



**FWIN**  
Foyle Women's Information Network



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December 2020

# Foyle Women's Information Network Christmas Newsletter

## A Message from FWIN Co-Ordinator, Catherine Cooke:

The staff and board of FWIN would like to take this opportunity to thank all our members for sticking with us during this very difficult year.

It has not been easy for anyone, whether you have been working from home, shielding, home schooling or working on the front line. Hopefully the end is in sight with the promise of a vaccination in the very near future.

The New Year is fast approaching and our Christmas wish for you all is that 2021 will be a much better year and we can return to some sense of normality. We look forward so much to seeing you all and resuming our activities face to face - but only when it is safe to do so. Our main priority is to keep in contact with you all whether by post, email or online.

Remember to join us every day on our Facebook page for 'From Our Home to Yours With Love' events. Also to kick start 2021 we are planning a 'New Year New You' programme commencing Monday 18<sup>th</sup> January 2021 - more details will follow.

I will leave you with this famous quote from Agnes M. Pahro and wish you all the health & happiness for the coming year:

*What is Christmas?*

*It is tenderness for the past, courage for the present, hope for the future.*



## December Online Events

Date	Event	Time and Location
Monday 7 <sup>th</sup> December	<b>Around the World with FWIN</b>	11.00am on Facebook
Tuesday 8 <sup>th</sup> December	<b>Healthy Cookery with Jacqueline Cartin</b>	2.00pm on Facebook
Thursday 10 <sup>th</sup> December	<b>FWIN's Chatty Women</b>	1.00pm on Facebook
Thursday 10 <sup>th</sup> December	<b>FWIN Book Club</b>  This month's read is 'Night Music' by Jojo Moyes.  <u><b>RSVP Essential</b></u>	10.00am on Zoom
Friday 11 <sup>th</sup> December	<b><u>PACT: Friday Lecture Series</u></b>  <ul style="list-style-type: none"> <li>Aoife Lyall, Poet, Motherhood in all its forms.</li> </ul> <b>Makeup Masterclass with Karen McLaughlin!</b>	11.00am on Facebook   2.00pm on Facebook

## Christmas Week Events!

Date	Event	Time and Location
Monday 14 <sup>th</sup> December	<b>Window Drawing Art</b>	2.00pm on Facebook
Tuesday 15 <sup>th</sup> December	<b>Christmas Craft with Hayley Doman</b>	11.00am on Facebook
Wednesday 16 <sup>th</sup> December	<b>Christmas Cookery with Chef Ray</b>	11.00am on Facebook
Thursday 17 <sup>th</sup> December	<b>FWIN's Chatty Women - with a Very Special Guest!</b>  <b>Christmas Craft Bubble – Wreathmaking with Hayley Doman.</b> RSVP essential - all materials will be sent out before the date. Spaces are limited to 15 people so please only book if you are free to take part. Email <a href="mailto:info@fwin.org.uk">info@fwin.org.uk</a> to book a place!	1.00pm on Facebook   7.30pm on Zoom
Friday 18 <sup>th</sup> December	<b>Virtual Visit to Santa!</b>  <b>Live Christmas Carols Singalong!</b>	11.00am on Facebook   4.00pm on Facebook

## A Message from the North-West Volunteer Centre

Some of the usual volunteering roles aren't available at the moment but there are still plenty of opportunities to get involved and support your community and local organizations. Give us a call at North West Volunteer Centre on 028 71 271 017 for more information.

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### Volunteers for Meals on Wheels Required

The Resource Centre are Looking for Volunteers for their 'Meals on Wheels' service – delivering meals to the local community. If you are interested, please contact 028 7135 2832 or email [laura.mculty@resourcecentrederry.com](mailto:laura.mculty@resourcecentrederry.com).

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### Christmas Shortbread Cookie Recipe

Prep time: 10 mins  
Cook time: 10 mins  
Total time: 20 mins

#### INGREDIENTS

- 1 cup salted butter, cold and cut into pieces approx.. 8 ozs
- ½ cup granulated sugar
- 1 teaspoon vanilla extract or almond extract
- 2 ¼ cups all-purpose flour
- Optional: red and green sprinkles

#### INSTRUCTIONS

1. In a medium bowl of an electric stand mixer cream together butter, granulated sugar and vanilla extract until well combined
2. Add all-purpose flour and mix until combined
3. Knead dough by hand for 5 minutes
4. The dough should end up soft and pliable, similar to play-dough, not sticky
5. Form a ball, wrap tightly, and chill for about 30 minutes
6. While the dough is resting, preheat oven to 350F. (about 180 C) then line the baking sheets with parchment paper and set aside
7. Roll dough out to about ½ inch thickness, use a cookie cutter for shapes
8. Place each cookie 2 inches apart on baking sheet, sprinkle sprinkles over the top if desired and gently press into dough
9. Bake 8-10 minutes, or until edges are golden brown
10. Immediately transfer to a wire rack to cool.



Eat and enjoy!!





**Derry Well Women Crèche** will be offering respite to mums for 2 days a week from 10am – 12Noon for 6 weeks beginning January 2021 for any parent needing extra support during Covid-19 although places are limited.

**Derry Well Women Counselling Service:** although we are not in the position to allow members of the public into the Derry Well Women centre we are still offering a telephone counselling service for any women who may need it. We are also offering a daily telephone helpline service.

**To avail of these services please contact Derry Well Women on: 02871360777 between the hours of 10am – 4pm Monday to Friday.**

## Peace and Conflict Transformation Project Update

The PACT Project has been continuing to operate virtually with online learning via Moodle as well as instructional clinics and catch-up sessions hosted by FWIN to ensure participants feel connected and problems and discussions can happen in real time.

Participants have all enjoyed grabbing a cuppa and chatting about their experiences – with members from as far away as Sligo checking in and updating us on their lives, participating in the course and of course and coping during COVID-19.

Coming up before Christmas, we have a host of PACT lectures live on FWIN Facebook with Aoife Lyall checking in with us on Friday 11<sup>th</sup> December to talk about motherhood in all its aspects. FWIN hope to have more live discussions in partnership with TWN and Intercomm Belfast between now and the New Year so why not consider joining this fantastic project

You can still take part in PACT by emailing [maeefwin@gmail.com](mailto:maeefwin@gmail.com)! All welcome!

**PACT** Peace and Conflict Transformation

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](mailto:info@fwin.org.uk)

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

Peace Northern Ireland - Ireland European Regional Development Fund

ilm Recognised Provider

QUEEN'S UNIVERSITY BELFAST

intercomm

TWN



## Maisie Crawford BEM – Donation to FWIN

FWIN received a donation of £420 from the proceeds of a festival of music and song in Remembrance of Maisie Crawford BEM. We were one of five groups who received this kind donation.

Everyone associated with FWIN were delighted and humbled to receive this very kind gesture in memory of our Maisie who was a former board member and a dedicated supporter of our work.

Maisie will always be in our hearts. Many thanks to her family for this very kind gesture.



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## Making Memories this Christmas



Christmas this year might feel very different to what we're used to due to ongoing global pandemic challenges and many parents will be wondering how to keep the magic of Christmas 2020 alive for the children. However, the good news is that FWIN have been reliably told that thanks to WICT participants, Santa will be making some special appearances in Tullyally and in Harpers Hill (Coleraine) this year.

On the evening of the eleventh of December, Santa Claus, Mrs Claus and their elves will be calling at houses in and around the Tullyally estate from 7pm to deliver Christmas treats to children in their gardens. If you want to know exactly where Santa is on the night of the eleventh of December you can follow his journey on the Tullyally Women's Group (TWG) Facebook.

After that, Santa and his elves will be visiting Coleraine where children will have the opportunity to get their photographs taken inside his giant snow globe as well as receive a gift from his little helpers the elves. This event is taking place on Friday 18<sup>th</sup> - Sunday 20<sup>th</sup> between 12-4pm and 6-9.30pm each day. Raffle tickets will be on sale and all proceeds will go to the NI Air Ambulance.



(This experience needs to be prebooked to allow for sanitizing of the snow globe after each visit.) To make a booking please contact Sharon on 07522083227).

**Please note both experiences will be adhering to social distancing and Covid guidelines.**

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## Inspirational Women from History



Born in Limerick in 1818, Catherine Hayes became the world's most famous opera star during the 19th century, and the first ever opera singer to tour Australia. Hayes, a renowned diva, passed away in 1861 aged 43 and left behind a will equivalent to £1 million in today's money!

## CLEAR Project Training

- Impact of Alcohol on Self-harm and crisis intervention: Wed 3<sup>rd</sup> February 2021
- Mental Health First Aid: Various Dates
- Motivational Interviewing: Various Dates
- Self Care One-Day Workshop: Thursday 28<sup>th</sup> January & Thursday 18<sup>th</sup> February

Email [clear@dhcni.com](mailto:clear@dhcni.com) for more information or telephone 028 7161 1384

## Health Improvement Equality and Involvement Training

- Arts Care 4U: 14<sup>th</sup> January and 11<sup>th</sup> February
- Falls Prevention: 24<sup>th</sup> February
- Mental Health First Aid: Various Dates
- Moving more Often: 2<sup>nd</sup> February
- Nutrition Matters for Early Years: 8<sup>th</sup> February 2021
- Towards Zero Suicide – Online Course (20mins)
- Walk leader – 20<sup>th</sup> January 2021

Call 027 7186 5127 or email [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)

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## Online Training with British Red Cross

The Red Cross are now delivering sessions digitally. The sessions are as follows:

**Youth sessions last approximately 1 hour but can be extended depending on the group:**

- Empathy & Migration Back to Better (Covid 19-recovery)
- Loneliness
- Conflict & its consequences
- First Aid

Adult:

- First Aid
- Tackling Loneliness
- Kindness in your community

To book: Email [gfitzpatrick@redcross.org.uk](mailto:gfitzpatrick@redcross.org.uk) or phone 07808243707



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## FWIN Book Club Report

Our book for October 2020 month was 'An Orphan's Promise' by Cathy Sharp. Described as, "a gripping and emotional historical saga that will tug at your heartstrings" - our book club members enjoyed this read and gave it a hearty recommendation!

Meeting over Zoom, we discussed characters, plot, likes and dislikes – and we all enjoyed touching base with each other to discuss this read!



And now for some fun..



# CHRISTMAS WORD SEARCH



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

BELLS  
CANDLES  
CANDY CANE  
CARDS  
CELEBRATE  
CHIMNEY  
CHRISTMAS

RUDOLPH  
SANTA  
SEASON  
SLEIGH  
STOCKING  
TREE  
WREATH

ELVES  
FROSTY  
GIFT  
GIVING  
GREETINGS  
HOLIDAY  
JOLLY

JOY  
MERRY  
MISTLETOE  
NOEL  
NORTH POLE  
REINDEER



# Christmas Quiz!



1. Which country started the tradition of putting up a Christmas tree?
2. How many ghosts show up in A Christmas Carol?
3. In Home Alone, where are the McCallisters going on holiday when they leave Kevin behind?
4. Which country did eggnog originate?
5. How many gifts were given in total in 'The Twelve Days of Christmas' song?
6. What year did Mariah Carey's 'All I Want For Christmas Is You' come out?
7. In which Christmas movie does Tom Hanks play 6 of the characters?
8. In which country is it tradition to eat KFC for Christmas dinner?
9. In the movie Love Actually, which character sang 'Christmas Is All Around'?
10. How many of Rudolph's fellow reindeers' names start with 'D'?
11. What is traditionally hidden inside a Christmas pudding?
12. Which city has been donating Trafalgar Square's Christmas tree to London every year since 1947?
13. If you're born on Christmas day, what's your star sign?
14. What is the best-selling Christmas single of all time?
15. How many years had sitcom Gavin and Stacey been off air before it returned for a Christmas special?
16. In the episode of Friends 'The One with the Holiday Armadillo', who dresses up as an armadillo?
17. In Mean Girls, which Christmas song do the plastics get up on stage to perform?
18. What time is the Queen's speech traditionally broadcast on Christmas Day?
19. What colour are mistletoe berries?
20. In Home Alone 2, who does Kevin run into in the hotel lobby?

## FWIN's MISSION

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

### ANSWERS

1. Germany.
2. Four: former business partner Jacob Marley, and the spirits of Christmas Past, Present and Future.
3. Paris.
4. Britain.
5. 364.
6. 1994.
7. The Polar Express. He plays Hero Boy, Father, Conductor, Hobo, Scrooge and Santa Claus.
8. Japan.
9. Billy Mack, played by Bill Nighy.
10. Three - Dancer, Dasher, Donner.
11. A coin.
12. Oslo, Norway.
13. Capricorn.
14. Bing Crosby - 'White Christmas', according to the Guinness Book of World Records.
15. Nine years.
16. Ross Geller.
17. Bobby Helms - 'Jingle Bell Rock'.
18. 3pm.
19. White.
20. Donald Trump.