



women's

RESOURCE & DEVELOPMENT AGENCY

Supporting Women's Groups and Networks Across Northern Ireland

Newsletter ~ August/September 2020

October is Breast Cancer Awareness Month



Don't be put off going to your GP because of Coronavirus - every woman who feels a lump or change to her breast should contact her GP.

During the Pandemic many women may have been prioritising others above ourselves, either through our jobs in care work or care of our children or vulnerable family members. It's OK to take time for yourself and prioritise your own health. Incorporating breast self-examination into your self-care routine is an essential yet quick way to look after your health. If you're not sure how to check your breasts properly or what to look out for you're not alone!

Many women are unsure of how to self-examine so we have created a quick video guide to help you get In The Zone. The video can be viewed on our website or on YouTube, just search for breast self-examination - In The Zone. October is Breast Cancer Awareness Month, why not mark it by starting a consistent self-examination practice. Our video will show you how.



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@WRDA_team

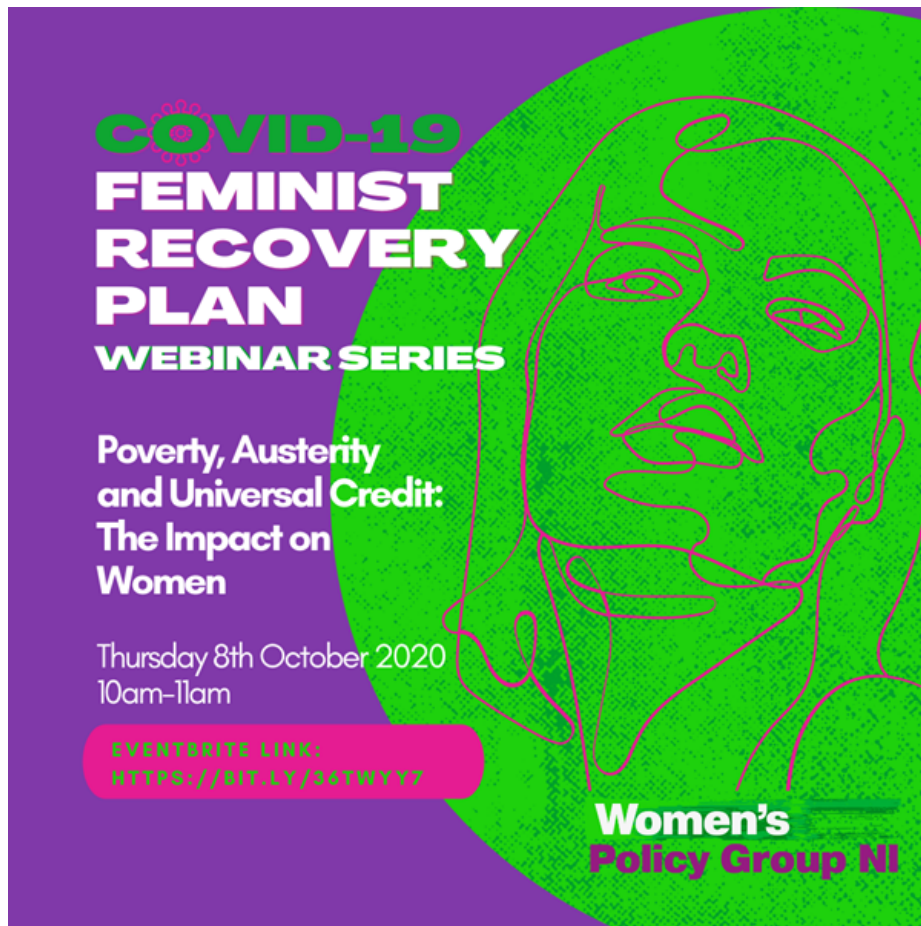


@WomensResourceandDevelopmentAgency

Save The Date - Feminist Recovery Plan Webinar Series Launched

Following the recent launch of the Women's Policy Group COVID-19 Feminist Recovery Plan, we are pleased to announce that we will be running a webinar series looking at the pillars of the plan in more details. Each month, we will be posting a schedule of webinar events that we will be hosting, alongside themes for discussion and speakers.

First up in the FRP Webinar Series we are specifically looking at COVID-19 Recovery through analysing Poverty, Austerity, Debt, Universal Credit and the impact on women in Northern Ireland. This will be virtually hosted on Thursday 8th October from 10am-11am. Register here: <https://bit.ly/36tWYy7>



SAVE THE DATES! We will also be hosting follow-up Feminist Recovery Plan webinars over the coming months. Our October series includes:

COVID-19 and the Impact on Rural Women (in collaboration with NIRWN) on Thursday 15th October 1pm-2pm

COVID-19: A Global Outlook – Social Justice and Gender Equality Post-COVID-19 (in collaboration with WRDA and the Social Change Initiative) on Thursday 22nd October from 2pm-4pm

If you have any questions or queries about this first webinar event, or the rest of this webinar series, please contact Rachel Powell, Women's Sector Lobbyist, rachel.powell@wrda.net

You can register for all of the events on eventbrite.

Raise Your Voice Workshops Go Online

Raise Your Voice, a joint project by WRDA, Reclaim the Agenda, Northern Ireland Rural Women's Network and Women's Support Network, is bringing our highly rated workshops online.

**BOOKING NOW OPEN
FOR OUR ONLINE WORKSHOPS**

LET'S TALK ABOUT SEXUAL HARASSMENT



**"Silence does
not mean
consent"**



WANT TO KNOW MORE ABOUT CONSENT?



**"My dress
does not
mean yes"**



These workshops are adapted from the face to face workshops we delivered before COVID 19 shut down most delivery and they contain the same information. **The goal is to help people understand and explore the various ways that sexual harassment happens, its impacts, the issues with our understanding of consent, how victim blaming happens, and how we can tackle all of these issues.**

There are two workshops; "Let's Talk About Sexual Harassment" and "Want to Know More About Consent?"

Each is one hour long and provides an opportunity for feedback and interaction through the chat function, amounting to a very useful introduction to the issues of sexual harassment and violence.

These workshops are free and available to anyone, and they are being run at different times so that they are suitable for anyone who may be interested; mornings, afternoons and evenings are currently scheduled and available to book as far as November 2020. You can register online at:
<https://www.raiseyourvoice.community/workshops-events>

Keep an eye out for Raise Your Voice posters appearing in Council properties and leisure centres across NI as more and more Councils pass our motions on recognising misogyny as a hate crime and supporting our project. **You can keep up to date with all of this work by signing up to the e-zine on our website:**
<https://www.raiseyourvoice.community/>

Lobbying Update

Following the successful launch of the Women's Policy Group Feminist Recovery Plan, **the Women's Sector Lobbyist has been working to further develop and disseminate the results of the plan across a series of platforms.** In addition to the Feminist Recovery Plan Webinar Series, the WSL and other Women's Policy Group members have been widely promoting the plan across the media, various Committees and All-Party Groups. This plan will inform work of the WSL over the next year.



In addition to the plan, the WSL has been appointed to the Joint Forum and continues to represent the women's sector on the Department for Communities COVID-19 Emergency Leadership Group. The WSL has also been working on issues such as Brexit and the Impact on Women and a Bill of Rights. The WSL is a member of several All-Party Groups and has been attending the APG on Women, Peace and Security 1325; the APG on Childcare and Early Years Education and the APG on Domestic and Sexual Violence. Across all APGs, the WSL has been raising the concerns of the women's sector on matters relating to COVID-19, Brexit, inaccessible childcare, the need for adequate domestic violence legislation recognising the gendered violence against women and girls and more.

Finally, the WSL and WRDA are on the Steering Group of the recently launched All-Island Network of Women Peacebuilders. If any women are interested in becoming a part of this network, please contact the WSL at rachel.powell@wrda.net.

Community Facilitators Rise to the Challenge

Our Community Facilitators are now delivering the breast, cervical and bowel screening awareness sessions using Zoom. It has been a learning curve for the Community Facilitators learning to deliver sessions through Zoom, staff for setting up the sessions and for groups that are willing to take the training in an online format.

It is very positive seeing everyone grow and develop. We have found that important skills have been patience, enthusiasm, an ability to engage with groups and good organisational skills. The Community Facilitators have also found that participating in quizzes has helped them become more confident with using Zoom.

At a recent training session one Community Facilitator said that to her surprise she actually enjoyed delivering sessions on Zoom. Another Community Facilitator commented that **"what we have found is that whether by Zoom or face to face participants love to hear about ways of improving their health both for them and their families"**. She went on to say **"The sessions are interactive, relaxed and fun. Some great discussions means we all learn from each other's life experiences"**.

As well as our Community Facilitators delivering on Zoom We also have 3 Webinars (breast, cervical and bowel screening awareness sessions) which are available for group sessions through WRDA Staff. **Call Katherine on 07783 611144 to find out more.**

The bespoke sessions for groups with additional support needs have also been developed for delivery on line.