



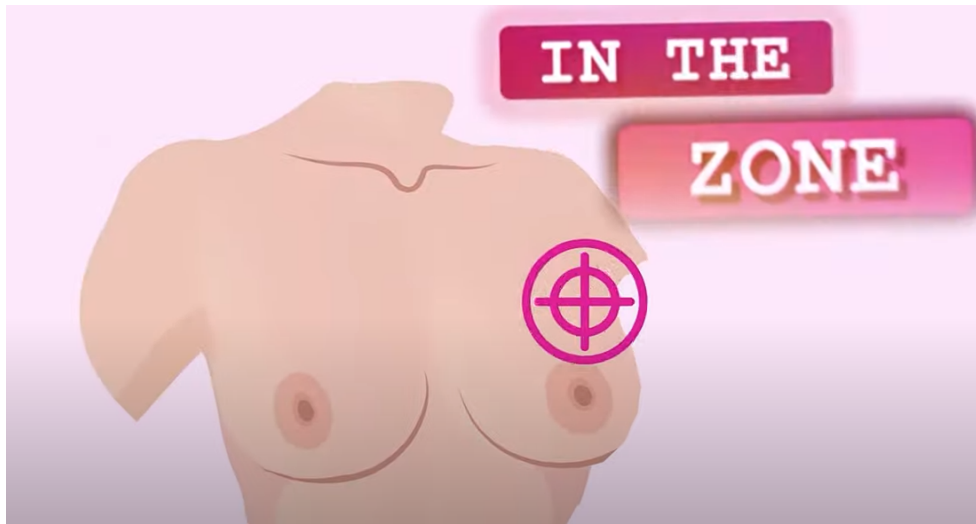
# women's

## RESOURCE & DEVELOPMENT AGENCY

Supporting Women's Groups and Networks Across Northern Ireland

### Newsletter ~ June/July 2020

#### Get 'In The Zone' With WRDA



**During Lockdown 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*. Despite Lockdown restrictions every woman who feels a lump or change to her breast can contact her GP.

**Breast Cancer is the most common form of cancer among women in Northern Ireland.** One in ten women in NI will develop breast cancer and treatment for early stage breast cancer can be more effective and less complicated than at later stages. It is vitally important to know the signs to look out for which is why regular self-examination is so important.

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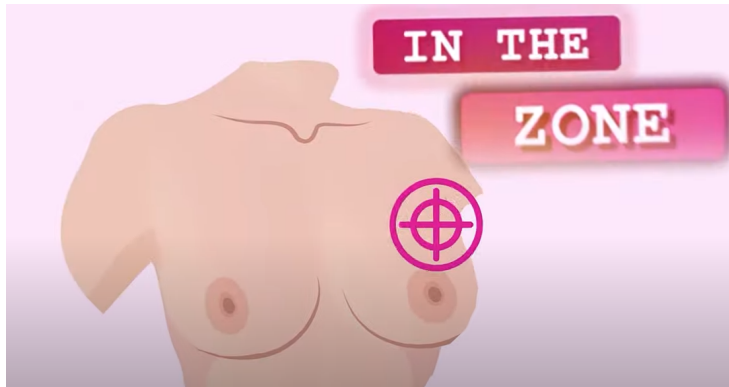
@WRDA\_team



@WomensReso  
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## Get In The Zone With WRDA



If you spot any of the changes to your breasts described in the video you should call your GP.

WRDA's ground breaking Breast, Cervical and Bowel Screening Awareness programme was developed to tackle the low uptake of screening invitations by women living in some areas of Northern Ireland. The first of three sessions deals with awareness of breast cancer screening and teaches participants how to self-examine correctly. Before taking part in the programme only 30% of women surveyed felt they knew how to self-examine correctly, this increased to 97% after the programme.

### Breast Session

Willingness to attend for a mammogram when invited improved from 87% before the programme to 98% after.

### Cervical Session

Willingness to attend for a smear test when invited improved from 76% before the programme to 97% after.

### Bowel Session

Willingness to use the FOB test kit improved from 79% before the programme to 99% after.

The programme is free and can be adapted for groups with additional needs such as learning disability or sight loss. Due to Covid-19 restrictions we are now running our programme online and you can complete it as an individual or in group.

**Contact Katherine Robertson**  
on [katherine.robertson@wrda.net](mailto:katherine.robertson@wrda.net) or on 077 8361 1744

## Upcoming Events

We are excited to announce a new series of events highlighting sections of the community who are underrepresented in our membership and creating accessible routes to activism for our members.

**WRDA in conversation with  
Julie-Anne Corr-Johnston**

## Loyalist Women & Peacebuilding

**Thursday 6th August at 6.30pm**

**Email [info@wrda.net](mailto:info@wrda.net) for Zoom link**



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## WRDA in Conversation with End Deportations Belfast

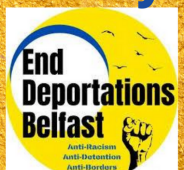
**Thursday 13th August at 7pm**

**Email [info@wrda.net](mailto:info@wrda.net) for the  
Zoom link**

## Close Larne House Campaign & Feminist Migration Policy



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If you are interested in attending any of our events please email our Communications and Membership worker, Megan at [info@wrda.net](mailto:info@wrda.net) to register.

# Ambitious Feminist Recovery Plan Launched

## Women's Policy Group NI

### COVID-19 FEMINIST RECOVERY PLAN

July 2020

The Feminist Recovery Plan launched on Wednesday 29th July and received extensive media coverage including UTV, BBC Radio Foyle and the Belfast Telegraph. **The substantial document has been prepared by the Women's Policy Group NI and provides a roadmap to recovery that will address gender inequality in Northern Ireland .**

The plan has been created by experts working in women's rights, LGBT+ sector, human rights, trade unions, campaigning organisations, rural groups NGOs and more. At the launch event Women's Sector Lobbyist, Rachel Powell said Covid-19 had disproportionately impacted women and urged the NI Executive to 'take these recommendations on board, they have been developed by experts'.

The Feminist Recovery Plan has provided significant evidence under multiple pillars including Economic Justice, Health, Social Justice and Culture. The full document and shorter documents covering each of the pillars can be downloaded from our website (<https://wrda.net/lobbying/womens-policy-group/>)

A summary of the areas of evidence and subsequent WPG recommendations includes:

#### 1. Economic Justice Pillar:

- Women's Employment
- Gender Segregation and Care Work
- Women's Poverty and Austerity
- Increasing Debt
- Rural Women
- Housing
- Feminist Green New Deal
- Paramilitary Control of Finances

#### 2. Health Pillar:

- Additional Mental Health Impacts and Trauma
- Increased support for marginalised groups including LGBT+ people, racialised people, disabled women, trans women, migrant women and tackling health inequalities and hostile health environments for migrant women,
- Ramifications of Cancelled Cancer Screenings,
- Increased Waiting Lists,
- Impact of Austerity on Health,
- Reproductive Healthcare, Maternal Health and Bodily Autonomy

#### 3. Social Justice Pillar

- Racial justice,
- Women in Politics, Public Life, Peacebuilding and Decision Making,
- Restorative Justice,
- Digital Divides and Access Poverty,
- No Recourse to Public Funds and Immigration

#### 4. Cultural Pillar

- Women and Girls in the Media
- Rape Culture,
- Violence Against Women,
- Hate Crimes and Online Abuse,
- Education and Training

#### 5. Brexit and a NI Bill of Rights - Rights at Risk

#### 6. International Outlooks - Best Practice Case Studies