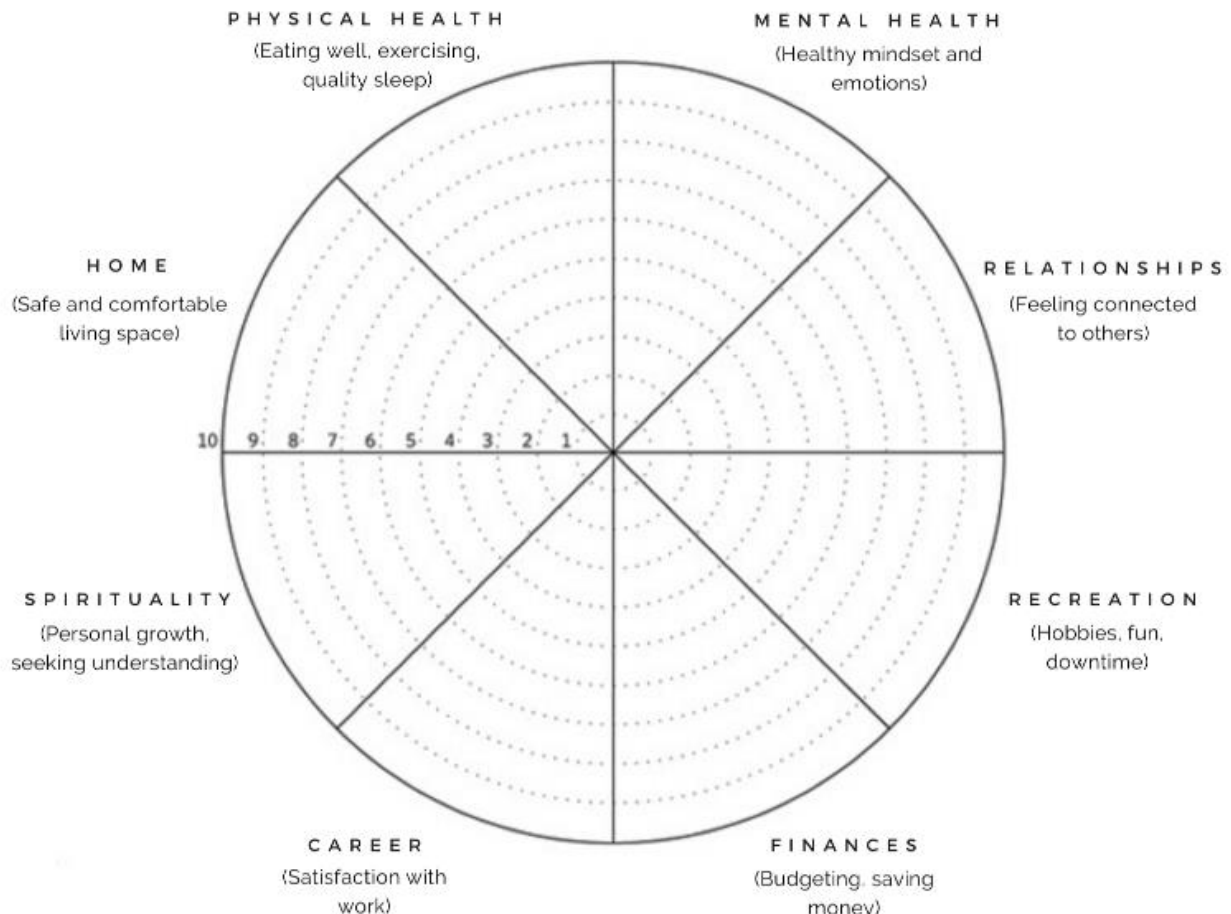
Lifeline

Positive Affirmations

H M V H B R A N R Y B Z Y P X O X N T D Q I R X
 C R A Z V J A C P S W E E A M Q U H A P P Y C S
 F F R Z H S J F H O R H P G K E U V U U B D D L
 I T P W Q W H C A D M I R E D P I B D P F J A A
 V C J M E A N I N G F U L V U G F D G U L L L H
 W B S G H A N D S O M E T O M W S T R O N G Z N
 W E C V Q L H R G K N D G L Q L K A K O L V W S
 V A O X X E L W I K R L E Y J F L V R M J A C A
 S U M T X H R Z X P R G E N E R O U S E C L F D
 C T P X U F U N N Y U J M B K L W U O G X U C T
 R I A G L X F S I N D E P E N D E N T X H A L P
 E F S Y O H E Y S E F I M J J U W U W L S B E I
 A U S W V J L E A D E R X W K Y T E I M J L V X
 T L I G I B C B X P F P A U S M D P M J E E E C
 I V O O N U A S R K C O U Q A U X T A E S N R E
 V M N O G A R B E D R S M A R T I S G O B X T I
 E H A D Q C I N Z W E I L P I H T J I B R H Z D
 S I T B J L N T P C L T K I T R P E N C A V J L
 L C E I U R G J S B I I S K C Y Z H A Z V B N A
 P K Z G K J F X B Y A V F G W C F M T R E E C K
 D C G U H D U T S W B E X B S O K D I Z U W W R
 R V G O W M V V E G L E R Y W X M C V E O E O G
 C O N F I D E N T G E M H W M O L T E Y J G W F
 Z V R G U W P F R I E N D L Y W O N D E R F U L

WONDERFUL VALUABLE STRONG SMART RELIABLE POSITIVE MEANINGFUL LOVING
 LEADER INDEPENDENT IMAGINATIVE HAPPY HANDSOME GOOD GENEROUS FUNNY
 FRIENDLY CREATIVE CONFIDENT COMPASSIONATE CLEVER CARING BRAVE BEAUTIFUL
 ADMIRER

WELLNESS WHEEL



A Listening Ear...

Lotus Health & Wellness Centre have a range of CBT and NLP therapists, life coaches who are offering a listening ear and advice for free to anyone who is experiencing high levels of stress, anxiety or depression associated with this virus.

Please call: 07834206731

Destined Dinners To Your Door

In a bid to support the most vulnerable in our community during this difficult time, Destined in partnership with Derry Taxis will be delivering meals to people's homes on a daily basis.

- Choose between 2 freshly prepared meals daily.
 - Place your order by ringing 07902379296 between 10am-1pm.
 - Meals will be delivered to your door between 2.30-5.00pm daily.
 - Cost £2 including delivery.
-



Skills North West are registering participants for a range of General Subjects online and e-learning, distance learning with tutor support and e/assessment courses starting soon.

Why not sign up today?

**Diversity – Career Preparation – Setting Personal Goals – Effective Communication
Problem Solving – Office and Admin Skills – ICT – Community Development
First Aid – Interview Skills – Epi Pen Training – GDPR – Mindfulness
Asbestos Awareness – Risk Assessment – Health & Safety**

For further information and to check eligibility, contact The Diamond Centre on 028 7133 8005 and ask for Emma OR contact your local Skills North West hub!

Dove House Community Trust: 028 7126 9327

Waterside Neighbourhood Partnership: 028 7134 2959

Lettershandoney District & Development Group: 028 7130 2388

Creggan Neighbourhood Partnership: 028 7128 1900

Glen Development Initiative: 028 7126 8748

Greater Shantallow Area Partnership: 028 7135 8787

Churchtown Community Association: 028 8167 0652

Strabane Community Project Learning Hub: 028 7188 3102
