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**Attachments:** Age NI Consultative Forum Leaflet 2013.pdf

**N W C N**  
**e-bu l l e t i n**  
**1 9 S e p 2 0 1 3**

*working to create a genuinely  
participative democracy*

For all the latest sector updates and to find out what's happening around the Network and its PESP project, join us on:

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## 1 A B Charitable Trust

**What is it for?** Human Rights

**Who can apply?** Charities registered and working in the UK and with an annual income of between £150,000 and £1.5m, but with no substantial investments or reserves

**What is available?** Grants range in size, with most grants awarded being in the range of £7,500 to £10,000.

**Details:**

The A B Charitable Trust (ABCT) is an independent, UK based grant-making organisation founded in 1990 that is concerned with promoting and defending human dignity. The Trust aims to support charities that defend human rights and promote respect for vulnerable individuals whatever their circumstances.

**Funding can be used for:**

ABCT supports charities working where human dignity is at risk and where there are opportunities for human dignity to be affirmed. Funds can be used to meet the costs (including core costs) of providing services to the client groups listed below.

**Applications are particularly welcomed from charities working to support:**

- Refugees and asylum seekers.
- Prisoners and penal reform.
- Human rights.

ABCT is particularly interested in charities that seek to address the needs of the most marginalised and neglected groups in society.

**Application Deadlines: 2013/14 deadlines: 20 September 2013; 6 December 2013; 7 March 2014; and 23 May 2014.**

An online application form must be submitted with a funding proposal, no longer than 1,200 words in Microsoft Word format, including background, aims and objectives, activities and achievements.  
<http://abcharitabletrust.org.uk/index.htm>

Once the application form has been submitted, the applicant will receive a reference number which must be submitted to the Director along with supporting paper documents: Organisation proposal overview. Signed copy of the charity's latest accounts/statements, with a reporting date that is no more than 12 months prior to the application deadline. The organisation's latest management accounts and the projected surplus/deficit for the current financial year. Up to two items of publicity material that illustrate the work of the charity, such as annual reviews or leaflets.

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## **2 Help The Homeless Grant Scheme**

**What is it for?** Supporting those who are homeless

**Who can apply?** Small and medium-sized registered charities with a turnover of under £1 million per annum

**What is available?** Grants of up to £5,000 are available

**Details:**

Help the Homeless provides a grant scheme to support small and medium-sized UK charities that work to help homeless people rebuild their lives and re-enter society.

Funding is targeted at projects to find practical ways to help disadvantaged individuals return to the community through training or residential facility provision, rather than merely providing short term shelter.

**Funding can be used for:**

The scheme will principally fund capital costs, but may consider revenue costs if necessary to the project. Projects must assist individuals in their return to mainstream society, rather than simply offering shelter or other forms of sustenance.

Applicants requiring funding for building work and refurbishment are advised to contact CRASH, the construction industry's charity for homeless people, at [www.crash.org.uk](http://www.crash.org.uk) for advice.

Due to the large number of grant applications for computer equipment, applicants must first contact one of the following organisations:

The Charity Technology Exchange [www.ctxchange.org](http://www.ctxchange.org)

Pugh Computers [www.pugh.co.uk](http://www.pugh.co.uk)

Donate a PC [www.donateapc.org.uk](http://www.donateapc.org.uk)

If none of these organisations can assist, then a regular supplier should be asked for charity pricing.

**Application Deadlines: Deadlines: 30th September, 31st December**

Application forms are available to download from the Help the Homeless website.

<http://www.help-the-homeless.org.uk/applying-for-funding/>

Completed application forms should be returned with a copy of the organisation's most recent audited annual accounts.

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## **3 Money Saving Expert (Mse) Charity**

**What is it for?** Improving financial capability

**Who can apply?** Not-for-profit constituted groups/organisations within the UK that have an annual income of less than £1 million are eligible to apply.

**What is available?** Grants of up to £5,000 are available. The MSE Charity will consider full project cost recovery, but costs must only relate to the project itself and not the organisation's core funding. Applicants may be required to provide the remainder of any costs from alternative sources.

**Details:**

MSE Charity, the charitable fund of financial advice website MoneySavingExpert.com, can offer grant support for charities, self-help groups, and other community organisations to enable them to educate people across the UK about problems relating to consumer debt. MSE Charity aims to help communities break the cycle of debt by helping people to become more financially aware.

**Funding can be used for:**

Funding is not normally available for capital equipment such as laptops and projectors. Only one application, whether successful or not, will be considered for each organisation within a two year period.

**Application Deadlines: Funding applications MUST be submitted electronically.**

**Applications accepted between 1 and 30 September 2013.**

Application forms are available to complete online at the Charity's website.

NB: Only the first 40 complete applications that meet the criteria in each Round will be considered by the Panel.

<https://www.msecharity.com/how-to-apply.aspx>

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## **4 Foyle Drug and Alcohol Forum "Meet the Funders"**

**Tuesday 24 September 2013 from 2pm to 6pm at St Columb's Park House, Derry/Londonderry**

In addition to a Foyle Drug and Alcohol Forum Showcasing event on the same date and venue, the Foyle Drug and Alcohol Forum are encouraging community and voluntary groups to avail of the opportunity to "Meet the Funders", such as the Big Lottery and Community Relations Council, from 2pm to 6pm on Tuesday 24th September at St Columb's Park House.

A number of the members of the Foyle Drug and Alcohol Forum have previously secured funding from the Big Lottery and this has allowed them to undertake the vital work that they do. The "Meet the Funders" event is not only for groups working in the field of alcohol and drugs but is open to all groups.

It is not often that community/voluntary groups get the opportunity to talk face to face with such relevant funders. The advice from funders at these types of events can make the difference between a successful application for funding and a refusal.

**The funders who have agreed to attend are:**

The Big Lottery; Community Relations Council; Sport NI; Community Foundation NI; Derry City Council; Derry City Council PCSP; RAPID.

For further information please contact John Mahon on 02871 865236 or 07860425467 or

[john.mahon@westerntrust.hscni.net](mailto:john.mahon@westerntrust.hscni.net)

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## 5 Volunteer Fair 2013

The volunteer fair organised by Derry City Council in partnership with the North West Volunteer Centre will be held at the Millennium Forum, Derry/Londonderry on **Wednesday 25th September 2013**. This will be the largest volunteering event in the North West of Ireland, with up to 40 local groups expected to promote their activities and encourage people to 'Say YES to Volunteering'. Volunteers are motivated in many different ways however behind this is a real strong desire to make a significant impact on the lives of others.

Jacqueline Garnon, Centre Manager, North West Volunteer Centre has been supporting volunteers locally for many years and recognises how important volunteering can be in our lives.

"Volunteering is a key part of community life here in the city. We at the North West Volunteer Centre know just how much volunteering enhances the lives of local people and in turn helps our communities to grow and develop. I would encourage everyone, especially young people, to get involved and during this special year of culture in our city is the perfect time to 'say yes to volunteering'. Whether it's to meet new people, learn new skills or to give something back, volunteering is for everybody."

The Volunteer Fair will bring together a diverse range of groups promoting their activities and recruiting new volunteers. Organisations such as the Culture Company, the Stroke Association and Foyle Hospice will be calling on local people to get involved and give volunteering a try. Anyone interested in volunteering can turn up on the day and find out more directly from volunteer involving groups. Please contact Geoff at the North West Volunteer Centre on tel. 028 7127 1017 or email [geoff@volunteeringnorthwest.co.uk](mailto:geoff@volunteeringnorthwest.co.uk) to find out more about this event.

Please [click here](#) to view a poster for the event.

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## 6 Positive Impacts of Employing Older People

The Commissioner for Older People is holding a round table event which will focus on the positive impacts of employing older people in Northern Ireland. They are looking for people to talk about their experiences, challenges and positive thoughts.

When: **Tuesday 15th October 2013**

Time: 2pm - 4pm

Venue: Ante Room, Equality House, Belfast

Contact John Mc Manus if interested in taking part on Telephone: 028 9089 0887 or Email:

[John.mcmanus@copni.org](mailto:John.mcmanus@copni.org)

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## 7 'Building an Inclusive Workforce' Conference

The Equality Commission is hosting a major conference on employability to help employers integrate positive action into their business, helping to promote employment opportunities for marginalised groups. The conference will provide advice on:

- taking positive action
- dealing with mental health issues in the workplace
- recruiting from the long term unemployed and homeless
- addressing the issue of criminal and conflict -related convictions in the workplace
- recruiting from the Irish traveller community
- recruiting from the transgender community

We are also launching a best practice publication at this event which will highlight the work of companies across NI that prioritise equality as a business principle. All delegates will receive a copy.

Date: **Wed 20 Nov 2013; 10am-2pm**

Venue: La Mon Hotel, Belfast

To reserve a place please contact us on 02890 500 560 or by email [edtraining@equalityni.org](mailto:edtraining@equalityni.org)

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## 8 Invitation to West Tyrone 'Get Involved' Conference

**TOMORROW - Friday 20 September 2013, Strabane Library**

### What:

This free conference brings the Assembly and its work to your local community. Your group and other groups in your area will learn more about how the Assembly works and get the opportunity to question your local MLAs about the issues that matter to you.

### By the end of the conference you will understand more about:

- The work of the Assembly vs. work of the Executive
- The Speaker and his role
- The Assembly week and when business is scheduled
- Committees, how they plan their work and the best way to communicate with them
- How the Plenary works

There will be a speed networking session with MLAs from your local constituency and from across Northern Ireland. These include Michaela Boyle MLA, Thomas Buchanan MLA, Joe Byrne MLA, Ross Hussey MLA, Declan McAleer MLA and Barry McElduff MLA.

**Where: Strabane Library, 1 Railway Street, BT82 8EF**

**When: Friday 20 September 2013 from 9.30am to 1.45pm**

**How:**

You are invited to register your interest in the conference by emailing [outreach@niassembly.gov.uk](mailto:outreach@niassembly.gov.uk) or calling 028 9052 1195. Please give your name, organisation, email address, phone number and address.

*Places are limited; priority will be given to groups based in West Tyrone.*

**You must register your attendance.**

*Please advise us if you have any special access and dietary requirements.*

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## **9 Make your voice heard – join the Age NI Consultative Forum**

At Age NI, we are passionate about having older people at the heart of everything we do. The Age NI Consultative Forum was formed in 2010. The purpose of the forum is to identify the needs and concerns of older people (in relation to poverty, health, equality and other issues) and communicate these to Age NI.

The work of the forum engages with, advises and challenges Age NI on policy issues and on its strategic direction.

The work of the forum covers the whole of Northern Ireland and focuses on issues affecting people over the age of 50. It works collaboratively with, and in support of Age NI.

**The Consultative Forum is now recruiting new members to build upon its success and to develop its work with and for older people. Please note new members are particularly sought in the Fermanagh area.**

Please see attached document for further information.

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## **10 Latest offers from Salto Youth**

### **Rehearsal for Life**

This training course will be dynamic, focusing mainly on Forum, Invisible and Image Theatre. Through interactive and non formal methods we will introduce participants to new ways of dealing with social problems, conflicts and oppression.

Organizer: Youth With a Global Vision (NGO/Others)

This activity is for participants from: Bosnia and Herzegovina, Estonia, Kosovo, Macedonia, Former Yugoslav Republic of, Montenegro, Romania, Serbia, Slovenia, Spain, United Kingdom

**Application deadline: 25 September 2013**

[> More details](#)

### **Youth in healthy action!**

Aim: to empower youth workers willing to develop & organise sport and health-enhancing physical activities with youngsters in their communities. Themes: Sport & health policies, youth work & sport, physical & mental health of youth, Erasmus+ programme.

Organizer: Active Youth in Happy Europe (AMUSE) (NGO/Others)

This activity is for participants from: Croatia, Estonia, Italy, Kosovo, Macedonia, Former Yugoslav Republic of, Montenegro, Serbia, Turkey, United Kingdom

**Application deadline: 5 October 2013**

[> More details](#)

### **Youth Policy and Youth Work in EuroMediterranean Area**

This conference on Youth Policy and Youth Work in EuroMediterranean wants to be an opportunity to focus on the research dimension, promote dialogue and exchange of knowledge among researchers, NGOs and institutions

Organizer: Italian National Agency of Youth in Action Programme (National Agency)

This activity is for participants from: NEIGHBOURING PARTNER COUNTRIES, YOUTH IN ACTION PROGRAMME COUNTRIES

**Application deadline: 11 October 2013**

[> More details](#)

### **Use of New Technologies in Improving the Quality of Youth Work and Safer Internet UNETECH-SINT 2013**

This training course covers contributors in youth work. It will inform them about the use of new technologies and ways to utilize social tools to increase efficiency. Meanwhile, safety is a concern, too. You need to be in non-profit youth work to apply.

Organizer: National Agency of Turkey, Centre for EU Education and Youth Programmes (ABEGPM) (National Agency)

This activity is for participants from: YOUTH IN ACTION PROGRAMME COUNTRIES

**Application deadline: 12 October 2013**

[> More details](#)

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## **11 Parenting NI Helpline & Appointment Service**

Every parent/guardian experiences difficulties from time to time, they may seem small but be causing you a lot of worry or it may be a major family crisis. Regardless of the problem, it often helps to talk to someone outside the family. Parenting NI Helpline & Appointment Service is here for you when things seem too much.

Since 1979 Parenting NI has provided support to thousands of families every year. All staff are trained practitioners and understand how stressful it can be to raise children and young people in today's society.

If you are concerned about your child's behaviour, family conflict, the impact of separation, bullying, or any other family issue no matter how big or small, Parenting NI is here to help, providing a free confidential support service.

The freephone helpline would be suitable for you if you would like to discuss your concerns over the phone. You may find that one call to the helpline provides you with the support, guidance and information that you need or you may wish to work with the helpline over a longer period of time. You could also choose to make an appointment if you would prefer to discuss your concerns face to face. The Helpline & Appointment Service will allow you to explore your options, etc realistic goals and discuss what you can do to meet these goals.

Parenting NI offers appointments in (Armagh, Ballymena, Belfast, Coleraine, Craigavon, Derry-Londonderry, Newry, Omagh & Whitehead) with a counsellor providing help and support with a wide and diverse range of parenting issues using brief solution focussed, person centred counselling. We can offer you an initial appointment to look at goal setting and how we can work together followed by up to a maximum of four, weekly, one to one sessions each lasting 50 minutes in a safe, supportive environment.

Freephone 0808 8010 722  
Email [help@parentingni.org](mailto:help@parentingni.org)  
Webpage [www.parentingni.org](http://www.parentingni.org)  
Facebook [www.facebook.com/ParentingNI](http://www.facebook.com/ParentingNI)

Information on Parenting Courses Parenting NI webpage or contact Freephone Number

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## **12 Story Telling Evening**

"Border Roads to Memories & Reconciliation", are hosting a Story Telling evening on **Monday 23rd September 2013** at 7.30pm in The Waterfoot Hotel, Derry / Londonderry.

The Border Roads to Memories & Reconciliation Project sets out to provide an opportunity and space for residents along both sides of the border to remember and express their feelings in relation to the closure of border roads and the impact that it had on their lives. Did you live close to a Border Road which was closed? Was your life affected by road closures? Have you any stories on smuggling across the border, life along the border or anything related to the border road closures?

We are also interested in any photographs, newspaper articles or video footage relating to the border road closures. If you have anything you would like to contribute to the project, please come along on the night and have your artefacts photographed, scanned and returned to you on the night. Come along and find out more about our project and how you can become involved.

For any further information please contact Ciara on 00353429742003, or email [ciaraking@borderroadmemories.com](mailto:ciaraking@borderroadmemories.com)

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## **13 Foyle Search and Rescue 'Protecting Life' 1993 – 2013**

Join us at a prestigious Gala Ball to celebrate the 20 year anniversary of our lifesaving charity

Date: **Friday 25th October 2013**  
Venue: City Hotel, L'Derry  
Time: 7.30pm  
Dress: Formal/Black Tie  
Ticket price: £50

- 5 Course Luxury Banquet
- Sparkling Wine Reception
- Music by the fabulous Hudson Blue
- FREE luxury goodie bags worth over £20 containing a full size designer fragrance
- All guests will be entered into a FREE prize draw to win £1000 on the night
- Discount available if purchasing a table of 10X tickets

Tickets available from: Foyle Search and Rescue, 20 Victoria Road, BT47 2AB  
Tel: 028 7131 3800 / Email: [foylerescue@gmail.com](mailto:foylerescue@gmail.com)

**Or**  
The City Hotel, Queen's Quay, L'Derry – Tel: 028 7136 5800

*An event not to be missed  
Event sponsored by Boots*

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## **14 The Conquest of Happiness**

Prime Cut Productions Northern Ireland, East West Centar Bosnia-Herzegovina and Mladinsko Theatre Slovenia present The Conquest of Happiness - a raw, visceral and powerful night of original, innovative dance, theatre and live music on an industrial scale. Directed by Bosnian artist Haris Pasovic.

**Ebrington Square, this Friday and Saturday night @ 8pm.**

Tickets at <http://www.millenniumforum.co.uk> or call 028 7126 4455.  
[www.conquestofhappiness.com](http://www.conquestofhappiness.com)

<http://www.youtube.com/watch?v=m7F1wtoU8To&feature=youtu.be>

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## **15 Job Opportunity with NICEM North West**

Through the support of the Minority Ethnic Development Fund of the OFMDFM we are now in a position to recruit a Bi-Lingual Support Worker (job share) for NICEM North West Office.

**The closing date for application is next Friday, the 27th of September by 3:00pm.**

For detailed job description, job application and the rest of the application pack please visit our [website](#)

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## **16 Arts & Crafts Facilitators Wanted**

Wanted – Arts & Crafts Facilitators for short courses and one day workshops.

Required for Connecting Older People Project. Please contact Waterside Women's Centre for an application form.

Email: [info@watersidewomen.net](mailto:info@watersidewomen.net) or phone 7134 1579 and ask for Rosemary or Geraldine

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## **17 ACE has organised a guided history tour on Waterside and Cityside, Derry/Londonderry**

Date: **Monday, 23 September, 2013**

Time: 10:30am to 12:30pm

Pick up and drop off at Waterside Library (50 seated bus)

*The project is supported by NIHE*

Please contact me via

email: [karens.ace@gmail.com](mailto:karens.ace@gmail.com)

Mobile: 07514733175 (please leave a message with your name and contact number)

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## **18 Invitation World Peace Day ~ Afghan Women ~ Exhibition invitation**

As part of City of Culture events, Eden Place Arts Centre is observing International Peace Day with a photographic exhibition from Amnesty International regarding Afghan women in the UK. This exhibit is a result of the British Afghan Women's Society, telling five women's stories of growing up in Afghanistan and the UK, living through war, revolution and exile and returning to their home at a time of great uncertainty. Their roots, culture and adjustments of living in another culture are revealed as well as their hopes for Afghanistan's future.

The exhibition runs from **20 September to 4 October 2013** at Eden Place Arts Centre, Rossville, Street Derry.

**A launch is scheduled for 7:30 p.m. 20 September at Eden Place Arts Centre, Pilot's Row, Rossville Street, Derry BT48 6LP.**

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## **19 Body Wisdom**

Body Wisdom is a dance project for the over 50's and is run by WEA in partnership with Echo Echo Dance Theatre Company since 2009. Body Wisdom is a dance project with a difference! Forget about needing to be young and athletic. In this project the wisdom and experience written into the bones, muscles and sinews as we grow older is a positive advantage and offers a great opportunity to just dance even if you have never danced before.

So if you are aged 50+ and interested in dance and movement or maybe you just loved to dance when you were younger and are looking for a new opportunity to dance once again or maybe you have never had the opportunity to dance before, then this is the project for you. There is no cost to participate.

There are places available for new participants and former experience in dance is not necessary. You will be introduced to a wonderful creative movement process that relies on "the wisdom of your body" rather than on any form of athleticism.

**Body Wisdom resumes again from Friday 4th October with a 10 weeks skills build programme.** There will be a small intergenerational element to the project working with children and young people alongside of the main programme. This programme is funded by Derry City Council's Grant Aid Arts and Culture fund. **Classes will run from October to December from 10am until 12 noon weekly.**

Body Wisdom will meet in Echo Echo's fabulous new dance studios in Waterloo House, City Walls, Magazine Street where the old CALMS building used to be and access to the new building is from lower Magazine Street and then from the Walls. There is disabled access to the building.

**The project will run on Friday mornings at the new Echo Echo Dance Studio from 4th October 10am – 12 Noon and will continue until the Christmas break.**

For more information or to book contact Sinead Devine @ WEA on 028 71 36 99 47.

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## **20 BBC Radio 3 Free Thinking**

BBC Radio 3's hugely popular festival of ideas and provocative debate

**Friday 27th September to Saturday 28th September**

Free Thinking is BBC Radio 3's hugely popular festival of ideas and provocative debate and this summer we are taking events across the UK.

**Radio 3's Matthew Sweet** will be exploring Derry-Londonderry's cultural past and celebrating the city's status as City of Culture 2013 with a series of debates and interviews with major cultural figures recorded at The Playhouse. And in 'If Walls Could Talk', five leading writers will also be reflecting on the city in specially commissioned talks.

**Admission is free but ticketed.** For updates on guests and events, and to be part of the audience, click here <http://bbc.in/17a6Xll>

**Friday 27th September**

**7.30pm: If Walls Could Talk**

(2 essays, 15 minutes each)

This special series of The Essay, introduced by BBC Northern Ireland Arts presenter Marie-Louise Muir, invites five leading cultural commentators, writers and musicians to explore the city's cultural fabric and its role as the inaugural UK City of Culture. Join us as our contributors record their essay, and ask them a question afterwards.

Susan McKay, author, journalist and broadcaster, native of the city, will examine the notion of a City of Culture, and the recent rebranding of the city as 'Derry~Londonderry.' Can the City of Culture title help with city's on-going search for identity?

Novelist Glenn Patterson examines the notion that Derry~Londonderry may be a cultural 'island' - located as it is in the far north west of Northern Ireland, some would argue it is not quite north, not quite south, so where is it? Is its very isolation the reason for its unique cultural tale? A favourite son of Belfast, Glenn will also explore the long-standing cultural rivalry between Northern Ireland's two major cities.

### **Saturday 28th September**

#### **12pm: If Walls Could Talk**

(2 essays, 15 minutes each)

If Walls Could Talk continues with essays from crime novelist Brian McGilloway and actor and broadcaster Nuala Hayes. There'll be a chance to ask each of them questions after they speak.

Brian McGilloway - best-selling crime novelist, native of the city, now living in Donegal, Brian will examine how it shaped him creatively, from the river that divides the city to the strange hinterland of the Donegal border, and the city's tangled, dark streets and alleyway; they all fed his imagination and found life in his writing.

Nuala Hayes, actor, broadcaster and storyteller. Dublin born Nuala came to Derry to act in Brian Friel's early Field Day productions, including the first production of Translations. Recently she has worked with the women of Derry's shirt factories, collecting their stories, songs of memories.

#### **2pm: A Tribute to Michael Grigsby**

English documentary film director Michael Grigsby, who died earlier this year, made a trilogy of films in Northern Ireland. In the first two, *Too Long A Sacrifice* and *The Silent War*, he invited people to talk about how The Troubles had impacted on their lives. Grigsby famously banned voiceover from his films, giving his subjects the space and time to tell their story in their own words. In 2005 he made *Rehearsals*, an impressionistic snapshot of Belfast. Michael Grigsby's three films bear witness to two decades (and several centuries) of Ulster history. Matthew Sweet is joined by two film-makers who worked closely with Michael Grigsby, Rebekah Tolley and John Furse, to pay tribute to his work.

**\*\*Were you involved in the making of *Too Long A Sacrifice*, *The Silent War* or *Rehearsals*? If so, we'd love to hear from you: [freethinking@bbc.co.uk](mailto:freethinking@bbc.co.uk)**

4pm: If Walls Could Talk

(1 essay, 15 minutes)

In our final essay, pianist Neil Cowley recalls arriving in the UK City of Culture 2013 as its official musician in residence. Composer, jazz pianist and session musician with best-selling artists like Adele, Neil came to a city he did not know, unsure of what his role would involve, or what he could bring to the city. Neil will explore the role of music in the city's cultural story, especially looking to the future with the young people of the city; can music make a difference in their lives?

#### **7pm: Derry~Londonderry: A User's Guide**

From its world-famous walls to its history of 'no surrender', it is a city in which history and politics exert real power. But what is the city like for its citizens, as a place to live and work? Radio 3's Matthew Sweet invites writer Owen Hatherley, local architect Mary Kerrigan and local crime writer Brian McGilloway to discuss the architecture and landscape of the city, its multiple identities, from Derry~Londonderry to Stroke City to LegenDerry, and on how its political and religious history has shaped not only its buildings, but also the lives of its citizens.

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## **21 'So Much more than Yoga Classes' – Thursday mornings**

At The Playhouse Theatre L/Derry, **Every Thursday Morning, 10.30am – 12noon**

*Ease yourself into the day and give your mind and body a gentle awakening!*

The practice of Yoga helps to increase body awareness, flexibility and energy. It improves posture, enhances the quality of your breathing and reduces stress. Above all it will enhance your overall feelings of optimism and wellbeing!

These classes will introduce you to gentle stretches, breathing and relaxation techniques as well as meditation and affirmations.

The class is suitable for complete beginners and students with some experience, regardless of age, gender and fitness level. You are very welcome to come along, the environment is warm, friendly and welcoming. Wear loose comfortable clothing. Yoga mats will be provided. The cost is £6 per class.

For further information please contact Ursula McHugh Resident Cognitive Behavioural Therapist and Yoga Teacher Mobile 07813124126 Email: [mchugh.ursula78@gmail.com](mailto:mchugh.ursula78@gmail.com)

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## **22 Creggan Country Park ~ The Derry Attenborough's**

A unique wildlife documentary workshop for over 50's at Creggan Country Park.

On **Friday 20 September** from 11am – 1pm, Creggan Country Park will host a unique event for people aged 50+ to learn how to make their own wildlife documentary.

An award winning wildlife photographer and a renowned Film Director will provide advice on how to capture high quality images and footage and will be on hand to answer any technical questions. Following the indoor session, participants will use their new skills during a practical session at Creggan Country Park. Lunch will be provided afterwards in the Lakeview café.

Creggan Country Park was delighted to receive the funding for this project from the Big Lottery Fund's Culture for All Programme. The project will promote arts, culture, and environment through an interactive programme of events, outdoor activities and workshops each month in 2013.

Karen Healy, Environmental Officer, Creggan Country Park said " This will be a unique opportunity for keen wildlife enthusiasts to ask technical questions and get answers from an expert. We are looking forward to hosting this event and I'm sure everyone will capture some great images and footage at Creggan Country Park as it provides the perfect habitat for a wide range of wildlife".

The event is free although booking is essential. For more information or to book a place call 028 7136 3133 or email [karen.healy@creggancountrypark.com](mailto:karen.healy@creggancountrypark.com) or visit [www.creggancountrypark.com](http://www.creggancountrypark.com)

**Submit an article** - Email [info@nwc.org](mailto:info@nwc.org) to submit an article for inclusion in E-Bulletin.

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*Use single-line spacing*

*As far as possible, do not use images or include attachments - information is best received when it is concise and straightforward.*

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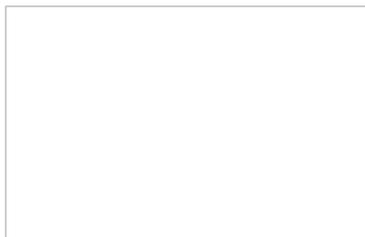
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*...working to  
create  
a genuinely  
participative  
democracy...*

**NWCN is a membership organisation for Community & Voluntary groups in the North-West, click here for a membership form for 2013-2014.**

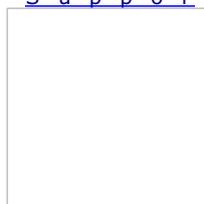
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