

## Community Facilitator Training Programme Open to Applicants

WRDA has opened recruitment for its Award winning Community Facilitator programme. The training will be delivered in both Newry and Derry/Londonderry and offers local women the opportunity to complete a Level 3 OCN Certificate in Learning and Development, develop facilitation and leadership skills, and increase their employability in the learning and development / community sector. They will also gain employment opportunities delivering WRDA's training programmes on a self-employed basis.

It is aimed that the programme will commence early October, one day a week, from 9.30 – 2.30 and run until the end of January. Monday for Newry, Tuesday for Derry/Londonderry – to be confirmed.

**(Eligibility:** Age 18+ and unemployed with some active involvement in their local community).

**Wednesday 25th  
July 2018  
11.00 am - 1.30 pm  
Clanrye Group  
Drumalane Mill  
The Quays, Newry  
BT35 8QS**

**Thursday 26th  
July 2018  
11.00 am - 1.30 pm  
Foyle Women's  
Information Network  
8 Bishop Street  
Derry/Londonderry  
BT48 6PW**

The information event will provide interested applicants with an overview of the programme and the application process. You can apply for a place at your preferred delivery location at either event.

Please contact Deirdre Quinn on 02890 230212 to indicate interest at either information event.

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## Eating Disorders: Know the Signs

Between **18,000 and 20,000** people will be living with an eating disorder in Northern Ireland. Disorders include Anorexia, Bulimia, Binge Eating Disorder and Eating Disorders Not Otherwise Specified (EDNOS).

Anorexia has the **highest mortality rate of any psychiatric disorder**, from associated medical complications as well as suicide, so it's vitally important that we raise awareness of eating disorders and tackle the stigma that surrounds them.

There are a lot of **misconceptions** about eating disorders which can make it even harder to know when it's time to get help.

Studies suggest around a **quarter** of people with eating disorders are **male**.

As many as **80-85%** of people with eating disorders are **not underweight**. Eating disorders are primarily a **mental health issue, not a physical issue** and they can be diagnosed in people who fall within a healthy weight range but who display **unhealthy attitudes and behaviours towards food, eating and body image**.

**Stereotypes** about who gets eating disorders might make them **even harder to spot** among older people, men and boys, and ethnic and cultural minority groups. The real number of sufferers overall could be much higher than we think, particularly among groups like these.

## Eating disorders. Know the first signs?



### Lips

Are they obsessive about food?



### Flips

Is their behaviour changing?



### Hips

Do they have distorted beliefs about their body size?



### Kips

Are they often tired or struggling to concentrate?



### Nips

Do they disappear to the toilet after meals?



### Skips

Have they started exercising excessively?

If you think you or someone you know might be living with an eating disorder you can get help from BEAT, the eating disorder charity, their website contains advice and information that can guide you towards next steps or you can call any of their helplines.

Helpline 0808 801 0677  
Youthline 0808 801 0711  
Studentline 0808 801 0811

## CDHN 'What Works?' Networking Events supported by PHA

WRDA attended the 'What works?' Networking Event organised by CDHN in partnership with PHA on Tuesday 12 June at Carlisle House in North Belfast. The event started off with networking and then moved into a presentation on health inequalities to set the context of the group discussion. Of particular interest was the link between loneliness and cognitive decline and this is an upcoming area for research. We then split into small groups where there was a lively discussion about what works in local communities in relation tackling inequalities. This interactive workshop provided an opportunity for practitioners to discuss their work and reflect on best practice. There was much discussion about 'what works' are more critically, who it works for and who it doesn't! The discussions at the workshop were all recorded and will be fed back to the PHA to help shape the implementation of the new Community Development Framework.

The event concluded with a funding workshop on the Building the Community-Pharmacy Partnership Programme (BCPP). Community and voluntary organisations can apply for up to £10,000 for a project to bring together communities and pharmacists together to tackle local health issues.

BCPP focuses on increasing local people's skills, encouraging community activity and self-help, increasing local people's understanding of health issues and encouraging local people to play a role in promoting health. For more information or to download an application form log on to [www.cdhn.org](http://www.cdhn.org)

*Funding Closing Date: Level 2: Thursday 13th September 2018, Level 1: Thursday 25th October 2018.*

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## New portable sound system available from WRDA for all grassroots groups

Great news for grassroots activism: WRDA is delighted and grateful that the brilliant women's giving circle Give Inc NI have gifted us and Reclaim the Agenda a portable PA system to be used for free by all women-led activist groups organising rallies and protests. As feminist protests have recently gotten a lot bigger we are very excited to see the women's movement grow in strength and numbers. But having been at recent protests and witnessed the struggle to be heard, local Give Inc member Amanda Ferguson felt that we needed some help. She proposed to the group that a portable sound system would have a big impact, providing a vital resource to all grassroots groups who can't afford to hire or purchase equipment.



So whether you're having a huge rally at City Hall or a small protest outside a local government office, you can use this PA system for free. We'll be setting up a registration system here at WRDA so please get in touch if you'd like your group to be added. This equipment is the most powerful system available using battery power so will be able to amplify our voices as we campaign for rights and equality! Thanks to the great women at Give Inc NI who supported this - you are helping women's voices be heard at a really crucial time.

Email [info@wrda.net](mailto:info@wrda.net) to get your group registered and for more information about how to use this shared resource.



## 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 contact the Communications and Membership Worker, Megan McClure Botha via [info@wrda.net](mailto:info@wrda.net).

## Hellos and Goodbyes at WRDA

WRDA wishes our Good Relations Worker, Harriet Long and our Training and Development Outreach Worker, Emma Grey all the best for their maternity leave. We welcome Eileen Crory and Paula Murray who will be talented additions to the team. They will carry forward our work with additional needs groups and community groups over the next nine months.

If you would like to find out more about our Training and Development work please contact Paula on [paula.murray@wrda.net](mailto:paula.murray@wrda.net).

If you would like to find out more about our Good Relations work please contact Eileen on [eileen.crory@wrda.net](mailto:eileen.crory@wrda.net).



## Poldark, Toxic Masculinity and Disordered Eating

The fifth edition of our blog is by volunteer Lauren Donnelly. In this piece Lauren tackles perceptions of what someone with an eating disorder looks like and challenges the sometimes harmful impact of the health and wellbeing industry. You can read the blog on the News section of our website's homepage ([www.wrda.net](http://www.wrda.net)).

If you would like to write a piece for the blog, please contact the Communications and Membership Worker, Megan on [info@wrda.net](mailto:info@wrda.net).



## WRDA Out and About

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

- ⇒ Springvale Learning
- ⇒ South Belfast Sure Start
- ⇒ Stronge Court Clanmil Housing Portadown
- ⇒ Magherafelt Women's group
- ⇒ Firinne Enniskillen
- ⇒ Ladies of Mourne
- ⇒ ELY Centre Enniskillen
- ⇒ Saintfield Choice Housing
- ⇒ Antrim Retirement Group
- ⇒ Edenderry Nursery
- ⇒ Cullybackey Community Partnership
- ⇒ Shaftsbury LORAG Seniors Group
- ⇒ Ardoyne and Shankill Healthy Living Centre
- ⇒ Larne Community Development Project
- ⇒ Garvagh Young Women's group
- ⇒ Pampered and Prepared Evening

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

