

From: NWCN [neola@nwcn.org]
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N W C N
e-bulletin
24 July 2013

*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:

Please note membership of NWCN for 2013-14 is now due for renewal. To activate click on link at bottom of this page. Many thanks to all those groups and organisations who have paid to date – your support is greatly appreciated!

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Foyle International is delighted to announce a unique opportunity for 30 participants of 16 years and over to live and work in Europe for 13 weeks for FREE!

It is an opportunity for those that have an interest in tourism and events to travel to Europe for 13 weeks and experience different cultures and work ethics. The next flow of participants is planned for mid September 2013 and will be heading to Spain and Germany.

This can significantly enhance your opportunity to find employment when you return in connection with the City of Culture 2013.

You can find more details on <https://www.facebook.com/tourismmobilityculture>

For more information and to access application packs on the website, go to:

<http://www.foyle.eu/Tourism-mobility-culture/>
Applications can be sent directly to Feargal@foyle.eu or if you wish to speak to Feargal, call 02871371535. No criteria are set, what is needed are determined and motivated participants. It's an opportunity of a lifetime, get on board!

1 The Bulletin is going on holiday!!

This will be the only e-bulletin this week as it is taking a well deserved break but don't worry it will be back week commencing 05 August 2013!

Please feel free to keep on sending in your funding news, jobs, training and general news but bear in mind that your articles will appear in a bulletin from 5/08/13 onwards.

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2 Working Collaboratively to Win Tenders

8 and 22 October 2013, 9.30am – 4.30pm at Newbuildings Community Centre

PESP (NWCN) and North West Volunteer Centre in partnership with CollaborationNI presents this course designed specifically for third sector managers who want to work with others in making a tender bid. Given that there is now a trend for consortium bidding for contracts this programme relates to putting together a tender but has a specific focus on consortia and working in partnerships.

The course will focus on practical issues such as planning for a tender bid as a consortium, providing advice and guidance on making the team bid robust and ensuring that groups have the correct tools which will enhance decision-making and communication in the management of a tender bid. This course will assist in equipping organisations with the tools and advice they need in order to work collaboratively to put together a tender bid ensuring that the consortium is effective.

The programme is delivered by Richard O'Rawe of Stellar Leadership and he is joined by Frank McGlone, a Subject Matter Expert in the area of public procurement. CollaborationNI is a partnership project between NICVA, CO3 and Stellar Leadership, commissioned by the Building Change Trust.

The training is delivered over two days and you must attend both days.

Cost: £50 (total for two days).

Places are booking up fast so you are advised to register ASAP!

Contact PESP on:

Email: Gabrielle@nwcn.org; mob: 07595748009 **OR**

Email: Nuala@nwcn.org; mob: 07543298322

Tel: 028 7136 8811

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3 Mars Milk Fund

The Mars Milk Fund has five £300 awards to donate every week until October 2013 to clubs or groups. MARS Milk is seeking to encourage people to play more, be it trying something new or keeping alive some of the nation's favourite sports and hobbies, with the launch of an exciting new fund.

The MARS Milk Fund, which runs until October 6 2013, has four £300 awards to donate every week and a People's Choice Award (for the entry with most votes each week) to donate to sports and hobby enthusiasts, clubs, projects, groups and simply people who want to play more.

Criteria

- The fund is open to residents of, and clubs and organisations based in the **UK and Republic of Ireland only**.
- Applicants must be 13 years or over and only one application will be accepted per person, club or organisation.
- To be in with a chance of winning, simply tell MARS in less than 200 words how £300 would help you

How to apply

Applications to the fund can be made on the MARS Milk website www.marsmilk.com

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4 JWF Foundation, Grant Program for Innovative and Creative Peace Projects (worldwide)

Acknowledging the critical importance of supporting peace building and conflict resolution initiatives, JWF is soliciting creative and innovative projects that aim to prevent and constructively respond to conflicts around the world.

Funding Your Projects!

Peace Projects will provide funds for projects up to US\$50,000.

Who can Apply?

Non-profit organizations and individuals (including but not limited to academicians, activists, artists, community organizers, educators, filmmakers, journalists, scholars, social workers, and students) from all nationalities are eligible to apply.

Which Projects are Eligible?

Peace Projects will award projects from a broad range of disciplines, skills and approaches promoting peaceful coexistence and peace building. Some of the possible themes include:

- Inter-communal and inter-state dialogue/cooperation
- Peace education
- Pluralism and multiculturalism
- Youth, conflict and peace building
- Early warning and conflict prevention
- Mediation and negotiation
- Post-conflict reconciliation
- Disarmament, demobilization and reintegration
- Good governance, rule of law and transitional justice
- Poverty reduction, development and peace building
- Gender equality and empowerment.
- Exhibition of Completed Projects
- Posters of completed projects will be exhibited.

Best Implementation Award

Most successfully implemented projects will receive additional rewards up to US\$30,000.

Please refer to the [Request for Proposals](#) document for details.

The deadline for project proposals is September 30, 2013!

Please visit <http://peaceprojects.net/> for more details.

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5 Social Analysis course (FETAC level 6)

The course is being delivered by the Community Workers Co-operative (CAPP Project) in association with the Inishowen Development Partnership.

What's the course about?

The course aims to assist community workers and activists in their core work of promoting social change through collective action, challenging inequality and developing an understanding of social analysis and how it relates to their experiences.

Who is the course for?

The course is aimed at people who are involved in community work/community development/education who wish to learn more about equality and the importance of social analysis:

- Paid and voluntary leaders in various community/voluntary groups
- Management committee members of funded and non funded projects
- Community Education Tutors
- Youth & Community Leaders
- Community workers employed in funded Projects
- Public sector workers with responsibility for community related objectives

Cost of the course?

The course is free

Course Tutors?

Francine Blaché Breen and Annette Patton (Development & Training staff CWC)

Locations:

Letterkenny (September 2013) – Beginning on Thursday, September 5th 2013
and finishing on or about Thursday, November 7th 2013.

South Donegal (Early 2014) – Dates TBA

Venues to be confirmed

Deadline for Application: Wednesday, August 28th 2013

Enquires and further information to:
Annette Patton, Community Worker's Co-operative-Donegal Network, 2nd Floor, Riverfront House,
Pearse Road, Letterkenny, Co. Donegal 074/9128792 / annettpatton@cwv.ie

Please see attached for booking form

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6 Foundation Degree in Managing Voluntary and Community Organisations via Distance Learning

No upfront fees - all eligible home students can now get a government-backed tuition fee loan, which is only repayable if you are earning more than £21,000 per annum. [More information on tuition fee loans](#)

Is this course for me?

- The degree is supported by the Institute of Leadership and Management.
- It is a practical degree delivered via distance learning, and it is designed to be combined with volunteering and/or paid work in the voluntary sector.
- It provides the knowledge and skills involved in setting up and managing voluntary organisations effectively. Skills and information needed to negotiate with official agencies and funders are included in the course content.
- Current students come from many different parts of the world, and opportunities for networking are excellent.
- Course content also explores the changing social, political and demographic contexts in which voluntary/community groups operate.
- The Foundation degree can be 'topped up' to a BA Honours degree.

[Click here to view a unique taster of how the course works](#)

Free support and advice events for prospective students - [Book a place on one of our open days.](#)

Modules

Foundation Degree Level One:

- Voluntary and Community Organisations – Structures and Skills
- Managing People
- Social Policy and the Third Sector
- Managing Funding and Finance
- Work Based Learning and Personal Development

Foundation Degree Level Two

- Managing Contracts
- Managing Risk and Uncertainty
- Influencing, Campaigning and Marketing
- Strategic and Project Management
- Research Methods and Work Based Project

How will the course be assessed?

To complete assignments successfully, students must be in regular paid or volunteer contact with a voluntary or community organisation.

Assessment includes:

- A written assignment or presentation
- A Reflective Journal
- On-line discussions with tutors and other students.
- Two longer modules which involve work-based projects and research - these may bring direct benefits to the organisations in which students are based.

Career relevance and employability

The FdA in Managing Voluntary and Community Organisations is supported by the Institute of Leadership and Management and will provide management skills and enhance career prospects within a community context. The course contributes towards the ongoing professionalism of a growing sector.

Opportunities for further study

The course is structured in two levels. Students who complete the FdA programme successfully may be eligible for progression to an honours level course in [Human Resource Management](#).

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7 International Suicide Prevention Conference: 'Building Resilience and Promoting Recovery'

9th and 10th October 2013, City Hotel, Derry~Londonderry

Counselling charity Contact and the Irish Association of Suicidology will join together for the first time to host an important two day cross-border conference on the latest international research and practice around suicide prevention, intervention and post-vention strategies. The conference has secured leading national and international suicide researchers and theorists. This significant event is aimed at cross-sector policy makers, political leaders, activists and clinicians in health care and the emergency services; journalists, those working in justice and policing, education, community development, faith communities and people who have been affected by suicide directly.

Two day conference price £100/€115 including Conference Dinner 9th October.

Keynote Speaker: Thomas Joiner PhD

Professor Thomas Joiner is one of the world's leading suicide researchers and theorists. He developed the Interpersonal-Psychological Theory of Suicidal Behaviour and is currently the Robert O. Lawton Distinguished Professor of Psychology and Director of the laboratory for the Study of the Psychology and Neurobiology of Mood Disorders, Suicide and Related Conditions at Florida State University. He has written a range of books and publications in relation to suicide, notably "Why People Die by Suicide", (2009) and "Myths About Suicide" (2011).

Professor Rory O'Connor

Is the President Elect, International Academy of Suicide Research. Professor O'Connor has an international reputation for conducting high quality, theoretically-grounded and innovative research into suicide and suicidal behaviour. He recently proposed the integrated motivational-volitional model of suicidal behaviour and is an

editor of "The International Handbook of Suicide Prevention" (2011). Professor O'Connor leads the Suicidal Behaviour Research Laboratory, University of Glasgow.

Dr Justin Brophy

Is the Chair of Irish Association of Suicidology and Executive Clinical Director, Health Service Executive South Dublin and Wicklow will present the Cambridge Lecture entitled: "Beyond feelings and thoughts - Clinical reflections on the affects and suicidal behaviour."

Dr Brophy is Past President of the College of Psychiatrists of Ireland and also a Fellow of The Royal College of Psychiatrists. He is Senior Lecturer in Psychiatry at the Royal College of Surgeons of Ireland and serves on the Implementation Steering Group for the Report of the Commission on Patient Safety and Quality Assurance. He has published and lectured on aspects of suicide epidemiology in Ireland.

Other highlights

Bamford Centre for Mental Health and Well-Being, University of Ulster. Trends and characteristics of suicide 2004-2011: an analysis of the Northern Ireland Suicide Database.

- Launch of revised Media Guidelines on reporting suicide in the media (Samaritans and Irish Association of Suicidology).
- Conference Networking Dinner on 9th October.

To register your interest in the Conference email info@contactni.com

Further booking costs and options will be uploaded soon to www.ias.ie and www.contactni.com.

Special accommodation rates are available for delegates in 4* City Hotel Derry, (£89 B+B single/£109 Twin or Double per night). To book directly please click [here](#).

For other accommodation information and options: www.derryvisitor.com

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8 Sessional Trainers with Aware Defeat Depression

Aware Defeat Depression is seeking to add to our register of sessional trainers to deliver our range of education programmes including Mood Matters and Living Life to the Full throughout Northern Ireland.

On completion of training, successful applicants will be paid a sessional rate and mileage allowance where appropriate for all courses delivered. Applicants must have own transport and be able to travel throughout Northern Ireland, however we will endeavour to offer trainers sessions within their local area. As this will involve working with young people and vulnerable adults successful applicants will be subject Access NI checks.

Minimum requirements:

Essential

- Experience in the delivery of training in a range of settings
- Good knowledge and understanding of mental health/mental illness

Desirable

- Having a recognised training qualification or working towards one
- Qualification in the field of Mental Health
- Mental Health First Aid or ASIST certificate

(Criteria may be enhanced for short listing)

For further information and application form please contact: Aisling Mc Glinchey, Aware Defeat Depression, 56 Strand Road, Derry. Tel: 02871 260602. Email: aisling@aware-ni.org or download an application pack from our website www.aware-ni.org.uk. CVs will not be accepted.

Completed applications must be returned by email or post by 4.00pm on Friday 2nd August.

We are an equal opportunities employer

Aware Defeat Depression is accepted as a charity by HM Revenue & Customs No. XR/11534 and is registered in Northern Ireland, Company No. 30447

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9 'Crows on the Wire' seeks a Technician

The Verbal Arts Centre in conjunction with its partners will devise, develop and deliver the 'Crows on the Wire' theatrical production. The programme is an innovative and creative 'Peace III' initiative which is being developed by the Verbal Arts Centre with writer Jonathan Burgess. 'This project is funded under the European Union's PEACE III Programme, managed for the SEUPB by the consortium Pobal/Community Relations Council.' 'Crows on the Wire' is a new play commissioned from playwright Jonathan Burgess. 'Crows on the Wire' addresses the transitioning of the Royal Ulster Constabulary to the Police Service of Northern Ireland as part of the Good Friday Agreement, explored from the point of view of the individual police officer. The production examines the sense of frustration, anger and disaffection felt amongst some members of the Royal Ulster Constabulary at that time, and the transformational impact on identity as a result. In November 2013 the production will be performed in community and theatrical venues across Northern Ireland and the border counties.

Verbal Arts Centre has identified a need for: TECHNICIAN for 'CROWS ON THE WIRE' Production.

Fee: £2,250 + Travel, Accommodation and Subsistence while on tour.

Applicants should demonstrate a good track record in touring theatre productions. The Technician will be required to work in close collaboration with the Stage Manager and Assistant Producer on the project. While on tour, the Technician will be required to take part in the get-in's/outs along with the Stage Manager and Assistant Producer. A good practical knowledge of both sound and lighting is desirable, as you will be required to assist the Stage Manager and Assistant Producer with Set Construction, and Rigging/De-rigging of all sound and lighting equipment, you will also be required to operate both lights and sound in some venues. Outline knowledge and understanding of lighting ability to adapt different LX designs supplied by designer when relighting, in order to suit different venues and ability to operate various lighting consoles, ideally the ETC family.

OR

Demonstrate ability to trouble shoot with non-standard practical equipment and practical knowledge of various sound desks. Ability to operate Q-Lab is essential. Experience of both disciplines is desirable but not essential.

Applicants should submit a statement outlining the following;
 Professional track record of Technical Theatre in a regional touring capacity.
 Demonstrate practical knowledge of rigging and operation of either lighting or sound
 Previous relevant work.
 Demonstrate ability to maintain the highest level of confidentiality.
 Ability to work collaboratively with Production Staff, Director and other designers on the project.
 Ability to meet deadlines.
 Acceptance of fee

Selection Criteria:

The successful applicant must meet the following criteria:

Stage 1: Basic Eligibility Criteria

Minimum of two years professional experience of Technical Theatre.
 Deadline for submissions is 3.00pm Friday 16th August 2013.

Stage 2: Full Project Appraisal and Scoring

All applications passing the Basic Eligibility Criteria will then proceed to a `Full Project Appraisal and Scoring` carried out by a selection panel made of members of the Verbal Arts Centre using the following criteria process and scoring system:

Professional track record of technical theatre in a regional touring capacity.	30%
Demonstrate practical knowledge of rigging and operation of either lighting or sound	30%
Previous relevant work.	10%
Demonstrate ability to maintain the highest level of confidentiality	10%
Ability to work collaboratively with Production Staff and Designers on the Project.	10%
Ability to meet deadlines	5%
Acceptance of fee	5%

Contract will commence from 28th October 2013 to 30th November 2013. (5 weeks)
 Please send covering letter and CV to bridin.flanagan@verbalartscentre.co.uk

Deadline for submissions is 3.00pm Friday 16th August 2013.

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10 Invitation to Tender for Educational Resource Pack

Conditions for Submission of Tenders

Researcher and Writer:

Will work closely with the Project Co-ordinator and Educational Advisory Group to research, develop and produce an educational resource pack that will derive from the `Crows on the Wire` theatrical production. Tenderers are expected to carefully examine and respect all instructions, Terms of Reference and specifications contained in this document. Failure to submit a tender containing all the required information and documentation according to the following instructions may result in rejection of the tender.

Tenderers should ensure that they have received all of the Tender Documents and notify the Authorised Officer (below) immediately if they have not.

Two hard copies of the Tender proposals must be delivered and received by 4.00pm, **Monday 19th August 2013** to:

Bridin Flanagan, Project Co-ordinator, Verbal Arts Centre, Stable Lane & Mall Wall, Bishop Street Within Derry/Londonderry, BT48 6PU

(Please mark your envelope **CONFIDENTIAL**. An electronic version will not be accepted)

- The fee is £13,000.
- If you are VAT registered, please ensure that all costs are quoted inclusive of VAT.
- Contractor is responsible for their own national insurance and tax arrangements.
- It is anticipated that this work will be carried out over a nine month period from 2nd September 2013 to 30th June 2014. (This is subject to funders' requirements)
- Tender applicants should be available to begin work by 2nd September 2013.
- Payment will be made on a schedule to be agreed with the successful bidder via submission of an invoice.
- The work of the successful bidder will be evaluated by the Project Team and Educational Advisory Group.
- The production of Crows on the Wire is due to take place between 4th November and the 29th November 2013. (This is subject to change.)
- Tenderers must confirm that they have the capability to deliver the Service from the desired start date.
- Tender costs will be assumed to remain valid for a period of at least 12 months from date of tender deadline.

Tenders submitted after the deadline will not be considered.

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11 Impact Campaign Training

The Community Support Services for drugs and alcohol in partnership with the Drink Think Project are hosting an Impact Campaign Training workshop, with guest presenter Dr Lynette Hughes (BSC. MA. Ph.D)

Could Alcohol keeping your clients back, affecting their fitness or weight loss goals?
 Then why not attend the Impact Campaign Training workshop which will allow you to run the Impact Campaign with your clients/members.

Did you know? "Alcohol reduces cardio-vascular fitness meaning the heart and lungs work less efficiently"
 Did you know? "A small glass of wine (125ml) has the equivalent calories of a small bag of crisps"

This training will therefore help:

- To explore attitudes towards alcohol and drinking.

- To identify ways Gyms/Fitness Classes/ Community groups can increase member's awareness on the negative aspects of alcohol whilst promoting the positives of physical exercise and the use of a drinks diary.
- To increase knowledge of support/ referral agencies.
- To ensure that all facilitators are imparted with the knowledge and confidence to lead an IMPACT campaign.

This event will take place on Friday 6th September 2013, the large Group Room, Woodlea House, Gransha Park, Derry – 10am to 1pm.

This workshop will be limited to 25 people and will be allocated on a first come-first served basis. The IMPACT Campaign Training workshop will provide participants with the knowledge and confidence to then offer their club/group members the IMPACT Campaign which is run over an 8 week period. Any of your club/group members who complete the IMPACT campaign with you will receive an IMPACT T-Shirt, High Visibility Vest, Water Bottle and Gym Bag. (Available while stocks last).

If you wish to register a place on the workshop, please fill in the appropriate registration form and return to Aaron at (aaron.mcshane@westerntrust.hscni.net) by email or post (Maple Villa, Gransha Park, Derry City, BT47 6WJ) by **FRIDAY 23rd AUGUST 2013.**

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12 Free Marshalling & Stewarding Course (10 hr non-accredited)

Under the Good Relations Strategy, Derry City Council's Community Relations Officers are offering interested individuals the opportunity to complete a 10 hour non-accredited course in Stewarding and Marshalling. The course is prioritised to those who live or volunteer with Community Organisations within the council area. Apart from this prioritisation, places will be filled on a first come first served basis.

Course: 10 hour non-accredited Stewarding & Marshalling Course (20 places total)

Dates: **Fri 2nd August evening / Sat 3rd August all day**

Times: Fri 6.30pm – 9.30pm (3 hrs) – tea/coffee provided.

Sat 9.30am – 5.30pm (7 hrs) – tea/coffee and lunch provided.

Venue: Newbuildings Community Centre (Computer Room).

Tutor: South West College, Northern Ireland

Cost: **Free**

Course content (full description attached).

- The course doesn't require previous knowledge. It includes the following topics:
- The law and best practice in relation to marshalling.
- Public and personal safety and risk management.
- Planning and preparation of public parades and gatherings.
- Community Relations and conflict management.

To register for the course please phone Michaela or Helena and provide your name, address, e-mail and telephone number and any special requirements; or alternatively fill in the attached registration form and e-mail it to michaela.devine@derrycity.gov.uk

For any other queries relating to the course please contact sue.divin@derrycity.gov.uk

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13 Appointments to Armagh Observatory and Planetarium

The Department of Culture, Arts and Leisure will shortly be advertising in the local press seeking applications from people interested in being a Member of the Management Committee of Armagh Observatory and Planetarium.

There will be up to 4 Members appointed to the Management Committee. The Department wishes to bring a strong skills mix particularly in the area of corporate governance and public accountability to its Ministerial appointments on all Boards of its sponsored bodies. Applications are therefore welcome from those with a strong corporate governance experience gained in the **community or voluntary sector**, public sector or private sector.

The Department is committed to the principle of public appointments based on merit with independent assessment, openness and transparency of process. The Department is also committed to equality of opportunity and welcomes applications from all suitably qualified people irrespective of religious belief, gender, disability, ethnic origin, political opinion, age, marital status, sexual orientation or whether or not they have dependants. **We would particularly welcome applications from women, people from minority ethnic groups and people with a disability for these positions.**

The formal advertisement will be placed in the Belfast Telegraph, Irish News and News Letter on 25 and 26 July 2013.

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14 Underwear Rule campaign NSPCC

The NSPCC launched the Underwear Rule campaign. This UK wide campaign aims to encourage parents and carers to have simple conversations with their children to help keep them safe from abuse and to give them the confidence to do so.

We are helping parents and carers to teach their primary school aged children the Underwear Rule. The rule helps children understand that their body belongs to them, that they have the right to say no, and that they should always talk to an adult they trust if they're worried.

Find out more about the campaign and watch the 'Private Parts' video at: www.nspcc.org.uk/conversations

Read the NSPCC's tips and guidance for parents and carers at: www.nspcc.org.uk/underwearrule

Follow us and share the campaign on Facebook and twitter - please tweet using #talkPANTS or for more information contact myself directly, details below.

Do you know the underwear rule?

The NSPCC's Underwear Rule campaign aims to help parents and carers keep their children safe from sexual abuse by having simple conversations at times that work for them.

Please visit www.nspcc.org.uk/conversations to find out more.

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15 Volunteering for Children in Crossfire

Children in Crossfire is a highly respected international organisation working locally to support some of the world's poorest and most vulnerable children. We work in partnership with organisations in communities in Tanzania, Ethiopia and The Gambia to make better health care and education available to young children.

This year we are holding our **summer flag day on Sunday 18th August 2013** from 10am until 8pm and we need volunteers to help us out. So if you can spare an hour or two of your time that day then please contact Deidre on 028 71269898 or @ deidre.mcclaughlin@childrenincrossfire.org

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16 Calls for 2 minute videos on the right to freedom of artistic expression and creation

The Working group on Arts Rights and Justice of the EU Access to Culture Civil Society Platform calls for 2 minute videos on the right to freedom of artistic expression and creation. The Working group on Arts Rights and Justice of the EU Access to Culture Civil Society Platform wishes to underline the importance of the UN special report "The Right to Freedom of Artistic Expression and Creation" during a meeting with members of the European Parliament (Human Rights, Culture and other Parliamentary Committees) as well as diverse representatives of the European Commission. This meeting is scheduled to take place early October 2013 in Brussels. The issues dealt with in the report are censorship (political and religious), safe havens for refugees and at risk artists, access to artistic expression for all minorities, freedom of movement, assembly, use of public space, etc.

During the meeting we would like to offer artists the opportunity to make their voice heard, particularly those who are confronted with one or more of these issues in their day-to-day practice, and/or living and working under conditions of restriction or risk.

You can make your voice heard by sending us a two minutes video that explains your personal situation, or the situation in your country or region.

Your first audience will be the above-mentioned politicians and representatives of the EU Commission. We may contact you to ask your permission to diffuse your statement through other channels, but we will never do so without your explicit consent.

Video guidelines

- No more than 2 minutes in length.
- If you feel safe to do so, please tell your name, otherwise use a nickname.
- Tell us from which country/region you are, again if you feel safe to do so.
- Give a clear statement about the situation in your country/region or your personal experience with the issue of freedom of expression.
- You can choose to take a close up of a talking head, to visualise your statement in drawings, cartoons, an artwork ... or to make a two minutes docu.
- Be sure of good audio quality and a clearly spoken or written message.
- Give your statement in English or take care of subtitles in English.
- Be sure of good image quality and that the format is ready for screening (in the sense that it doesn't need to be edited).

We would like to make a selection of the videos and screen them one after the other.

Send your video via www.wetransfer.com to an exclusive email account that the European Academy of Yuste Foundation (European Access to Culture Platform Member) has opened for this: video@fundacionyuste.org. Please send it **by 9th September 2013**. Videos will be kept in this server for privacy. The procedure is quite easy.

To submit your video, you just have to go to www.wetransfer.com. In the menu that appears to the left add the file to be sent, the email where it has to be sent: video@fundacionyuste.org. Add also your own email address and a short message. This message should include: the title 'Video for presentation of "The Right to Freedom of Artistic Expression and Creation" UN Report', the name of the organization and person sending it, contact details any other relevant information.

You can submit your video in a variety of formats as it allows to send up to 2Gb (NB: 2Gb is really for a high definition movie, so for a 2 minutes video you just need a few Mbs). We can receive and screen different formats (.avi, .mp4, .wma, .mpeg to be screened through a beamer or for the web .flv).
EMC – European Music Council, Haus der Kultur, Weberstraße 59a 53113 Bonn, Germany

Tel +49 228 96699-64 / Fax +49 228 966996-65
info@emc-imc.org / www.emc-imc.org

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17 ECDL Offer at Reduced Price

Northwest Lifelong Learning Ltd are offering ECDL at a reduced price of £200 (usual price £390) until the end of August. This is something we do annually and is ideal for students but not limited to. When undertaking ECDL under this offer the candidate must be able to complete the course within 3-4 weeks.

Please see attached for further information.
Contact Mr Aaron Donaghy (ECDL Tutor) on: 02877764429

Northwest Lifelong Learning Ltd, CERES House, 3 Shackleton Drive, Ballykelly, Limavady, Co Londonderry, BT49 9PR
Tel/Fax: +44(0)2877764429 / www.cereseurope.com

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18 Stravaganza Arts Lab

Stravaganza is an inclusive arts organisation, bringing together people with and without disabilities, to engage in creative processes of reciprocal learning while pushing boundaries through 'live' research to enable them as artists.

Workshops: 9th September – 13th September 2013

Venue: University of Ulster, School of Creative Arts and Technologies, Derry~Londonderry.
To take part please see contact details below.
Course information can be requested in alternative formats.

Stravaganza Arts Lab Performance:

Friday 13th September 2013 at 8pm
Venue: Foyle Theatre, North West Regional College, Derry~Londonderry
Cost: £10 / £6 concession

Stravaganza Sonic Session:

Saturday 14th September 2013 at 2pm – 5pm
Presentations from innovators in the field of accessible creative technologies
Venue: University of Ulster, School of Creative Arts & Technologies, Derry~Londonderry

Audio Visual Installation: "200 Visions 200 Voices"

9th September – 15th September 2013
Venue: TBC

Stravaganza Arts Lab an intense week of experimental music, movement and multimedia workshops for people with and without disabilities. Led by the best of local, national and international tutors, participants will explore a combination of traditional art forms and accessible cutting edge technologies to create an eclectic performance for theatre.

For further information contact:

Jaci Wilde, Creative Director

Email: jaci@stravaganzaproductions.com

M: +44 (0) 7593838571

Website: www.stravaganzaproductions.com

www.stravaganza-ni.org

Supported by: Culture Company Music Promise ~ Big Lottery Culture for All ~ CRC ~ DCC Good Relations ~ NW Volunteers ~ Lloyds TSB ~ CultureTECH

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19 Charity Fēile Boat Race

It's that time of year for the 3rd Annual Fēile Boat Race!

Building on the success of last year's Fēile Boat Race, we are organising an even BIGGER and BETTER race along the Foyle for Fēile 2013, which will take place on Friday, 16th August 2013 at 6pm.

Appealing to your competitive nature, we are offering local groups and businesses the opportunity to get involved in this fantastic community event and get your team geared up for the race of their lives while raising money for Foyle Search and Rescue. For a small entry fee of £200 (£50 reduction from last year) for a team of 5, this provides an excellent team-building opportunity for your workplace/group while also bringing great publicity for your business. £70 from each boat goes towards the nominated charity.

Few rules apply:

- No more than 1 professional/semi-professional sports person per boat
- There must be a relatively fair gender balance so either 2 male and 3 female or vice versa!
- Have fun!

There will be trained instructors on each boat and all required equipment provided.

For further information and to register a team, please contact Joanne at Drink Think on 028 7136 3925 or email joanne@bbhealthforum.org

Looking forward to seeing your sporting spirit!

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20 Kaldi and the Dancing Goats ~ The Story of Ethiopia's Gift to the World

by Adekunle Gomez

It is an important part of a hot alcoholic drink which is a unique Irish creation; it is also the world's second most popular hot drink, with 400 billion cups consumed each year.

In Ireland, we are 33rd in the world with an estimated average annual percentage consumption (between 2000 and 2010) of 2.4 kg of the ingredient from which the drink is brewed.

Four out of five (US) Americans aged 18 years and over are estimated to drink this daily, with more than half of the population typically drinking 3.4 cups a day. To drink this in the US was also considered an expression of freedom.

In Greece and Turkey, the oldest person is almost always served first and Turkish law makes it legal for a woman to divorce her husband if he fails to provide her with her daily quota of this drink, while in the ancient Arab world, this drink became such a staple part of family life that one of the causes allowed by law for marital separation was a husband's refusal to produce it for his wife!

The French philosopher, Voltaire, reportedly drank fifty cups a day, while music composer, Ludvig van Beethoven, who was described as being obsessed with this drink, was rumoured to grind precisely 60 beans for his morning cup. Johann Sebastian Bach even composed a cantata to this drink in 1732.

When this drink eventually arrived in Venice, some feared the power of what they called "the devil's cup" and brought this before Pope Clement VIII, hopeful he might condemn it from Christendom. To their dismay, Pope Clement immensely enjoyed the beverage that, rather than condemning it, he baptised it, making it a christian beverage, and so that all could enjoy the beverage without guilt! "It is so delicious it would be a pity to let the infidels have exclusive use of it." was how the pontiff was quoted as saying.

This drink is Coffee and the story of its origins is one of the most fascinating, indeed, most unusual accidents in the history of how a very popular food item, which also gave rise to an important aspect of human social

activity, was first discovered. The unique Irish creation also referred to in the first paragraph is, of course, Irish Coffee!

The central characters in the story of coffee were equally unusual: a young lad and goats! At the same time, the skills required in any scientific undertaking: observation and experimentation, were also applied. The story goes that sometime around the middle of the 6th century in the Kaffa region of present-day Ethiopia, a young goat herder called Kaldi, after awakening from a short nap, saw his goats jumping around as if doing a dance routine.

Surprised, Kaldi searched for the reason behind this strange behaviour and, before long, found out that the goats had eaten some bright red berries from a nearby plant. Bravely, for it is never safe to put anything unfamiliar into one's mouth, Kaldi plucked and ate some of the red berries. After a short while, Kaldi felt a sensation which made him start to dance, just like his goats. Kaldi then decided to take some of the berries home to show to his father. The old man also tasted the berries, cautiously it must be said, after which he also experienced the same dancing feeling as young Kaldi (and his goats) had earlier experienced!

Next, Kaldi and his father took the berries to the local monastery where the monks found out that a drink made by boiling the berries in water enabled them to stay awake during prayers; something they have very often had difficulty in doing up till then.

Soon, the fame of these berries and the drink made from them spread to other parts of Ethiopia and across the Red Sea to Yemen in the Arabian peninsula. From Yemen, the berries arrived in India. In fact, it was claimed that they were smuggled out of Yemen, since the Yemeni forbade the export of the plant or its fertile seeds.

On pilgrimage to Mecca in the middle 1600s, Baba Budan, a revered holy man from India, had discovered for himself the wonders of coffee. It is also reported that in his zeal to share what he had found with his fellow citizens at home, he smuggled seven coffee beans out of Arabia, wrapped around his belly. On his return home, Baba Budan planted the beans in the hills of Mysore, India, and nurtured the young coffee bushes that resulted. The Coffee plants flourished in the hills of India – hills now named after Baba Budan. After India, the coffee plant was taken by Dutch traders to colonies in South-east Asia, namely Indonesia and Ceylon (Sri Lanka as it is known today) and soon after, was taken to Central and South America by way of Europe.

Today, coffee is an important food item in practically every country in the world. It must be pointed out, however, that during Kaldi's time, the berries were boiled in water. Coffee as we know it today, made from roasted and ground beans of the berry, was the creation of the Arabs and Turks. In Europe, coffee has had an interesting and varied history before it became such a regular item on almost every family's shopping list.

Coffee made its introduction to Europe in the early 17th century as medicine for ailments: from headaches, consumption, dropsy, gout to scurvy. First offered by apothecaries (chemists or pharmacists as we know them today) in Venice and street vendors in Milan, coffee arrived in Vienna through Turkey. The first coffeehouse in the UK opened in Oxford at Oxford University in 1650. It was in London, however, where coffee – and coffee houses – was said to become the rage, and by 1700 it was estimated that more than 2000 coffeehouses dotted the London landscape.

The story of Kaldi and his dancing goats had been told and re-told in several versions and one of these can be read in a book, Kaldi and the Dancing Goats. This version by Sauda Mdahoma and published by Shama Books, Addis Ababa, is also richly illustrated by Sari Nordberg.

As an enduring legend, Kaldi and the Dancing Goats will also be a useful contribution to the Primary School Curriculum's Myth & Legends strand unit, as well as in related strands and strand units such as The Story, Early People and Ancient Societies; People and Other Lands and World Trade.

A Primary Curriculum Support Programme (PSCP) - for schools in the Republic of Ireland - has now been designed by the African Cultural Project on the story of coffee's origins and, what one can truthfully say, is Kaldi, his goats and Ethiopia's 'gift to the world'.

African Cultural Project can be contacted through: acpireland@gmail.com

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21 Hello Sunday Morning

Live music with Kevin Brown and a healthy breakfast

Sunday 28th July @ 11am – 1pm, Sainsbury's Café

Adults £1.50 / **FREE for children**

For further information contact: Catriona at Drink Think Project
Tel: 028 7136 3925

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22 Car Boot Sale

In aid of Ballymagroarty Womens Group

9am Saturday 27th July 2013, Dunnes car park

£5 per car/table

Book a space and come along on the day.

Contact Noreen on 07849832977

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When submitting an article for inclusion in this E-Bulletin, please conform to the following guidelines to ensure not only inclusion but clear understanding of the information you wish to convey:

Use only the Verdana or Arial Fonts, size 10 or 12

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.

Include reliable contact information: named contact, organisation, telephone number, email address &, where appropriate, web address

Please check that all details are correct when submitting as we will presume they are.

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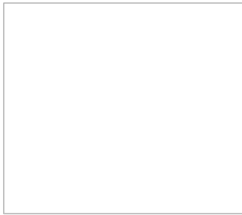
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