



women's
RESOURCE & DEVELOPMENT AGENCY

Newsletter - Dec - Jan 2018/19



Grow Lead Change

NEW SHORT COURSE FOR WOMEN IN BELFAST

28/2, 7/3, 14/3, 21/3

9:30 - 2:30 • GIRDWOOD COMMUNITY HUB

CONFIDENCE / COMMUNICATION SKILLS / SUPPORT NETWORKS
WORKING TOGETHER AS WOMEN TO TACKLE THE BARRIERS HOLDING US BACK

For more information on how to apply
email info@wrda.net



Belfast
City Council

Are you looking to make a change this year but you're not sure where to start? Grow Lead Change offers a gentle introduction to confidence building, communication and leadership. We're looking for women living in Belfast who want to achieve personal goals like getting a job, and those who are passionate about improving the wider community. If you've never done training before or if it's been a long time since you last did a course, this could be the perfect opportunity to take a first step in a supportive environment with other women like you. Childcare and transport support is included. For women aged 18+ living in the Belfast City Council area. Contact us on 90 230 212 or info@wrda.net for more information or to request an application form. Closing date for applications Friday 15th Feb.

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WomensResource
andDevelopment
Agency



@WRDA_team
@WSLobbyistNI

2019 WRDA Events



Feminist Quiz for International Women's Day.

Wednesday 6th March 7.30-10pm

Sunflower Bar, Belfast. £2 entry on the night.

'How to talk about abortion' lunch time workshop.

Wednesday 13th March 12-2pm

WRDA, 6 Mount Charles, BT7 1NZ, Belfast.

Fertility talk with Fertility Network UK.

Thursday 18th April 1-2pm

WRDA, 6 Mount Charles, BT7 1NZ

Trans History Talk.

Thursday 16th May 12-2pm

WRDA, 6 Mount Charles, BT7 1NZ

For more info contact info@wrda.net

Community Facilitator Focus

Impact of Breast Cervical and Bowel screening Awareness Programme

People living in Northern Ireland are entitled to free health services, including screening Programmes, but it is often the case that people most marginalised do not access these services. Our Breast Cervical and Bowel screening Awareness Programme aims to work with hard to reach groups to:

Inform participants of the screening services available and

Give them the support and confidence necessary to access them

The rest of this article looks at the impact that the programme has both on the Community Facilitators who deliver the programme and on participants who attend the programmes

Impact on Community Facilitator

My name is Thomasina Birt and I live a few miles outside Portglenone, Co. Antrim. I qualified as a facilitator 5 years ago and have delivered a number of BCB programmes to various types of groups in the Northern Trust area. Participants

vary in age, middle aged, retired, young mums and some gentlemen in the Bowel sessions.

My sister was a lone parent to 7 children and died of cancer at the age of 49, that was 10 years ago. Because of this, I fully understand the importance of the BCB programme and the invaluable information it provides to those in the community especially about prioritising their own health. The majority of people nowadays have some experience with cancer whether it be through a family member, work colleague or themselves and the main priority is early diagnosis to work out a treatment plan. Fortunately, the Breast Cervical and Bowel Screening awareness Programme provides the information to help with recognition of symptoms but also the importance of using the screening services when notified. Many people think they know all there is to know in relation to signs and symptoms but find when they participate in a BCB programme there is always something new to them and they become more aware of the importance of screening tests.

Learning how to do breast self-examination correctly is a key factor in the programme, one lady's friend had confided in her about finding a lump. She was very glad she had just (cont. P4)

The MAC, Belfast

3rd March at 7.30

Tickets: £12.50, Concession £8

Antrim Community Choir

Charity No. 101257/NIC

PRESENTS

The Sash My Granny Wore



Deeds Not Words—Antrim Community Choir at the MAC

Through poetry, prose and song Antrim Community Choir pay tribute to the courageous and determined women who fought relentlessly against a backdrop of violent opposition to secure the right to have a political voice in issues governing their lives.

The story commences with the events of 18th November 1910, referred to as 'Black Friday' and then we go back and trace the journey of some women who struggled to gain franchise.

To set the scene choir members are dressed in costume and carry banners with slogans depicting the mood of the franchise struggle.

The script material addresses the views of both pro and anti-suffrage supporters of the time period and the finale includes a short reflection of the journey towards equality and progress made.

We hope you enjoy the show!

Protect them on the inside too.

The flu vaccine is now available for all children aged 2 to 11 years old.*



- The nasal spray flu vaccine is safe and effective
- It is quick and painless
- It will help protect your child against flu, which can be serious, especially for children with medical conditions
- It can help stop the spread of flu to other people in the family who are at higher risk of flu like babies and grandparents

Go to fluawareni.info for more information. Your GP or school nurse should offer your child the vaccine or contact your GP surgery to find out about arrangements in your practice.

* Pre-school children will be offered the vaccine at their GP surgery. Primary school children will be offered the vaccine at school.



Flu is more serious than you think

Get the vaccine now

If you are pregnant, suffer from a medical condition or are aged 65 or over, you should get the vaccine.*

Contact your GP surgery to find out the arrangements for flu vaccination in your practice.

* For details of other groups who should get the vaccine see the 'Flu is more serious than you think' leaflet



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net
www.pha.site/flu





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.

If you are interested in becoming a member of WRDA please contact the Communications and Membership Worker, Megan McClure Botha via info@wrda.net.

Community Facilitator Focus

completed the Breast Session the week before and was able to reassure her friend and encouraged her to get it checked out immediately. It turned out to be a benign cyst but she said without the information from the Breast Session she wouldn't have been able to keep her composure and wouldn't have had the knowledge to speak to her about it. One time in a Bowel Session, I was explaining not to solely rely on a FOB kit as sometimes it may come back clear even when cancer is present. One lady in the group spoke up and said that's what happened her. I was glad of this as it reiterated the fact to be aware of all signs and symptoms and that screening tests, important as they are, are not infallible. Many are shocked to know that cervical cancer may not show any signs or symptoms until the latter stage and realise now the importance of going for regular smears. When they see the tools involved it reduces their fear and are not as intimidated by the thought of it any more. The beads are also a useful visual tool and many are shocked when they are told the large bead could be the size of lump in someone who doesn't examine themselves regularly. When they are shown the bead a mammogram can pick up, it makes them realise they need to go when they are called as this could possibly save their life. I wish my sister had been able to attend a BCB programme, if she had, she might still be alive today.

Impact on Participants

Another example of the impact of the Breast Cervical and Bowel screening Programme was in a women's Group in Co Down. After doing the Breast Cervical and bowel screening awareness Programme one woman found a lump in her breast and went to her GP who referred her for further tests. She was diagnosed with breast cancer and is now going through chemotherapy.

For this lady attending the programme was life changing and she has been passionate about trying to get the message across of the importance of screening and self-examination to other women.

Conclusion

In every group that the WRDA works with to deliver breast cervical and bowel screening awareness Programme there is nearly always at least one participant who goes and gets a concern checked out and is either reassured or referred for further investigation. As you can see these sessions can be lifesaving.

The Public Health Agency has a contract with WRDA to deliver Breast Cervical and Bowel screening awareness Programmes to hard to reach groups across Northern Ireland. As well as providing information and awareness sessions the participants are encouraged to attend for screening sessions when invited. The programme is normally delivered over three two hour sessions but we can also deliver a standalone bowel session if there are any Mens Groups. There is no cost to groups that participate.

WRDA Programmes are delivered by experienced trainers qualified to Level 3 in Training and Development through WRDA's Community Facilitators Training Programme

If you are in contact or associated with a local community or women's group that would benefit from this training or need any further information please contact **Katherine Robertson** by calling **028 90230212** or by emailing Katherine.robertson@wrda.net for further details.

WRDA Out and About

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

- ⇒ Nigerian Community Group Belfast
- ⇒ The Junction Club
- ⇒ Binnian Lodge Newcastle
- ⇒ Larne Adult Centre
- ⇒ MYMY Newcastle
- ⇒ The Base Newtownabbey
- ⇒ Inniscoole Day Centre
- ⇒ Antrim Reconnect Group
- ⇒ Creative Crafters Group
- ⇒ Greenway Women's Group
- ⇒ Warrenpoint Women's Group
- ⇒ Women's Aid Ballymena
- ⇒ Network Personnel Magherafelt

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

