

## Membership

We offer membership to both individuals and groups that are interested in fostering stronger links with us and the wider women's sector. Becoming a member of the WRDA is easy and more importantly free to join. We continually strive to work towards women's equality and to keep our members up to date and although membership is free, we do accept donations to continue the work we are involved in. To donate visit our Localgiving page on

[www.localgiving.org/charity/WRDA](http://www.localgiving.org/charity/WRDA).

If you are interested in becoming a member of WRDA please download the Membership Form from our website and return to us either by post or emailing it to [info@wrda.net](mailto:info@wrda.net).

## Join WRDA for 2018 International Women's Day Rally

The International Women's Day Rally is assembling on the 10th of March in Writers Square, Belfast at 11am and will finish at City Hall around 1pm. WRDA will be there with our banner walking proudly in remembrance of how far women's equality has come since the Representation of the People Act 1918 and in recognition of how much is still to be achieved.



Reclaim the Agenda have organised a fantastic rally with a colourful parade, singing, dancing, drumming, face painting and street entertainment. The rally will be addressed by the Lord Mayor and other inspirational speakers at City Hall. To read the full programme go to

<https://issuu.com/reclaimtheagenda/docs/>

## WRDA Out and About

Reach Out! A selection of where we have been promoting and delivering the BCB programme in January and February.

- ⇒ Bovedy Springwell Group
- ⇒ Dunmurry Senior Citizens Group
- ⇒ The Rowan tree Centre Pomeroy
- ⇒ Network Personnel Community Shed Magherafelt
- ⇒ Cullybackey Community Partnership
- ⇒ Tartaghan Church Of Ireland
- ⇒ Africa House Women's Group
- ⇒ Bellaghy Women's Group
- ⇒ Katesbridge Rural Women's Group
- ⇒ Network Personnell Community Shed Mens Group Magherafelt

If you are interested in the Breast, Cervical and Bowel screening awareness programme please contact our office on **028 9023 0212**.



## WRDA delivers Bystander Intervention Training in Partnership with NEXUS

WRDA has been delighted to work alongside the training team at Nexus, the sexual abuse survivors' charity, to deliver workshops on bystander intervention in women's centres.

In the climate of #metoo and #timesup people are talking more than ever about the need to call out sexual abuse and harassment when we see it and together we can all do something about it. Many people don't intervene when they see someone being harassed because we fear we shouldn't get involved or we simply don't know what we could do.



The workshop from Nexus gives really practical advice about how you can intervene safely and offers a safe place to talk about difficult situations you might have been in where you wanted to intervene but didn't. By working through a range of scenarios we discussed the

best ways to help as well as what you would need to do afterwards to keep yourself safe and get support for yourself or others.

This was our first time running this project with Nexus and we think it's a great opportunity to share knowledge and expertise with our partners in this specialist area of work. We've also taken on board feedback from the groups who participated about how we can keep improving for the future.

As well as the sessions delivered in the community, Nexus have also trained 12 of WRDA's community facilitators to deliver the workshop themselves. This means any groups who can access funding for a session will have facilitators on hand to deliver it. Let us know if you would be interested!

Huge thanks to Kristina and Donna from Nexus who delivered the training as well as the PHA's CLEAR fund which made this work possible. Also thanks to Greenway Women's Centre, Windsor Women's Centre and Greater North Belfast Women's Network for hosting sessions.



### Inside this Issue

- = WRDA and Nexus deliver new Bystander Intervention training
- = Bold Women Blogging, WRDA's new blog
- = WRDA in the Media
- = International Women's Day 2018
- = WRDA Out and About



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WomensResource andDevelopment Agency

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## WRDA Launches Young Women's Blog

On the 2<sup>nd</sup> of March WRDA launched a brand new blog, **Bold Women Blogging**. The blog was developed to create a space where the next leaders of NI Feminism can voice their views on any topic related to gender.



The blog has got off to an interesting start with an article on the prevalence of Rape Culture in Northern Ireland...

### rape culture

#### NOUN

A society or environment whose prevailing social attitudes have the effect of normalizing or trivializing sexual assault and abuse.

*Belfast has a problem with Rape Culture. Eating lunch, buying clothes or even just walking down the street, women in this city are met with a barrage of misogynistic material. Violence against women is made light of and women's bodies are used as room dressing. We have a high rate of violence against women and the way women are presented in pop culture is part of the problem.*

To read the rest of the blog visit <https://wrda.net/tag/bold-women-blogging/>

A new edition of the blog will be published on the first Friday of every month and we'd love you to take part. Some submissions guidelines have been listed on the next page to give you an idea of what we are looking for. Just email your submission to the interim communications and membership worker, Megan via [info@wrda.net](mailto:info@wrda.net) and feel free to contact me if you want to chat about your piece.

## Bold Women Blogging submission guidelines

### Your submission

- ⇒ Must relate to gender
- ⇒ Must not contradict WRDA's ethos and values
- ⇒ Should be between 500—2000 words
- ⇒ Should include images in PNG or Jpeg format
- ⇒ Should not use profanity or slurs
- ⇒ Can be posted anonymously
- ⇒ Should be in Word format

If you would like to discuss a possible submission please call 028 9023 0212 and speak to Megan.



## WRDA in the Media

The Irish News on Monday 5<sup>th</sup> February featured an article by Anne Hailes, in her WomenTalk column, about the importance and impact of the WRDA's information sessions on the Public Health Agency's breast, cervical and bowel screening awareness sessions. The programme consists of three two-hour sessions and is an opportunity for women to learn more about topics that may be difficult or embarrassing to discuss in a friendly, informal environment, with the intention of removing some of the anxieties and misconceptions surrounding , breast, cervical and bowel cancers and the screening programmes, so that the attendees feel more prepared to manage their own health, and more comfortable seeking out the opportunities for screening offered through the PHA screening programme.

Sessions cover topics such as "Time for Me", which reminds us of the importance of caring for ourselves, prioritising our own health, and being aware of our bodies, especially when we are busy with so many other demands that are liable to take our focus away from ourselves – home, work, children, family and caring responsibilities. WRDA Training and Development Worker Katherine Robertson reminds us; "Think of the safety tips on an aeroplane and the advice that if the oxygen mask comes down, you should put your own mask on first before fixing it to anyone else, especially your child." You need to be able yourself before you help others.

These sessions feature plenty of practical advice on self-examination and the risk factors that we may not be aware of, and introduce the resources that might otherwise be a cause for anxiety. Katherine tells Anne from her experience providing these sessions, be it breast, cervical or bowel, in every case at least one person in each group has found something to be investigated, reminding us all how important it is to be aware of our own health and bodies, and to always get it checked out if something feels wrong.

You can read WomenTalk and Anne Hailes's column at [www.irishnews.com](http://www.irishnews.com), and you can find out more about the WRDA information sessions at [WRDA.net](http://WRDA.net).