



# Women's Information Group

Women's Information Group  
7 University Road, Belfast, BT7 1NA  
Tel/Fax: 028 90244119  
Email: women@infogroup.club24.co.uk  
February 2009

## WOMEN'S INFORMATION DAY Roof Over Head Tuesday 17th February 2009



**T**his Information Day is being hosted by the Mater Dei Hostel who provide beds and support for the homeless helping them get back on their feet.

Many people become homeless every year some through no fault of their own i.e. family conflict, partner conflict, intimidation, moving to Northern Ireland, over crowding, leaving care, friend dispute, no employment, leaving prison, drug or alcohol addiction and pregnancy.



The three speakers today will cover issues effecting the lives of the homeless i.e. housing, benefits and domestic violence one of the reasons many women leave home.

- **Housing Executive- Housing- Single lets, how to get points?**
- **NISSA - Benefits, Income support, Community Care Grants, Budgeting Loans**
- **Women's Aid- Domestic Violence**



### STANDS:

**Salvation Army  
Life Housing**

**Homeless NI  
Extern**

**Women's Aid**

**HOSTING GROUP  
Mater Dei Hostel**

**De Paul Ireland** supports people who are homeless, vulnerable and disadvantaged. We are passionate about what we do, working in the heart of local communities. We protect people who become homeless by finding them a place to call home.

Each year we provide over 100,000 bed nights and are open both day and night. We work with homeless families and street homeless, to provide low threshold services, meeting them where they are at.

For more information **Phone: 02890 743668**  
**De Paul Ireland, 298 Antrim Rd, Belfast BT15 5AB**

### TRANSPORT



#### **VENUE:**

Holy Family Parish  
Centre, 120 Cavehill  
Rd

#### **DATE:**

Tuesday 17th Feb 09

#### **TIME:**

10.30 to 12.30

Contact Kathleen/  
Sunita for transport  
90 244119

## LAST MONTH'S INFORMATION DAY



**A**t our Health Information Day held in January in Knockbracken Hall, Knockbracken, **Bernie McNally**, Director of Social Services, Family and Childcare, opened the event. She acknowledged most people know about their health - but we must help ourselves, our health is in our hands, but everyone requires expert help on occasions, and that is what the stands here today can provide. She encouraged everyone to take control of health hazards in our lives:- lose weight, stop smoking etc.

### SPEAKERS:

**ASTHMA and COPD** - Annemarie Marley (Respiratory Nurse Consultant) talked about her family's experiences (her children suffered from Asthma) and gave us a brief overview of what these conditions are, advised us to learn what triggers symptoms for you and what we can do to ease/help the symptoms.

**ADHD** (Attention Deficit Hyperactivity Disorder) - Therese Taylor (Health Visitor) and Patricia Rogers (Social Worker) both with Belfast Trust. - Gave us a brief overview of the process of assessing, diagnosing and treating children with ADHD.

**HEALTHY EATING** - Grainne McMacken (Senior Community Dietician) reminded us that normal activities takes up a lot of our time but we should also allow a little time for ourselves to ensure we keep healthy, eat and exercise regularly. The heavier you are for your height, the more likely you are to be overweight which can affect blood pressure and cause heart disease. Grainne advised us to be aware of increased size of portions i.e. cans of soft drinks (330ml) as opposed to bottles (500ml) and increased size of packets of crisps. We can be taking more calories without realising.

**Valerie Moore**, (W.I.G. Chairperson) Thanked Belfast Health and Social Care Trust staff (especially June Gibney) for organising speakers and stands helping make a very successful event. She hoped everyone has an enjoyable morning.

### USEFUL CONTACTS FOR ADVICE OR FURTHER INFORMATION

**Coping with Anxiety - 028 90263931**

**Cancer Research UK - 08701 602040**

**Organ Donor Register - 08456060400**

**Belfast Health and Social Care Trust - 02890 327156**

**Continence Awareness - Gillian Kelly 02890 565565**

**Food Standards Agency - 08456060667**

**Continence Foundation Helpline - 0845 345 0165**



### TIPS:

- *When watching weight- be realistic and set reasonable targets*

## PLANNING DAY

**Date** : Tuesday 24 February 2009

**Time** : 10.30 a.m. to 12.30 p.m.

**Venue** : W.I.G. 7 University Rd Belfast BT7 1NZ

Women's Information Group is organising a **Planning Day** to obtain **your** ideas of "Topics of Interest" to be used in forthcoming Information Days.

- *Come and put your suggestions forward along with women from other parts of Belfast.*

The Planning Days give an opportunity for suggestions to improve our Information Days or volunteer your local hall or community centre to host an event. All expenses are covered by W.I.G. for this. **To confirm a place phone — 02890 244119**



## CANCELLED...

**Funding and Fundraising Seminar  
28 January 2009**

Unfortunately this event had to be cancelled due to circumstances beyond our control, we hope to re-schedule and details will follow at a later date. Sorry for inconvenience.

## WIG EVENTS AND OTHER INFORMATION

### REMINDER..... LIFE SKILLS COURSE

**Date:** Friday 6th Feb 09 **Time:** 10.30 to 12.30

**Venue:** 7 University Rd Belfast

This course starts soon in our premises and the content will strive to improve and strengthen relationships with partners and family members. It will build confidence in dealing with teenage problems. Statutory and voluntary agencies will have input to the course. Contact **90 244119** for more information

### REMINDER..... LEARN and SHARE COURSE

**DATE:** Thursday 5th February 2009

**TIME:** 10.30 to 12.30

**VENUE:** Belfast Islamic Centre, 38 Wellington Pk

Course in the Belfast Islamic Centre will provide information on government structures, health services, children's education, etc. and ability to explore other cultural identities. Contact **02890 244119** for more information



### WOMEN'S INFORMATION GROUP ANNUAL RESIDENTIAL Friday 12 June 09 to Sunday 14 June 09 Derrynoid Centre, Draperstown (SUBJECT TO FUNDING)

This residential will enable 50 women from different communities to participate in social events, role play and workshops. They will examine to their own cultural identity and how to improve and encourage a shared future for ourselves, family and community.

Leaving Belfast City Hall at 6.00 p.m. and returning to Belfast after lunch Sunday (approx 3.00 p.m.)

**Cost of week-end £30. You need to pay deposit of £10 ( Non-refundable) while booking your place. To Book/Confirm your place Call WIG on 02890 244 119**

### Volunteer Walk Leader Training:

**Date:** Friday 6<sup>th</sup> Mar 08 **Time:** 10 – 4.30

**Venue:** Room 1.2, Clady Villa, Knockbracken Healthcare Park, Saintfield Road,

It is expected that those who complete the training will be influential in leading walks in their local areas. This training is available to anyone ages 18 or over and **training is free.**



**For further information contact Margaret Devlin-Hania on 02890 565421**



### TAUGHMONAGH HEALTH FAIR

Taughmonagh Health Day is on 24th February from 10.00 –1.00 Stands with all aspects of Health information and professional help will be present. Alternative therapies will be **FREE** throughout the morning. **HEALTHY LUNCH AVAILABLE.**



To confirm attendance and venue **call Maria @ 90808851**



**Every Monday -  
10am - 12noon**

**Smile SureStart  
Duncairn Gardens,  
BELFAST BT15 2GN  
Tel: 028 90756654**

### BOTANIC ARTS FESTIVAL-28 March 09



Opportunities for young and new artists, students and amateurs to promote, exhibit and sell their products. **FREE** Community Outreach Program or workshops will also take place during Feb 09.

**For more information Phone: 02890 242338**

### HOME STAY

Is English your first language? Would you be interested in earning some extra income ? Belfast Metropolitan College is looking to increase the number of Home Stay hosts in its database. We would love to hear from you if you have a spare bedroom and would enjoy having a young person (around 16 years old to 22) from another country living with you temporarily ! If you would like to know more details, **please contact Patricia Leong 02890 265171.**



## “Getting back to Work and Education”:

**Young Women’s Project is organising a** seminar providing information on further education, training, and job opportunities giving young women’s choices and opportunities. This seminar will provide information on courses, jobs, training, non-traditional skills, CV Preparation, Childcare training, etc, We will have two **Speakers**:



- **Rosemary McKenna from EGSA will** talk about EGSA services relate to guidance for adult further education.
- **Shane Smith from GEMS NI** will speak about services they provide relating going back to work.

**There will be variety of stands to provide information linked with Women going back to work such as benefits, child care, job search, qualification validation, etc.**

**Stands -**

**Belfast Job Centre  
Women’s Tec**

**GEMS  
C.C.E.A.**

**DEL  
BMC**

**NISSA  
NICMA**

**Date: 24 February 2009**

**Venue: Cooke Memorial Hall,**

**Time: 10.30 - 12.30**

**Crèche and lunch provided Free. For further information contact Sunita/  
Angela on 02890 244119 .**



## HEALTHY EATING SEMINAR FOR PARENTS AND CHILDREN:

**Women’s Information Group** is organising a seminar addressing obesity in Young Children providing support and advice to parents about healthy diet and link between obesity and physical ailment such as diabetics, cardiovascular diseases, etc. There will two speakers:

- **Grainne MacMahon, Community Dietician from Belfast Trust** will speak about Healthy and balanced diet.
- **Obesity relate to Physical and emotional well-being**– Speaker to be confirmed



Also we will have variety of stands from many voluntary and statutory agencies working to tackle obesity in children.

**DATE: 26 February 2009**

**VENUE: Ballynafeigh Community Dev Association, 283 Ormeau Rd**

**TOPIC: Obesity in Young Children**



To book a place phone W.I.G. on **028 9024 4119**

## Hey girl ... you are Beautiful

Is an ongoing project for bigger women to identify ways of changing their lifestyles. The project offers support and encouragement to women in making choices for themselves, providing knowledge, use of gyms, Yoga and demonstrations. New Programme including Cholesterol, Heart Disease, Ladies Issues - Bladder/menstrual cycle, Yoga, Nutrition and Healthy Eating, Body Check - blood pressure, sugar and cholesterol and a walk and picnic. Come along and join us each Monday from 10.30 to 12.30 at our premises 7 University Rd Belfast. **For further information contact W.I.G. 9024 4119**

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**Website: www.womensinformationgroup.com**

**Charity No: XR 584/53**

**Company No. 50558**