

From: NWCN [neola@nwcnc.org]
Sent: 26 September 2013 12:35
Subject: NWCN e-bulletin 26 Sep 2013
Attachments: Tender Peace Walls Research Consultant for St Columbs Park House.doc; Joining the Age Friendly City movement.pdf; Age Friendly Charter.pdf; Age_friendly_cities_checklist.pdf; Older people week flyer.jpg; Suicide Prevention Registration and booking form.doc; Women's Conference Invite.doc

N W C N
e-bu l l e t i n
2 6 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:

Quick Links – click to go straight to each article:

- 1 [Funding opportunities with UnLtd](#)
- 2 [Invitation to attend round table event focusing on 'Political Institutions & Public Engagement](#)
- 3 [Request for Research Tender for St. Columbs Park House](#)
- 4 [Enterprise Development Training](#)
- 5 [Sign up to be Age Friendly](#)
- 6 [City of Culture – Older Peoples Week](#)
- 7 [Contact and IAS Suicide Prevention Conference 9th & 10th October City Hotel](#)
- 8 [Café Culture, Together: Building a United Community](#)
- 9 [Let's Celebrate World Mental Health Day ~ Mental Health and Older Adults](#)
- 10 [Forthcoming IFA Mental Health Conference](#)
- 11 [Alcoholics Anonymous](#)
- 12 [Community Evaluation Northern Ireland ~ New Training Dates Launched](#)
- 13 [Epilogues Training Sessions: Hands of history – One Donegal: many pasts – One future](#)
- 14 [Latest Offers from Salto Youth](#)
- 15 [Body Wisdom](#)
- 16 [Free Family Friendly Event](#)

[Submit an Article / Guidelines](#)
[Unsubscribe](#)

1 Funding opportunities with UnLtd

What can you do in a Day?

Due to the overwhelming success of the first campaign, Live UnLtd is re-launching the 'Be Extraordinary for a Day!' campaign. We are after more young people who can do something extraordinary for a day over a short period of time. If you like a challenge and want to help your community at the same time then apply now and 'Be Extraordinary for a Day'!

Awards are available for up to £500 to run a short project between January - March 2014. Awards are limited and all young people are welcome to apply early, however applicants aged 11-15 years are strongly encouraged to apply. For more information see: www.liveunltd.com/beextraordinary. Example of projects can found <http://liveunltd.com/wp-content/uploads/2013/03/Be-Extraordinary-Sample-Projects.pdf>. The closing date for entries is Friday 18 October 2013. Award Winners will be announced on early November.

For more information contact Ashley Whittlely on 07545933823.

Calling all Community-minded Young People Resident in the Antrim Area

Are you like Ethan who received funding to run a community fishing project; or are you a Thomas who is campaigning and providing information for young people to protect themselves online? Perhaps you want to run an environmental project like Michael or develop your passion for a sport into a community project like Roisin? The Youth Star Awards are now open for applications from young people living within the Antrim Borough. If you are aged between 11 and 21 years, have an idea that could benefit your area, could use one-to-one support and a cash award of up to £1,500 to get it started, then we want to hear from you! Put your ideas on paper and submit them by 5pm on Friday 25 October 2015. For further information see website: www.liveunltd.com/ysa or contact Ashley Whittlely on 075 4593 3823.

[Top](#)

2 Invitation to attend round table event focusing on 'Political Institutions and Public Engagement

Assembly Community Connect is delighted to invite you a round table event hosted by the School of Politics, International Studies and Philosophy at Queen's University, focusing on the theme of 'Political Institutions and Public Engagement', to be held on Tuesday 1 October at 1pm, in the Great Hall at Queen's University. The main participants will be:

- The Right Honourable John Bercow, Speaker of the House of Commons;
- Mr William Hay, MLA and Speaker of the Northern Ireland Assembly; and
- Mr [Seán Barrett, TD](#) and [Ceann Comhairle](#) (Speaker) of [Dáil Éireann](#).

Each of the three speakers will provide an opening statement, which will be followed by questions from the floor hosted by Professor Rick Wilford, and the audience will include invited guests, as well as QUB staff and students from the School of Politics, International Studies and Philosophy.

There are limited places available to attend this event and therefore will be allocated on a first come first serve basis. You must ensure you are present at the Great Hall at Queen's University at 12.45pm on Tuesday 1 October.

We would be grateful if you could confirm by email with your name and organisation to pisp@qub.ac.uk, if you wish to attend, **by 4pm, Friday 27 September 2013.**

[Top](#)

3 Request for Research Tender for St Columb's Park House

Creating Change – The Peace Walls Programme And The Triax Peace Walls Programme

Summary of Research Tender Request:

St Columb's Park House (SCPH) is seeking a suitable consultant with the capacity to tender for the following piece of research, which will support and work alongside the Creating Change – the Peace Walls programme and the Triax Peace Walls Project. The aim of this research is to build the capacity of local communities and workers to monitor and evaluate current starting points, and the change-making process. The budget for this piece of research is £8,000 - £10,000. The programme is funded by the International Fund for Ireland (IFI) and managed by the Community Relations Council (CRC), as well as by Derry City Council (DCC).

There are five key research outputs, which are outlined in more detail below:

- Literature review of previous relevant research with identified communities.
- Literature review of relevant policy.
- Develop tools to measure / analyse change, and train up staff and volunteers on how to use these tools.
- Create a learning tool that can be used with and by communities working on peace walls, sectarianism and interface issues.
- Conduct a mid-point review of the Peace Walls Projects so far.

Please see attached document for further information

[Top](#)

4 Enterprise Development Training

Enterprise North West as a social enterprise and the local enterprise centre is planning to hold a series of training workshops aimed at social economy and community and voluntary sector organisations operating across the Derry City Council area to be delivered as part of the Invest NI Social Entrepreneurship programme and Derry City Council's Business Opportunities Enterprise Week.

To date we are planning to deliver the following workshops as part of DCC's Enterprise Week which will be tailored and targeted solely for local social enterprises and C&V groups.

Location and times of these workshops TBC.

Session One: "IMPRESS THE BOARD"

Financial Planning

How to see into the future using financial planning tools
Predicting costs and revenues; seeing the effects of changes and planning for the future

Session Two "USING SOCIAL MEDIA TO MARKET YOUR ORGANISATION"

Effective use of Facebook, Twitter, LinkedIn etc. for Community & Voluntary sector organisations and Social Enterprises

How to develop a coherent strategy to make the best use of new media in your organisation.

On top of these workshops we are also planning to deliver additional workshops and topics may include the following:

- Partnership working
- Strategic Alliances
- Public procurement-Managing Public Sector Contracts
- Organisational development
- Corporate governance
- Developing skills and knowledge
- Managing a cost reduction programme
- Managing growth-maximising performance

We are keen to hear your views and if there is any training that you would like facilitated by Enterprise North West please feel free to let Brian know.

Enterprise North West, The Enterprise Hub, North West Business Complex, Skeoge Industrial Park, Derry BT48 8SE

T: + 44 28 7135 2693 / F: + 44 28 7135 6293 / E: brian@enterprisenw.com / W: www.enterprisenw.com

[Top](#)

5 Sign up to be Age Friendly

October 1st is the International Day of Older People and to mark that date Derry Healthy Cities is inviting all groups and agencies to join the Age Friendly communities movement by signing up to the Age Friendly City charter. We have set a target to have 50 charter signatories at least by Friday 4 October. The charter is a first product in the One Plan commitment to make the Derry City Council area Age Friendly. An Age Friendly community is one that respects and values the role and contribution of older people in society. To sign up to be Age Friendly groups are asked to review the checklist of essential features, follow the guidance note provided for groups who want to join up and sign the charter. The checklist, guidance note and charter are all attached, colour copies of the latter are also available.

Those who are signing up are asked to confirm their commitment by e-mailing agefriendly@derryhc.com at the

earliest opportunity.

[Top](#)

6 City of Culture – Older Peoples Week

Various older persons groups from the Triax area in conjunction with the Community Engagement Project are offering a week long programme of events for older people within the Bogside, Brandywell, Creggan, Bishop Street and Fountain areas.

The week kicks off with a "A Little Taste of Health" at Pilots Row on the **30th September** from 12-2pm with lunch provided. This event is free and showcases the week's events including gardening, dancing, exercise and therapy demonstrations. **Claire Keatinge, Commissioner for Older People NI, will officially launch the week's programme.** Anyone with an interest in services for older people is welcome to attend.

The week offers a variety of fantastic events in various locations for people to take part in. These include a health and well being event, a vintage tea party, a harvest BBQ, 'Dance all Days' - a play with singing, dancing and reminiscence, performed and produced by older people, and finishes up with a fantastic Show band night on 6th October in St. Columbs Hall with the famous Andrew Monk & The Bleu Notes playing.

Also please see attached leaflet highlighting the weeks' events.

[Top](#)

7 Contact and IAS Suicide Prevention Conference 9th and 10th October City Hotel Derry ~Londonderry

Contact and Irish Association of Suicidology - Suicide Prevention Conference – 9th and 10th October 2013 City Hotel Derry ~Londonderry ~ '*Building Resilience Promoting Recovery*'

Conference Programme at a glance: Wednesday 9th October 2013

Time Activity

12.45 Registration
13.45 IAS Research Excellence Award: Master Class for early career suicide researchers
16.00 Coffee/ Adjudication
16.15 Launch of updated Media Guidelines for reporting Suicide and Self Harm
Dr. John Connolly Hon. Secretary of IAS/ Ms. Catherine Brogan, Director, Samaritans Ireland
17.00 Close
19:00 Pre Dinner Reception hosted by Lord Mayor of Derry City Council in St Columb's Hall
19.30 Conference Dinner in St Columb's Hall

Thursday 10th October 2013

Time Activity

8.00 Registration
9.30 Welcome & Introduction
9.40 Opening
9:55 Unique characteristics of suicides: analysis of the Northern Ireland Suicide Database (2004-2011)
Professor Siobhan O'Neill, Director, Irish Association of Suicidology & Professor of Mental Health Sciences, University of Ulster. Dr. Colette Corry, Research Associate, Bamford Centre for Mental Health and Wellbeing
10.25 Men & Suicide, Claire Wyllie, Head of Policy & Research, Samaritans U.K
11.00 Introduction of and presentation by Successful Candidate of IAS Research Excellence Award
11:15 Coffee Break
11.30 Keynote Speaker- Michael Kelleher Memorial Lecture
Thomas Joiner PhD, Professor of Psychology and Director of the Laboratory for the study of the psychology and Neurobiology of Mood Disorders, Suicide Related Conditions, Florida State University
"Myths About Suicide"
12.45 Lunch
13.45 Suicide Prevention in General Practice
Mr. Pearse Finnegan, Director, Mental Health Project, Irish College of Practitioners
14.15 Understanding Suicide risk: the integrated motivational-volitional model of suicidal behaviour
Professor Rory O'Connor, President Elect, International Academy of Suicide Research, Head of the Suicidal Behaviour Research Laboratory, University of Glasgow
15:00 Clinical reflections on affect and suicidal behaviour
Dr Justin Brophy, Chair of Irish Association of Suicidology, and Executive Clinical Director, Health Service Executive South Dublin and Wicklow
15.45 Coffee Break
16.00 Overview of Accreditation Standards for Voluntary Suicide Prevention Organisations
Breda Friel, School of Sociology and Applied Social Studies, University of Ulster
16.30 Evaluation Forms
16.45 Closing Remarks
Dr. John Connolly Hon. Secretary IAS/ Mr. Fergus Cumiskey, Managing Director, Contact
17.00 Close

Book your place now on the Irish Association of Suicidology website - ONLINE BOOKING OPEN - www.ias.ie
If you are re sending sterling cheque to IAS please see attached registration form to post to IAS offices

ACCOMMODATION LINKS

City Hotel special conference offer: <https://bookings.ihotelier.com/bookings.jsp?HotelID=17151&ProdID=509847&killcookie=1&LanguageID=1&datein=10/08/2013&dateout=10/10/2013>

Derry Visitor – other hotel offers: <https://resweb.passkey.com/go/ias>

[Top](#)

8 Café Culture, Together: Building a United Community

We are holding our Annual Women's Community Relation Conference for Women in the Guildhall on Thursday

17th October 2013 from 9.30 followed by lunch at 1.15pm. The theme for the conference is Café Culture. The 'Café Culture' community relations conference has been formulated to produce a relaxed café style ambience to encourage conversations between individuals to explore the Together: Building a United Community document.

The aim of the conference is to allow those taking part to engage in a relaxed manner with individuals they might not normally encounter.

There will be 4 places for each woman's group and if you want additional places please indicate this and we will advise you nearer the time of availability. To facilitate numbers I would ask if you would complete the reply slip attached and forward to Peter Mc Closkey by post or email to peter.mccluskey@derrycity.gov.uk by **Friday 4th October 2013**.

Due to the demand for places on last year's conference places will be allocated on a first come first serve basis.

[Top](#)

9 Let's Celebrate World Mental Health Day ~ Mental Health and Older Adults

Silverbirch Hotel, **Thursday 10 October 2013**, 2-4pm

An afternoon of free activities and information to promote health and wellbeing including Singtonicity – Health Stands – Local Pharmacy.

Everyone is welcome to come along and have a chat and a cup of tea.

To register your name or community group contact The Health Improvement Department on 028 7186 5127

[Top](#)

10 Forthcoming IFA Mental Health Conference

On **October 9 2013** at 6.30pm the Irish FA will be holding its first Mental Health Conference, 'Tackling Mental Health through Football', in the Farsset International Centre in West Belfast.

The conference is aimed at football managers, coaches and players from all levels from amateur to elite.

The aim of the conference is to address suicide, self-harm and depression and how to tackle these problems that can affect so many people within our society. The programme also focuses on issues such as smoking, drugs and alcohol misuse and how they can be detrimental to sporting performance.

Register for the conference at www.irishfa.com/conference

[Top](#)

11 Alcoholics Anonymous

Alcoholics Anonymous is a worldwide fellowship of men and woman who help each other attain and maintain sobriety and who offer to share their recovery experience with others. Anyone who thinks he or she has a drinking problem is welcome at an Alcoholics Anonymous meeting.

The county Derry area of Alcoholics Anonymous strives to make the public at large aware of how Alcoholics Anonymous helps us to do so and we frequently give presentations to groups of interested people. This usually consists of a DVD and two members of Alcoholics Anonymous sharing their experience with alcoholism. This is followed by a question and answer session.

In the event of your school, group or association would like such a presentation, or if you have any queries or require any further information please feel free to contact the P.I. committee at derryareapi@hotmail.co.uk or ring our Belfast Office on 028 9043 4848

[Top](#)

12 Community Evaluation Northern Ireland ~ New Training Dates Launched

We are delighted to announce our new training programme of outcomes and quality themed courses from October 2013 - February 2014.

Outcomes Courses:

Planning and Measuring Your Outcomes
8 October 2013
Evidencing Your Outcomes: Methods and Tools
29 October 2013
Analysing and Reporting on Your Outcomes
26 November 2013
Planning and Measuring Your Outcomes
21 January 2014

Quality Courses

Introducing PQASSO
5 December 2013
Implementing PQASSO
4 & 5 February 2014 (2 day course)

To book a course please visit our [website](#). For more information on training contact Gladys Swanton, Training Manager, CENI at gladys@ceni.org or tel. 028 9024 8005. We also offer customised training tailored to your needs. Community Evaluation Northern Ireland
New Training Dates Launched

We are delighted to announce our new training programme of outcomes and quality themed courses from October 2013 - February 2014.

Outcomes Courses

Planning and Measuring Your Outcomes

8 October 2013
Evidencing Your Outcomes: Methods and Tools
29 October 2013
Analysing and Reporting on Your Outcomes
26 November 2013
Planning and Measuring Your Outcomes
21 January 2014

Quality Courses

Introducing PQASSO
5 December 2013
Implementing PQASSO
4 & 5 February 2014 (2 day course)

To book a course please visit our [website](#). For more information on training contact Gladys Swanton, Training Manager, CENI at gladys@cenl.org or tel. 028 9024 8005. We also offer customised training tailored to your needs.

[Top](#)

13 Epilogues Training Sessions: Hands of history – One Donegal: many pasts – One future

Below are details of the upcoming Epilogues Programme. Please note change to previously advertised dates. Very limited spaces remaining!!

Following on from a hugely successful programme run in January of this year, Donegal County Council's Hands of History Programme in conjunction with Gaslight Media Trust are offering you the opportunity to enrol on the next Epilogues Programme - details below. If you wish to take part, please contact Sarah as soon as possible as spaces are limited.

'Epilogues' Programme

Are you up for a challenge that will really make you think about your views on politics, history and conflict?

Gaslight Media Trust in conjunction with Donegal County Council's Hands of History Project are offering a **free** opportunity to participate in the 'Epilogues' programme during October 2013. 'Epilogues' is a conflict transformation programme, which has been developed by Gaslight Productions, and a programme synopsis is available at www.epilogues.net 'Epilogues' is a workshop based education programme that explores the underlying causes of conflict in and about Northern Ireland.

The programme consists of eight modules exploring: Violence, Loss, Revenge, Forgiveness, Justice and Human Rights. Within inclusive workshops, where every view is respected but equally where every view can be challenged, 'epilogues' will explore the conflict through the perspectives of people who were part of it, or suffered as a result of it, and found themselves compelled to react to circumstances unfolding around them with what perspective they had at the time. It should be noted that this programme is very challenging, hard hitting and can be emotional for the participants.

If you are interested in taking part in the programme, the course will be delivered on the following four Tuesdays in October 2013 – 8th/15th/22nd/29th at the Regional Cultural Centre, Letterkenny. Each session will begin at 9.30 a.m. and end at 4.30 p.m. (5.00 p.m. on the final day) Lunch is provided.

Participants must be in a position to commit to attending on all four days. The course is suitable for adults who are community and voluntary sector staff or volunteers; teachers of history, politics, citizenship; people working with those impacted by conflict; people wanting to understand more about the legacy of 'The Troubles'; individuals who are interested in the topics.

Spaces will be allocated on a first come first served basis, so if you are interested please contact Sarah Thompson at Donegal County Council on 087-9232654 to reserve a space.

[Top](#)

14 Latest Offers from Salto Youth

Animate your soul - Cyprus

Streets have a huge potential in terms of informing, making awareness, including and building a community therefore specific methods designed for street work are highly recommended in this field and specially in times when they are not so widely applied

Organizer: Cyprus Family Planning Association (NGO/Others)

This activity is for participants from: Albania, Bosnia and Herzegovina, Bulgaria, Cyprus, Estonia, Italy, Montenegro, Romania, Serbia, United Kingdom

Application deadline: 1 October 2013

[> More details](#)

Challenging Locality TC - Poland

This training course will fulfil the need to find the space for youth's contribution in making local changes which are needed to make the life of small local communities better, more integrated and cooperative.

Organizer: Polish National Agency of the 'Youth in Action' Programme (National Agency)

This activity is for participants from: EASTERN EUROPE AND CAUCASUS, SOUTH-EAST EUROPE, YOUTH IN ACTION PROGRAMME COUNTRIES

Application deadline: 7 October 2013

[> More details](#)

TRAINING COURSE CUT THE ICE A Learning Opportunity for Youth Workers to improve competences related to intercultural learning and transferability of practical approaches on youth exchanges.

CUT THE ICE is the title of the training course with specific focus on intercultural learning and youth exchanges.

Organizer: JINT vzw (National Agency)

This activity is for participants from: Belgium - FL, Cyprus, Germany, Hungary, Lithuania, Luxembourg, Netherlands, Norway, Poland, Slovenia, United Kingdom

Application deadline: 16 November 2013

[> More details](#)

15 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.

16 Free Family Friendly Event

Carol Ann Duffy – Poet Laureate with John Sampson Actor and Musician
Saturday 05 October 2013, 2.00pm, Waterside Theatre, Glendermott Road

Contact Waterside Theatre on 008 7131 4000

Submit an article - Email info@nwc.org to submit an article for inclusion in E-Bulletin.
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.

Please do not reply directly to this email, use one of the links above to feedback or to submit an article. For general enquiries, email info@nwc.org

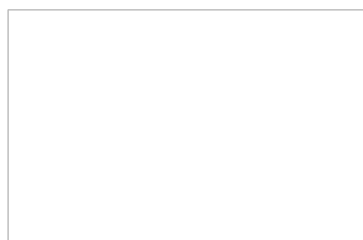
The information in this E-Bulletin has been collated from a range of sources. NWCN does not however accept responsibility for any third party content or for any of the opinions expressed.

Neola Nelis McCrossan

neola@nwc.org
nwc.org, nwc.org/PESP.html
[facebook.com/NWCN01](https://www.facebook.com/NWCN01)
twitter.com/NWCN01,
tweet: @NWCN01

12/14 The Diamond
Derry/Londonderry BT48 6HW

T: 02871279090 (NWCN) /
02871368811 (PESP)



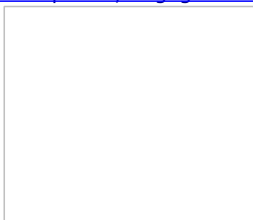
*...working to
create
a genuinely
participative
democracy...*

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

North - West Community Network core fundin
Investment Fund (DSD).

The Participation, Engagement & Skills Project (PESP) is funded by Big Lottery.

Supporters of:



DSDLogo.jpg



I am using the Free version of [SPAMfighter](#).

SPAMfighter has removed 5705 of my spam emails to date.

Do you have a [slow PC?](#) Try a free scan!