



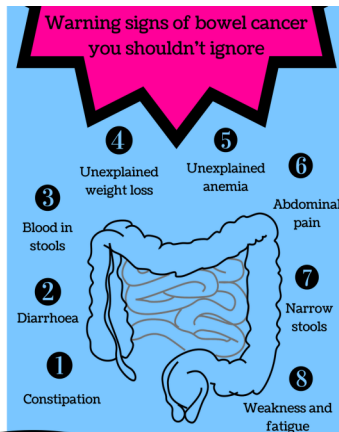
## Detecting Bowel Cancer Early Saves Lives

Bowel cancer is one of the most common cancers in Northern Ireland and **over 400 people** die from the disease each year. However, the good news is that early detection can make a real difference as to whether someone with bowel cancer survives.

Men and women aged between 60 and 74 have the opportunity to take part in the bowel cancer screening programme. Those eligible for screening receive a test kit in the post at the home address provided by their GP. The kit is used to detect traces of blood in the bowel motion. Most people who are tested will have no blood in their bowel motions and will be invited to repeat the screening test again in two years' time. If any blood is detected, this indicates that further tests need to be carried out.

Dr Tracy Owen, Consultant in Public Health Medicine at the PHA, said: "Being asked to use the home screening kit for bowel cancer can be daunting and embarrassing, as no one likes to talk about their bowel motions, and collecting a sample isn't the most pleasant thing to do. But, doing the screening test helps to find cancer at a very early stage before there are any symptoms. When detected at a very early stage, treatment for bowel cancer can be **90% successful**."

### Ways to reduce your risk of bowel cancer



### Bowel Cancer Awareness

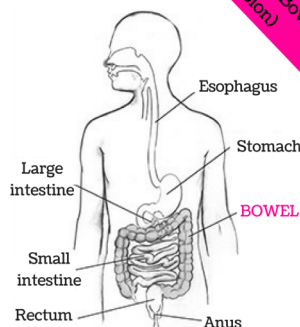
#### - FACE THE FACTS -

About 1 in 20 people will develop bowel cancer in their lifetime

Bowel cancer is the second most common type of cancer found in men and women in Northern Ireland

Bowel cancer is more common in older people

If bowel cancer is detected at an early stage treatment can be 90% successful



### What to look out for:

⇒ **rectal bleeding or blood in your bowel motion;**  
⇒ **a change in bowel habit**  
⇒ **unexplained weight loss;**  
⇒ **pain or swelling in your abdomen;**  
⇒ **extreme tiredness for no obvious reason.**

For more information about cancer signs and symptoms visit [www.becancerawareni.info](http://www.becancerawareni.info)

WRDA's ground breaking Breast, Cervical and Bowel Screening Awareness Programme has been developed to tackle the low uptake of screening invitations by women in NI. The Bowel Screening Awareness Session looks in particular at how to take the test, what signs and symptoms to look for and ways to **reduce your risk** of developing bowel cancer.

### Inside this Issue

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- = Member of the Month
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### Contact Details:

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[www.wrda.net](http://www.wrda.net)

**f** WomensResource andDevelopment Agency

**t** @WRDA\_team  
@WSLobbyistNI

If you would like more information on the BCB Programme please contact Emma on **028 9023 0212**



## Open Call for Community Groups

The **Breast, Cervical and Bowel Screening Awareness training programme** is now in its third year of delivery through a contract with the **Public Health Agency**. We are looking for groups to take part in this facilitated programme.

**(No cost to groups)**

The programme would ideally take place on your premises and be delivered by experienced trainers qualified to **Level 3 in Training and Development** through WRDA's Community Facilitator training programme.

All resources are provided by WRDA and **the programme has proved to make a real difference to people's lives.**

If you are in contact or associated with a local community group that would benefit from this training feel free to get in touch with **Katherine Robertson** by calling **028 90 230 212** or emailing **katherine.robertson@wrda.net**.

**We look forward to hearing from you!**



## Training Opportunity

We are currently **recruiting** for our 2017/18 Community Facilitator Programme, which will be delivered in the **Newry and Derry/Londonderry** areas.

The **award winning programme** provides an opportunity for local women to develop Leadership and Facilitation Skills and complete a **Level 3 Certificate in Training and Development**. The training is delivered by highly qualified and experienced staff and will comprise both contact and non-contact training hours, practical tasks and observations.

It will be delivered on a part-time basis **October 2017 – April 2018**. On completion women will have the opportunity to register for employment opportunities delivering WRDA's training programmes.

Please contact Isobel to add your name to our list of interested applicants.

Isobel.loughran@wrda.net 028 9023 0212



## WRDA Presentation to Flags, Identity, Culture and Tradition Commission

On Wednesday 5<sup>th</sup> July Director Anne Mc Vicker and Good Relations Worker Kellie O'Dowd presented WRDA's 'North Belfast Women's Voices' research to the Flags Identity Culture and Tradition Commission. The FICT Commission was established to take forward a programme of work including scoping the range, extent and nature of issues relating to flags, identity, culture and tradition, mapping the benefits and opportunities in terms of flags and related issues whilst also highlighting where challenges remain and producing a report and recommendations on the way forward.

The research carried out by WRDA set out to increase the understanding of three key issues; The historical, gender and policy contexts and the impact of these realities on women living in North Belfast, the issues that are of concern to women with regards to flags, identity and culture and how women in North Belfast can best be supported to tackle the issues of most concern to them.

The research findings and recommendations that are within the remit of FICT commission were well received. In particular interest to the Commission were the recommendations around 50% gender quotas to combat the hyper-masculinity in flags and emblems negotiations and flag protocols. On the back of the presentation WRDA were invited to make a formal submission. The Commission's initial findings report will be produced by September 2017.



WRDA Director Anne McVicker and Good Relations Worker Kellie O'Dowd with a copy of the research.



Belfast  
City Council



## Northern Ireland in the Spotlight at Westminster over the 2 Child Cap and Rape Clause



We have previously highlighted the problems with the UK government's decision to impose a two child cap on child tax credits that came into effect on the 6<sup>th</sup> April this year. This cap will also apply to Universal Credit once families start moving over on to this benefit. An exemption created for children conceived as a result of rape or coercion called the 'rape clause' has caused even more outrage than the cap itself given how badly it will affect women who have experienced sexual violence. WRDA has been working hard alongside Women's Aid and other women's organisations to raise awareness of these changes and to fight them due to the impact they will have on child poverty, the risk posed to women experiencing domestic abuse and the fact that they interfere with women's rights and equality.

Very recently, political efforts to fight the two child cap and the rape clause in Westminster have centred on the particular circumstances of Northern Ireland. There is a piece of legislation here that came about as a result of the conflict, which requires anyone with knowledge of a serious crime having been committed to report this to the authorities. While the rape clause is supposed to allow for women to share information about their rape to a 3<sup>rd</sup> party assessor in order to qualify for the benefit, we have been highlighting for months that in Northern Ireland this means those benefits assessors would be breaking the law themselves if they do not report this information to the police. Now the Labour Party has picked up on this detail and has been challenging the government very strongly to ensure that the measure is given more scrutiny. Shadow Northern Ireland Secretary Owen Smith and Shadow Welfare Secretary Debbie Abraham wrote to the Secretary of State James Brokenshire about the issues raised by this unique legal duty and also criticised the way the new measures were brought in here:

*"This measure is being introduced in the absence of a functioning executive in Northern Ireland ... To impose such changes from Westminster, especially through the back door of a statutory instrument without scrutiny even by committee, is completely at odds with principles of the devolution settlement as agreed under the Good Friday Agreement and subsequent agreements, including Fresh Start." (as reported in the Guardian, 23/7/17)*

This is the latest in a series of issues at Westminster which put Northern Ireland firmly in the spotlight. The Labour Party, like us, want to see the whole policy of capping benefits at two children overturned throughout the UK. Due to the balance of power being held by the DUP it is useful for the Labour party therefore to focus on the problems with implementing it in Northern Ireland, especially given that in the previous parliament all DUP MPs signed an Early Day Motion in opposition to the rape clause. Regardless of the politics of this situation, it provides an excellent opportunity for us to urge our representatives at Westminster to stand strong in defending low income families, women and children. **Please take a few minutes and write to your MP asking them to fight these welfare cuts that only seek to punish women and make financial savings off the backs of the most vulnerable.**

*e.g. 'I am opposed to the introduction of a two child cap on tax credits and Universal Credit and the flawed and unworkable rape exemption. Thank you for opposing these measures in the past and for speaking up on behalf of the women and children who will be affected. As your constituent I am asking you to support the call for a full debate and vote in the House of Commons and to continue to work for the repeal of both the rape clause and the two child cap.'*

If you would like to send your MP more information you can refer them to this document that we produced with the Women's Policy Group setting out all the key problems with this welfare policy: <http://www.womensaidni.org/assets/uploads/2017/05/opposing-the-two-child-cap-and-rape-clause.pdf>

Don't forget that there will be a **day of action** against the two child cap and rape clause involving public protest on the **21<sup>st</sup> September**. Save the date and we will send more information as the plans take shape!





## 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 vast amount of 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).

## Member of the Month Families Beyond Conflict



**Families Beyond Conflict** was originally called Families of Displaced, Dispersed and Distressed and developed in response to a Loyalist feud in 2000. FBC is a **grassroots organisation** helping those impacted by paramilitary violence to access services and increase their potential through training and counselling.

They are an organisation with big ambitions for the community they serve and are determined to make a difference to the lives of people in the Shankil area.

*"We watch with deep pride the progression and achievements of adults and children who come through our doors and we know that we are creating opportunities, tools and life-long skills to empower people to make significant differences in their lives and in their families lives and a chance to use those skills to benefit the community."*

### Services available include:

- ⇒ Provide Alternative Therapies
- ⇒ Women's Respite Trips Annual 4 week Summer Scheme
- ⇒ Drop-in service
- ⇒ Womens over 50 group
- ⇒ Referrals

To find out more visit <https://familiesbeyondconflict.wordpress.com/> or check out the group's Facebook page.

## WRDA Out and About

Reach Out! Where we have been promoting and delivering the BCB programme in July and August.

- ⇒ Fortwilliam Day Centre
- ⇒ Newington Day Centre
- ⇒ Old See House, Belfast
- ⇒ Everton Day Centre
- ⇒ Mica Day Centre
- ⇒ Fallswater Day Centre
- ⇒ Simon Community Belfast
- ⇒ Age well Partnership East Antrim
- ⇒ Women's Aid Ballymena
- ⇒ Action Mental Health Enniskillen
- ⇒ The Base Antrim



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