

Subject: NWCN e-bulletin 27 Aug 2013
Attachments: Bloody Sunday Window Guildhall (2).doc; Lobbying Workshop Limavady.pdf; TYCTS Limavady.pdf; NICEM Draft Programme.pdf; NICEM REG FORM.doc; CAUSE Trustee role description 2013.doc; EOI application CAUSE Trustee posts 2013.doc; Derg Valley Care Aug 13.doc

N W C N
e-bu l l e t i n
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*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 IT Can Help - NI - Free computer help at home for people with disabilities

Free computer help at home for people with disabilities

If you have a disability and need help with your computer, AbilityNet's free services are here for you. You can get in touch by email, telephone, or online to find out more.

- Looking for friendly computer advice?
- Having trouble with your technology?
- Want to know about staying safe online?

Whatever your disability, AbilityNet can help you get the most from your computer. Our free services include home visits from our skilled ITCanHelp volunteers and expert advice and information from our helpline and website.

ITCanHelp Home Visits

Our ITCanHelp network of disclosure checked volunteers offer free computer help to disabled people.

Free Helpline

Friendly advice on disability and computing for disabled people and their families, friends and carers.

Free Factsheets

Our factsheets provide expert advice for people who need adapted hardware or software.

Who we are

AbilityNet is a charity that helps disabled people to adapt their computers and choose the right specialist equipment.

Contact Us

Freephone 0800 269 545

enquiries@abilitynet.org.uk

www.abilitynet.org.uk/freeservices

Twitter @abilitynet

Facebook.com/abilitynet

How you can help us

AbilityNet offers these services free of charge to any disabled person but we always welcome donations to help us fund them.

For details on how to donate visit: www.abilitynet.org.uk/donate

You can join our volunteers at: www.abilitynet.org.uk/volunteering

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2 Tender – Invitation to Artist for the design of a Stained Glass Window in the Guildhall

In Commemoration of Bloody Sunday 1972

The closing date for submissions: 12.00 noon on 6th September 2013

Information on how to submit applications/tenders and all related forms for the above application/tender can be obtained online at www.derrycity.gov.uk/tenders or by requesting tender documentation from tel: +44 (0) 28 7136 5151

Completed application/tender should be returned before the closing date to:
Sharon O'Connor C Dir - Town Clerk and Chief Executive
Derry City Council, 98 Strand Road, Derry, BT48 7NN

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3 PESP Events in the Limavady Area Sept/Oct 2013 for the Community Sector

Introduction to Lobbying with the Sheila McKechnie Foundation

17 Sept, 9.30 to 4pm, Roe Valley Arts and Cultural Centre (see flyer)

Taking your Campaign to Stormont

3 October, 9.30 to 12 noon (first session)

Limavady Borough Council Offices

Further 9 sessions over 9 weeks (includes two trips to Stormont and one around local constituency offices and Limavady Borough Council) (see flyer)

One to One Funding Clinics

12 November 2pm to 7pm

Roe Valley Arts and Cultural Centre

One to One Governance Clinics

19 November, 2pm to 7pm

Roe Valley Arts and Cultural Centre

All training and workshops are free to those who work or volunteer in the C&V sector.

For further info or to book contact:

Catherine Farrimond, Limavady Community Support:

email: Catherine.farrimond@limavady.gov.uk or Tel: 02877760311

Or PESP Officers

Email: gabrielle@nwc.org; nuala@nwc.org; Tel: 02871368811

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4 NICEM 15th Annual Human Rights & Equality Conference

We would like to invite you to attend our annual event that will take place on **Friday, 20th September 2013** at the Wellington Park Hotel, Malone Road, Belfast.

The key theme this year is the European Protection of Fundamental Rights II. This is the follow-up from last year's theme which is focus on the progress and the impacts of austerity cuts. We also look at the recent political discourse on flag, emblem and parade, in addition to the usual judicial review of the year. The conference is, in brief, divided into 4 topical areas:

Section 1: EU Charter of Fundamental Rights & European Social Charter of the Council of Europe

Section 2: Public Sector Duty: Empire strike back?

Section 3: Judicial Review and Public Interests Law of the year in GB and in NI

Section 4: Flag, emblem and parade: democracy, rule of law and human rights protection

I am please to attach the programme as well as the registration form. As usual we have lined up a group of experts in the field who will share their insights in to each of the topics. I do hope to see you at the conference.

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5 Nutrition Coalition

The Patient and Client Council is currently in the process of setting up a Nutrition Coalition which will be the public face of the "Promoting Good Nutrition" Strategy. The Coalition will front campaigns, raise awareness and build public confidence so that people know what to expect from their health and social care services.

We would like to invite you to become involved in this important piece of work and we have set up a meeting:

Date: **Tuesday 24th September 2013**

Time: 10 am

Venue: Crumlin Road Goal, Crumlin Road, Belfast, BT14 6ST

As always, it is important that we hear the voice and experience of the patient/carer about this subject and each group is encouraged to bring along a maximum of 2 representatives.

I would be grateful if you would confirm your attendance with briege.mcalister@hscni.net or telephone on 0800 917 0222. Please outline any dietary or access requirements you may have.

Places are limited and will be reserved on a first come, first served basis. Please RSVP at your earliest convenience. A waiting list will also be compiled.

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6 Everyone is different – CAUSE Trustee opportunity, recognising diversity...

CAUSE is a small vibrant charity with big ideas and is currently expanding its Board of Trustees. Run by carers for carers, we really are a unique charity in NI offering practical and emotional support to families, friends and partners caring for a loved one who has experienced serious mental illness.

Mental illness affects individuals and communities from every part of our society. We want to bring diverse perspectives from different groups and communities into the heart of our organisation at Board level. We are particularly interested in people from LGBT and minority ethnic communities who have cared for a loved one who has experienced serious mental illness.

What we can offer you is an opportunity for your personal experience to make a real difference to our charity whilst giving you the chance to develop your skills, knowledge and profile working with our passionate team of staff and Trustees.

Interested in finding out more? Contact Deirdre Kearney by email deirdre@cause.org.uk or telephone 028 90 650 650

Closing date for expressions of interest: 13th September 2013.

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Z Health Well Knowledge Update of July and August

July/August Update

The Health Well website aims to be the authoritative source of health-related evidence, data and good practice across the island of Ireland, incorporating a number of thematic Hubs as outlined below. This Knowledge Update highlights some recent examples of information resources added to the Health Well and each of its Hubs. To view more resources available to you on the Health Well, please follow this link www.thehealthwell.info. Best Wishes, The Health Well Team [Institute of Public Health in Ireland](#)

Health Well

Knowledge Exchange Workshops

To access details, audio and presentations from our recent Knowledge Exchange Workshops, just follow these links:

- [10 June 2013 - Supporting physical activity in urban communities: Lessons from recent walkability studies \(Cork\)](#)
- [24 April 2013 - Food Choices - What determines the food choices we make? \(Dublin\)](#)

Research & Evaluation

- [Status report on alcohol and health in 35 European countries 2013 \(International\)](#)
- [Successes and failures of health policy in Europe. Four decades of divergent trends and converging challenges \(International\)](#)
- [Health Literacy. The Solid Facts \(International\)](#)
- [Ethical Issues in Patient Safety Research: Interpreting existing guidance \(International\)](#)
- [The Helsinki Statement on Health in All Policies](#)
- [Health in All Policies \(HiAP\) Framework for Country Action - conference draft](#)

Journal Article

[Introduction effects of the Australian plain packaging policy on adult smokers: a cross-sectional study](#)

News item

[Health Minister plans to extend existing smoking ban, working towards a 'smoke-free' Ireland by 2025](#)

[Worrying trends in alcohol-related mortality for young women in deprived UK cities](#)

Obesity Hub

New data on Community Profiles will help identify childhood obesity issues in local communities.

A new childhood theme [Middle Childhood](#) created as part of a suite of child health indicators on the Community Profiles includes some obesity-related indicators. These include data from the most recent Census on the different ways children aged 5-12 years travel to school, either by foot, bike or car, as well as the rate of children's playgrounds in local authority areas.

[Click here](#) to access other themes on the Community Profiles on the Health Well.

Guidance

[NICE: BMI and waist circumference - black, Asian and minority ethnic groups](#)

Research & Evaluation

- [Country implementation of the International Code of Marketing of Breast-milk Substitutes: Status Report 2011](#)
- [Child Measurement Programme for Wales](#)
- [Physical activity promotion in socially disadvantaged groups: principles for action \(international\)](#)
- [Young and physically active: a blueprint for making physical activity appealing to youth \(international\)](#)
- [Weight Management in Primary Care \(All island\)](#)
- [Examining Nutrition Surveillance on the island of Ireland](#)
- [What's in your Chinese Takeaway? \(All Island\)](#)

Policy

[Breastfeeding - A Great Start: A Strategy for Northern Ireland 2013 – 2023](#)

Journal Article

[A qualitative study of psychological, social and behavioral barriers to appropriate food portion size control](#)

Systematic Review

[The impact of initiatives to limit the advertising of food and beverage products to children](#)

News item

[New research shows that Irish mothers are more likely to be obese, to smoke, and have induced births](#)

[RCPI convenes policy group on obesity](#)

[A larger proportion of young people are obese now than in the 1970s and 1980s.](#)

[Obesity rates have declined among low-income American children for the first time](#)

[New FAO report has shown that Mexico has overtaken the US in levels of adult obesity](#)

Chronic Conditions Hub

- New online tool will help people estimate the number of people living with chronic conditions in their population.
- The Chronic Conditions Prevalence Tool allows you to:
- Access the IPH's published prevalence estimates and forecasts (based on officially published population

- estimates and projections);
- Calculate prevalence estimates for some other actual or hypothetical population; and to
- Explore various "What If?" scenarios based on theoretical changes in the demographic profile or relevant lifestyle behaviours of the population.

To access the Tool at the Chronic Conditions Hub of the Health Well, [click here](#)

Research & Evaluation

[WHO report on the global tobacco epidemic, 2013: Enforcing bans on tobacco advertising, promotion and sponsorship](#)
[Long-term Conditions: AYPH Research Summary \(UK\)](#)

Journal Article

[What's distressing about having type 1 diabetes? A qualitative study of young adults' perspectives](#)

Systematic Review

[Psychosocial interventions for patients with head and neck cancer](#)
[Interventions to encourage uptake of cancer screening for people with severe mental illness](#)

News item

[One in four deaths from coronary heart disease or stroke could be prevented each year according to new evidence from the HRB](#)
[New report from the British Heart Foundation \(BHF\) reveals shocking extent of children's unhealthy lifestyles](#)

Fuel Poverty

Have you visited the Fuel Poverty theme on our Community Profiles page?

Community Profiles utilise a set of over 160 health-related indicators that have been compiled for every local authority area (county councils and city councils) in the Republic of Ireland and every local government district in Northern Ireland. The indicators, covering a wide range of public health issues, are grouped into themes, including fuel poverty.

To access the Fuel Poverty theme on the Community Profiles, [click here](#)

Research & Evaluation

[Fuel Poverty: A Framework for Future Action \(UK\)](#)

Health Inequalities Hub

PHIS2013 tables - an invaluable resource for the measurement of population health

The latest version of Public Health Information System (PHIS2013) produced by the Department of Health in the Republic of Ireland is available on the Health Well. The tables include data up to 2011 for a number of health-related themes including cancer, mortality and hospital admissions. PHIS data is an invaluable resource for the measurement of population health, for target-setting and evaluation and for evidence-based service planning and policy formulation at both national and regional levels.

Click [here](#) to access PHIS2013 tables on the Health Well.

Research & Evaluation

[Family Wellbeing on a limited Income: A Study of Families Living at Risk of Poverty in Ireland](#)
[Health Inequalities: AYPH Research Summary \(UK\)](#)

Announcements

Upcoming Workshop – Supporting research and evaluation in the community and voluntary sector – 5th September, Belfast

This workshop will provide an opportunity to discuss the role of the community and voluntary (C & V) sector, and begin planning for the support it needs to participate in research and evaluation in Northern Ireland. The workshop will be co-hosted by IPH, Community Development and Health Network (CDHN) and Community Evaluation Northern Ireland (CENI).

For further information and details of registration, [click here](#)

The 2nd Public Health Open Conference is being organised by IPH and will be held on Tuesday, 8th October 2013 in Croke Park, Dublin.

The concept of the 'Open Conference' is unique. The programme will be suggested and developed by participants, through online registration, giving the opportunity to present on a range of themes:

1. Cross sectoral work on the social determinants of health
2. Health inequalities – closing the gap
3. Research and evidence strengthening policy and practice
4. Giving every child the best start
5. Mental health across the lifespan
6. Approaches to addressing overweight and obesity

We would encourage representation from all sectors (i.e. statutory, academia, community, voluntary), North and South, to present at this dynamic, informal, public health event.

[Access further information, register or submit a proposal here](#)
[Have a look at some of last year's presentations here](#)

We want to know what you think of the Health Well website and Hubs.

If you have a moment, please complete our short [Health Well Feedback Survey](#)

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8 Mencap's Western District Event

9 September 2013, 10.15am – 1.30pm, Waterside Theatre, Derry/Londonderry

Know Your Rights

- Are you getting the support and services you need?
- Do you have a learning disability or care for someone who does?
- Are you worried about the support you are getting? Are you worried about proposed changes to the benefit system?

Then come along to Mencap's Know Your Rights event.

Mencap is holding a **free** 'Know Your Rights' event so that people with a learning disability and their families can find out more about their rights.

The event will include speakers from the Law Centre NI, Patient and Client Council and Mencap as well as a market place with local organisations that can provide information and advice.

RSVP

If you are interested in attending, please contact Jackie Sweeney on 028 82 259249 or 07825664727

Or by email Jackie.Sweeney@mencap.org.uk

Places are limited!

Light lunch will be served at 1.00pm.

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9 Distribution of Homeless Packs Throughout the North West

First Housing are currently working in partnership with Omagh District Council for the distribution of 341 Homeless Packs over 5 council areas, Derry/Londonderry, Limavady, Strabane, Omagh and Enniskillen as part of the Councils Western Home Environmental Assessment Project (WHEAP) "Warm, Safe, Healthy Homes for the West" project

First Housing being the largest housing provider of services to homeless people in the North West were chosen to distribute the packs.

Packs are available through our Night Support Service or our Floating Support Service. The homeless packs contain vital items, which are badly needed for someone who may need to spend the night on the streets. The contents include:

- A Thermal Vest
- Fleece Waterproof Coat
- Long Johns
- Thermal Hat
- Fleece Gloves
- Thermal Socks
- Waterproof Poncho and Foil Blanket

These Homeless Packs are currently being handed out to individuals who find themselves on the streets of Derry/Londonderry nightly. Packs have also been distributed to local hostels and support services for distribution.

Anyone requiring a Homeless Pack can contact First Housing on: (028) 71371849 or (028) 71361156

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10 Grit Plus

The GRIT PLUS EXPERIENCE is a personal development intervention for NEET vulnerable young people aged between 16 and 24. It was established to work with NEET, disadvantaged young people, typically from deprived areas who have been excluded or 'At risk' of becoming excluded from Education or Training. The GRIT PLUS Experience operates in single sex, and mixed religion groups of young people.

Overview of the GRIT PLUS Experience

The programme has 5 main components:

1. Recruitment and Selection
2. Intensive 5 day residential
3. Goals-Mentoring
4. Progression Pathways
5. Exit

The concept of **GRIT PLUS** is: Courage and Endurance

Courage - to undertake and complete the Grit Plus Experience and to challenge themselves

Endurance - to realise their coping skills that can be applied to lifelong learning

Timetable for GRIT Plus Experience

Recruitment and Selection	Approx Month 1
Residential	5 Days
Intensive Mentoring –Goals Achievement	Approx 9 sessions, based on participant need
Progressive pathways Identification	Sessions 6-9
Exit	End of intensive mentoring support. Making the Transition-At the end of Grit Plus Experience.

Recruitment and Selection

The GRIT Plus Experience is suitable for NEET young people who face a range of barriers to personal development but who at the selection stage have demonstrated the potential and enthusiasm to progress. A Selection day using a range of outdoor adventure learning and group work activities challenges the young people and provides an opportunity for them to demonstrate their potential. The selection day offers a platform for young people to be selected by GRIT staff as suitable and ready for The GRIT Plus Experience, as well as a platform for young people to 'de-select' themselves from the remainder stages of the GRIT Plus Experience

Programme, if they don't feel ready to embark within a personal development process of change. Recruitment and Selection follows a tight timescale for completion as outlined in Table 3 in order to build on the progress made through the GRIT Experience process from Selection Day to Residential.

Timescale for Recruitment and Selection

Issue of referral requests	3 weeks prior to Selection Day
Booking of places	6 working days prior to Selection Day
Referral and Medical forms issued	5 working days prior to Selection Day
Referral forms returned	3 working days prior to Selection Day
Invite to attend selection day	2 working days prior to Selection Day
Selection Day	Tuesday before Residential
Advised outcome of selection day	Wednesday before Residential
Residential takes place	Following Monday

It is emphasised that being invited to take part on a GRIT selection day does not mean being selected for the full GRIT Plus Experience. Young people will be required to be selected from the selection day, to be offered a place on the GRIT PLUS residential.

The purpose of the selection day is to select those NEET young people who are most in need and are ready for the challenges and opportunities of The GRIT PLUS Experience. During the day the participants will engage in group work directed training events and activities which will enable them to highlight to GRIT Staff why they should be selected as a participant for the GRIT Experience residential. These activities will highlight eagerness and motivation and provide GRIT PLUS staff with an insight to attitude and how individuals respond to being challenged supported and encouraged and how they get on working as an individual and as a Team. Participants will be bench marked using a themed Selection Day Matrix. Staff use the Selection Day Matrix to select those NEET young people who would benefit most from the GRIT PLUS Programme.

Those young people who are unsuccessful are advised by the referring Agent. If they are deemed suitable and ready for a place, they may be put on a waiting list for the next residential or to take part at short notice if a place becomes available.

Residential

A five day intensive residential, aims to help young people understand who they are, how they fit into their community and wider society and to identify what they want from life. The programme supports this by taking the young people out of their normal environment. This provides a structure through the residential to challenge and change what they do.

Purpose

The purpose of the residential experience is to encourage, support and enable participants to engage in experiential learning, through outdoor adventure activities and group work directed training activities and programmes over 5 days. Each timetabled activity or session over the duration of the 5 day experience will facilitate and encourage personal learning and challenge participants physically and mentally. Learning outcomes and review of each process will highlight to participants the importance of seeing progress as small steps, obstacles as building blocks and support as necessary components in bringing about a positive resolution. All activities will have a core **challenge by choice** principle which will be upheld. A reinforced sound-byte during activities and group work directed training sessions, from GRIT PLUS staff should reflect the messages:

"To achieve anything in life which is worth something to you, you will have to work harder to get".

"There is nothing free in life guys! At times you will have to grit your teeth and have the courage to endure, even when things seem impossible to you".

"Ask for support. Seeking help is strength, not a weakness"!

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[11 BME & Migrant Worker Mapping Update 2013 & Disability Mapping Update 2013](#)

Please note the Black and Minority Ethnic Migrant Worker Mapping Update 2013 and the Disability Mapping Report 2013 are now available on the NIHE Website. These and other Housing Executive equality related documents can be accessed by following the link below:

http://www.nihe.gov.uk/index/corporate/strategies/equality/publications_links.htm

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[12 Latest offers from Salto Youth](#)

The Future of Reporting Europe

How can media offer a transnational perspective and better reflection of reality? What is the role of young people in creating the media of the future? And what are the new opportunities the online world has opened up for us? Join us to find out!

Organizer: Europe & Me (NGO/Others)

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

Application deadline: 31 August 2013

[> More details](#)

Training of trainers for the parental course "Understanding children"

This structured intensive Grundtvig In-Service training aims to prepare trainers to be able to organise and implement the parental course "Understanding children" - developed by our social pedagogs.

Organizer: FAIRbund e.V. (NGO/Others)

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

Application deadline: 15 September 2013

[> More details](#)

Creative Seeds for adult training II

N.G.O CIVISplus is glad to invite you to an In Service Training course in the context of Lifelong Learning

Program with the title "Creative Seeds for adult training II".

Organizer: N.G.O. CIVIS PLUS (NGO/Others)

This activity is for participants from: Macedonia, Former Yugoslav Republic of, YOUTH IN ACTION PROGRAMME COUNTRIES

Application deadline: 13 September 2013

[> More details](#)

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13 Derg Valley Healthy Living Centre

Please find attached the weekly bulletin for Derg Valley Healthy Living Centre

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14 APPreciate the City of Culture

The latest and best way to discover what the UK City of Culture Derry~Londonderry has to offer has arrived. The LegenDerry Culture Trail app is a new initiative by the Nerve Centre and Culture Company to help visitors discover the very best the city has to offer.

Now available free from itunes and GooglePlay, the app allows visitors to easily navigate their way around the city, discovering points of interest along the way. They can check out a number of pre-arranged cultural trails or even create their own.

The app points the way to dozens of points of interest in and around the city including museums, art galleries, theatres and art centres, heritage attractions including, of course, the famous 17th Century City Walls, churches, cathedrals and many other venues besides.

It comes with a GPS function to let the user know exactly where they are in relation to the city's many attractions, allowing them to easily find their way around – an invaluable guide with so much happening in dozens of venues during the City of Culture year.

Odhran Dunne, Interim Chief Executive of the Derry Visitor and Convention Bureau, said: "There are plenty of places of interest for people who visit our city to discover by themselves, but like any new place, there are also plenty of hidden gems. This app will make it easy for people to find those out-of-the-way places and really get to know the heart of the city."

The app also includes videos of City of Culture highlights and information on landmarks such as the City Walls and the Peace Bridge.

David Lewis, director of communications and digital content at the Nerve Centre, said: "The Nerve Centre was delighted to bring its expertise in app development and digital content production to bear on this project. It's vital that the app works across a number of platforms so as many visitors as possible can use it. The LegenDerry Culture Trail will have a beneficial legacy for the city for a number of years to come."

The free LegenDerry Culture Trail app for iphone and ipad is available to download from <https://itunes.apple.com/gb/app/legenderry/id628060485?mt=8> and an Android version is available from GooglePlay on https://play.google.com/store/apps/details?id=uk.co.thedesigntoo.culturecompany&hl=en_GB.

The web version is available on <http://www.cityofculture2013.com/culture-trail>.

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15 Ulster Bank launches new financial education resource for parents

Ulster Bank has launched a new MoneySense resource, MoneySense at Home, developed to support parents in engaging their children on money issues. The site is free, aimed at giving practical guidance to parents and families on money issues. It's an extension of, and signposts parents to, our MoneySense for School's site which has been supporting financial education over the past 5 years in schools across the island of Ireland.

MoneySense at Home offers families guidance on budgeting, managing debt, getting value for money and raising awareness of the importance of talking about money.

Website resource: www.moneysense.ulsterbank.co.uk

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@nwcn.org
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12/14 The Diamond
Derry/Londonderry BT48 6HW

T: 02871279090 (NWCN) /
02871368811 (PESP)

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 e-learning core funding
Investment Fund (DSD).

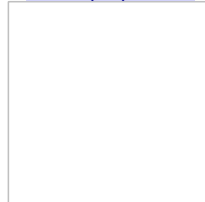
The Participation, Engagement & Skills Project (PESP) is funded by Big Lottery.

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

S u p p o r t e r s o f :



DSDLogo.jpg



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