

List of Speakers for WI groups

Emma Lewis – Mum of 7, Motivational Speaker, Women’s Life Coach & Writer



My name is Emma Lewis from the country town of Ballynahinch, and I am beginning my journey as a voluntary motivational life coach, specifically for women and mums. I am a busy mum of 7 young children and love to inspire women to be the best that they can be.

I began to take the route of motivational speaking after starting an Instagram blog about my life as a busy mum with the 7 children. I was so surprised to be inundated by mums in particular who showed such an interest in my life with the children and were fascinated watching how our family dynamic works in such a crazy household. I receive so many private messages asking for tips on getting time to work out, party planning, for my recipes and ‘mum hacks’ - to name a few. And in general life, when I am out and about with the children, strangers always stop me to ask what life is like with so many to look after.

With 7 young children under 12, a Shetland pony, 2 goats and 3 dogs, I, like everyone, know that the juggle and struggle of daily life as a mum is real, but I love women to live life with intention. I am such a believer in self-care, setting non-negotiable habits, living life on purpose and practice this in my daily life. I truly believe I can help women just like me reach their potential and feel aligned and well and use their time intentionally.

After becoming a mum, I felt disillusioned with the narrative I was constantly fed on social media, that I should feel exhausted, irrelevant, past it, down, that it was an achievement to simply ‘survive’ another day of parenting. Instead, I chose to rewrite this narrative for myself and begin to hold myself accountable for my life, my time, my decisions and ultimately started to feel empowered. To thrive, not just survive.

So now, I love to workout (I share my workouts on my Instagram account), to bake, to sea swim, I love make-up, fashion, and I am a wife, a mum a friend, a member of the PTA and a trained hypnobirthing coach. We all wear so many hats, but I aim to look after my physical and mental health, all the while avoiding burnout. I encourage women to invest in themselves. We are so used to ‘showing up’ for everyone else but we need to “show up” for ourselves as women.



My Instagram is: @sevenlittlelewiskids
www.instagram.com/sevenlittlelewiskids

...Check it out, if you want to see my daily life and all that it entails with the kids and the pony!

My dream is to speak at women's events, free of charge, purely to help women be all that they can be and feel empowered. I would love to hear from you.

***You can contact me on the mobile: 07871 505 817**
or drop me an email: emma.j.lewis@hotmail.co.uk



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Alison Coyle, Ballyblack WI – Hon. Secretary of Ards Talking Newspapers, Sound Around Ards (SAA)

I am the Secretary for *Sound Around Ards* and I would like to promote the work that we do locally - delivering news and information in audio form to visually impaired people. If any WI groups in/around the Ards Peninsula Area are looking for a speaker for the incoming season, I would be more than happy to talk about Talking Newspapers! My colleagues from Talking Newspapers across the province are also available to visit other WIs. There are 11 branches across Northern Ireland and representatives would be more than happy to talk to WI groups. Simply drop me a message.



Ballyblack WI has been associated with the local branch of Talking Newspapers NI for over 30 years and now provides four teams of readers for *Sound Around Ards (SAA)*. Each week a team of people get together on a Thursday to purchase the local papers and then decide which stories would be of interest to our listeners for a 60 minute audio recording. The 'news' section of the CD lasts around 40 minutes and then we do a 'magazine' slot for the remaining 20 minutes - this centres around lighter articles, quizzes and topical things that are happening in the local community.

Our listeners tell us that they feel they get to know us as friends and it is a great source of comfort to some people, as we may be the only voice that they hear that day. On Thursday evening, the CD is recorded and then posted out to the listeners that night, free of charge. This means that most people receive their discs by Friday or Saturday at the latest, so the news is fresh.

After the listener has finished with the CD they just bin the actual disc, reverse the return label on the plastic wallet and put it back in the post to us via any postbox.

During Volunteers Week earlier this summer, the Ballyblack WI volunteers were recognized for their hard work and commitment to SAA and presented with certificates.



****If you would like to know more about this service, or to request a talk for your WI group, please get in touch directly, either by email:***

alisoncoyle@outlook.com

or my mobile number: 07977 473 080

Alison Coyle, Hon. Secretary - *Sound Around Ards* - NIC 103184 - Ards Peninsula, North Down

WRDA - Women's Resource & Development Agency - Breast, Cervical & Bowel Screening

At the WRDA, we have a contract with the **Public Health Agency** to deliver **Breast, Cervical and Bowel Screening Awareness Programmes** across Northern Ireland. We have worked with a wide variety of groups across the province to deliver these programmes, including Community Centres, women's groups and men's groups, volunteers, etc. We work in an engaging way with each group, with lots of resources to help in the delivery of the programme. As well as the Breast, Cervical and Bowel Screening Awareness Programmes, we can also offer stand-alone sessions.

All sessions are very participative, using practical resources – such as breast models, where participants will be able to feel what a lump might feel like – and breast beads, which show the size a lump can grow to when a woman does not check her breasts regularly, in contrast to very small lump that would be picked up by a mammogram. Because the women attending the sessions can be of a wide range of ages, we talk about both self-examination and mammograms, as well as smear tests and the FOB kit (for bowel screening). We also cover the reality of women's/parent's lives with competing demands on time and the importance in prioritising women's own health. Although the training gets across a very important message, the facilitators ensure the sessions are fun and understand that many of the women coming along have had negative experiences of education.

****For more information, or to book a session for your WI group, please contact Pamela Armstrong:***

Telephone: 07739 185 915

Email: pamela.armstrong@wrda.net

Website: www.wrda.com



**The Women's Resource & Development Agency is back
Working directly with groups throughout Northern Ireland.
Make your health your priority with our**

Breast, Cervical & Bowel Screening Awareness programme

In the Breast Awareness session learn we look at the importance of breast awareness, with a practical demonstration on how to self-examine your breasts and information on attending a mammogram.

The Cervical Screening Awareness encourages women to attend screening, the importance of having a regular smear test, the possible results and what they mean.

The Bowel Screening Awareness looks at ways to reduce the risk of bowel cancer, symptoms that need to be checked and how to use the new screening test.

If you'd like to make a booking or for more information please contact

**Pamela 07739185915
pamela.armstrong@wrda.net**

Delivered directly to your group and also on Zoom



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Discover the women who shaped who you are today!

Women have played a significant role in our family histories through their roles as mothers, caregivers, educators, community builders, activists and more. They have passed down oral histories and shared folklore, cultural practices and recipes, ensuring that their heritage would continue. Women have worked on farms, in households and in a variety of industries, providing financial support and stability to their families. They have been at the forefront at times of great social change; consider the women who took over important work during the war or the Suffragettes who fought for the right of women to vote.

Exploring your family history can give you fascinating insights into the lives of the women in your past - but how do you begin? Start by writing down what you know, firstly about yourself and then about your immediate family. Talk to your relatives, particularly those that are older. Many will be only too pleased to share their memories of times and people from the past. Make sure you record all the details you find. Once you have learned the name of an ancestor who would have been alive in the early 1900s, you can explore online records. We are fortunate in Ireland to have free access to records that can help us to trace our family lines back to the mid-1800s or before. Start by trying to find your ancestor in the 1901 or 1911 census www.census.nationalarchives.ie. The details you find here will show you who was living in the household with their ages and county of birth. You can also find civil and church records of birth, death and marriage registrations. Our volunteers will show you how.

Birth registrations give the name of the father and also the maiden name of the mother of the newborn. This provides the details you need to find the parent's marriage. Pay attention to the witnesses of any event - they too could be family members. A female witness with an unfamiliar name could be the married sister of the bride or groom. You are now on your way to discovering the stories of your ancestors and the women who did so much to influence your life today. The North of Ireland Family History Society Research Centre in Newtownabbey is packed with a wealth of books, records and documents, many of which are not found elsewhere. The Society also has 10 branches throughout the North of Ireland, offering guidance and expertise to anyone researching their ancestors in the counties of Ulster. Each branch hosts monthly meetings for its members with interesting and knowledgeable speakers and the Society runs regular courses to help you with your genealogical and DNA research.

You can see details of all our activities and how to join us on our website at: www.nifhs.org

***For more information about classes or courses, or to book a talk for your WI group, please email Linda at: education.zoom@nifhs.org**

(Visits can also be arranged to the NIFHS Research Centre in Newtownabbey, where volunteers can show what resources are available and give talks on Irish family history research and/or DNA)

Linda Kilby, Assistant Education Officer

North of Ireland Family History Society - Registered Charity (NIC106071)

Unit C4, Valley Business Centre

67 Church Road

Newtownabbey, Co. Antrim

BT36 7LS

Carol Kravetz – Author



Carol is a local author (based in Comber), who has had 6 novels published. A lady who has realized her lifelong dream - and is keen to speak at WI meetings about her work! Carol is glad to appear (at no charge) in order to help inform others of what is involved in writing, publishing and promoting a novel.

Carol was born in Newtownards, raised in Dundonald, and currently lives in Comber. She is in her 60s and works with the Education Authority in the Special Needs section. Her books are based on the professional and personal adventures of 2 PSNI policewomen who are transferred from Belfast, Northern Ireland to Bathville, Massachusetts to join a special detective squad there.

Carol has spoken at the Ballyhackamore, Bangor, Newtownards, Dundonald, Hollywood and Comber libraries. She was the feature author at World Book Night at the Ballyhackamore Library. Feature articles about Carol have appeared in The Belfast Telegraph, and The Newtownards Chronicle and County Down Observer. She has also had interviews on several online sites, including Brook Cottage Books, Facebook, Amazon Author Insights, and Authors Cross Promotion.

For more information, or to arrange a talk, please contact Carol's husband, Mark Kravetz, by telephone on: 07506 207 539

Mark can also be emailed directly at: baldy1920@gmail.com



Janice Witherspoon – Storyteller / Tour Guide

My name is Janice Witherspoon and I am a professional storyteller, recently returned to Northern Ireland after living in England for some years and now living in Glenarm in Co. Antrim. I perform to all sorts of groups and am starting to grow my storytelling here in Northern Ireland. I have arranged to visit Gleno WI in 2020 and have also stories at WI meetings in Sussex where I lived. I share a mix of traditional, true life and historical tales. After getting the booking from the Gleno WI ladies, I was wondering about the possibility of speaking at other WI groups, who might also be interested in having storytelling as part of their programme. If interested, you can find out more about me from my website.

Many thanks,
Janice

www.janicewitherspoon.com

Mobile: 07824 721796

Jane Fox, Carryduff WI – Feltmaker

Jane is a talented feltmaker who enjoys both needle felting and wet felting. The photos here show some samples of her work. These pieces were made with sheep's wool, silk, warm water, soap, a barbed needle - and a good bit of elbow grease! Jane is a WI member in Carryduff and also a member of a feltmaking guild called Feltmakers North, based in Hillsborough.

Jane commented, "I am always happy to talk about wool and feltmaking and would be keen to demonstrate to WI groups. I have been building a library of samples from different techniques and have a selection of different wool types. I like to buy raw wool and scour it myself to use, so I am familiar with the whole process, from sheep to finished product. I am currently working on getting set up to do some beginner workshops in feltmaking."

If you are interested in hearing more, please drop Jane an email at:

whitefoxfibres@gmail.com



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Lorna Quin – Author



Co. Armagh woman Lorna has put together a book of personal stories of 'ordinary' people living in Northern Ireland during World War Two. Lorna, a retired primary school teacher from Tandragee, believes it is vital to not let these stories slip away.

Hi, my name is Lorna Quin. I have interviewed people who grew up during the years of the Second World War and produced two books collating my interviews. The books are called 'Yes! We Have No Bananas' and they are illustrated with personal and archive photographs. I am trying to raise money for Research into Parkinson's Disease and all profits from book sales and talks are given to this cause.

I have spoken at Loughgall WI and would be very willing to speak at other meetings in the **Armagh, Banbridge, Portadown, Tandragee, Dungannon, Aughnacloy and Lurgan** areas, telling the ladies how and why I came to write my book.

****To book a talk for your WI group, please email: riclolehq@hotmail.com***

Kirsty Mark - Supporter Relations Officer for Dogs Trust Ballymena Rehoming Centre

Hi, my name is Kirsty and I am the Supporter Relations Officer for Dogs Trust Ballymena Rehoming Centre. **I offer free talks to community and social groups across your area.**

So - who are we, what do we do and what does the future hold?

Well, I won't go into too much detail now (I'll save that for the presentation!). However, in simple terms, we love and care for around 15,000 dogs every year at our network of rehoming centres and we never put down a healthy dog. Aside from providing a rehoming service for the dogs that come to us, we also run various other projects, campaigns and services, like the *Canine Care Card Service*. This is a free service, whereby, in the event of the owner's death, we will look after their dog, providing them with all the care they need until we can find a responsible, loving new home for them. This is often of great concern to the elderly, as their dog may be their only friend and companion – Dogs Trust can give them peace of mind, knowing that their canine companion's future is safe, should the worst happen to them.

Tours of the Ballymena Rehoming Centre can also be arranged. This is a quick 'behind the scenes' into the wonderful work we do!

Should you wish to arrange a group talk at your Institute, or if you have any questions at all about Dogs Trust, then please feel free to contact me directly on **07436 162 209** or email **kirsty.mark@dogstrust.org.uk**

Kirsty Mark - Supporter Relations Officer

Mobile: 07436 162 209

Telephone: 028 2566 1007

Email: kirsty.mark@dogstrust.org.uk

Website: www.dogstrust.org.uk

Dogs Trust – A dog is for life®

Sarah Jarden (Flax Spinner) – A Fascinating Look at the Art of Flax Spinning



Sarah is keen to talk to WI groups about the art and history of flax spinning! She will initially take the audience through each stage of the flax growing process, from planting to harvesting by hand, to drying the flax and preparing it for spinning – and that is where the fun really begins! Sarah will give a creative and hands-on flax spinning demonstration to showcase this traditional craft.

Sarah's demo will also include an informative PowerPoint presentation, depicting flax spinning through the years, with historical imagery of woman spinning from as far back as 1140 AD!

***Sarah is based in the Lisburn area and can be contacted via mobile on:**

07544 553 714

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George Murphy – Entertainer, Comedian, Yarnspinner & Musician Extroidinaire!



George Murphy was a musician for 30 years who told hilarious stories. Gradually the stories became more frequent and funnier! He still sings the occasional song, especially if humorous. He constantly performs at comedy clubs, weddings, storytelling clubs, concerts, hotel shows and for various community groups. He continues to travel throughout Britain, displaying his humour at many festivals, to great acclaim.

~Winner of London Comedy Award 2015~

(George is based in Greenhaven, Dungiven, BT47)

Get in touch:

Mobile: 07841 560 742

Telephone: 028 777 40107/41197

Email: georgemurphy34@hotmail.co.uk

Quotes/Reviews:

'Put a very funny slant on things.'

-Belfast Telegraph

'Very witty and entertaining.'

-Irish News

'His 'spot' was the highlight of our wedding!'

-R. Henderson

'He added great humour to our concert.'

-John McNicholl Band

'Certainly can lift the spirit of the audience.'

-Derry Journal

'Our guest and tourists really enjoy his performances.'

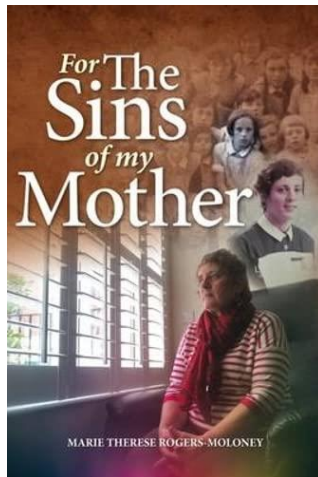
-The Lodge Hotel, Coleraine

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Marie Therese Rogers-Moloney, author of 'For The Sins Of My Mother'

Over twenty years ago, I put pen to paper and went on a journey of discovery; and now I am able to take you the reader on that journey... A hotel owner from Donegal gives birth to a baby girl. The infant is placed for adoption from an orphanage in Belfast; with a family in Co Down. Fourteen months later the baby was removed from the family without a reason and put back into the orphanage. Seventeen years later; the young shy; withdrawn woman was left to survive in the harsh realities of the outside world. Visited by a solicitor who tells her about her mother despite being told as a child she had no mother; Marie Therese takes a breakdown. Years later; realising nobody cared, she decides to go in search of her roots and identity. But you the reader can form your own opinion as you travel those years with her.



Marie Therese is very keen to discuss her life story and give talks about her memoir and to WI group and can travel to any area across the province.

Please contact her on:

Mobile: 07921 839 970

Landline: 028 90 812 810

Email: rogersmoloney@gmail.com

Norma Beggs – Artist's Demonstration

I am a facilitating and exhibiting artist that can provide an artist's talk to WI groups. I specialise in bespoke reminiscence and craft workshops for adult groups, including demonstrations of photo textile work linked to memories (lampshade making, wall hangings, cushions, etc) and also 'stitch in time' and 'fun with fabric' classes – suitable for those who wish to rediscover their sewing skills. Having given an artist's talk to several groups, I am following up on feedback to reach out to more WI Institutes! I look forward to hearing from you and hopefully discussing what I offer in more detail. (I'm based in Randalstown and try to keep within 20 - 25 mile radius for one-offs. However, I'm looking to relocate closer to the coast by end of October).

Many thanks,

Norma



Telephone: 07704624810

Email: artistnormabeggs@gmail.com

Facebook: www.facebook.com/normabee.artist/

The Northern Ireland Public Services Ombudsman (NIPSO) – Advice Presentations to WI Groups
NIPSO provides a free, independent and impartial service for handling complaints about public service providers in Northern Ireland. These include government departments and agencies, Councils, social housing providers, Health and Social Care Trusts, schools, colleges and universities. You can find a list of the organisations within our remit on our website: www.nipso.org.uk

**The Northern Ireland Public Services Ombudsman
Progressive House, 33 Wellington Place, BELFAST, BT1 6HN**

Telephone: 028 90 233821

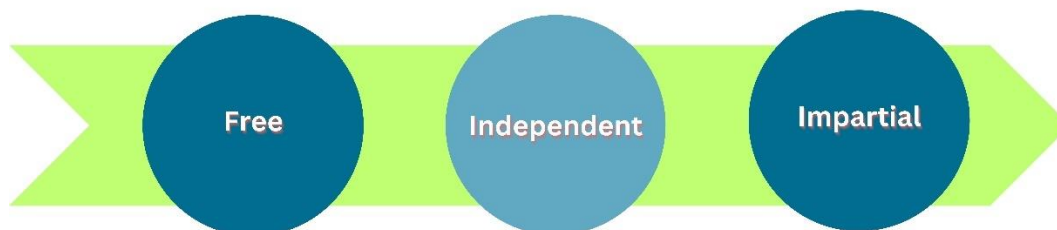
Email: nipso@nipso.org.uk



Have you ever received a disappointing or poor public service in Northern Ireland?

You could complain to help prevent the situation from happening again to you or to others.

NIPSO is an independent body providing a free and impartial service to investigate unresolved complaints about public services.



How to complain about a public body:

Step 1: Make your complaint directly to the Public Body. Tell them you want to make a complaint, and ask about their complaints procedure. You may wish to ask someone to support you with this.

Step 2: If you remain dissatisfied with the Public Body's response, contact us. The Northern Ireland Public Services Ombudsman could help. To find out more contact us below:



<https://nipso.org.uk>



0800 34 34 24



[nipso_comms](https://www.instagram.com/nipso_comms)



[@nipso_comms](https://twitter.com/nipso_comms)

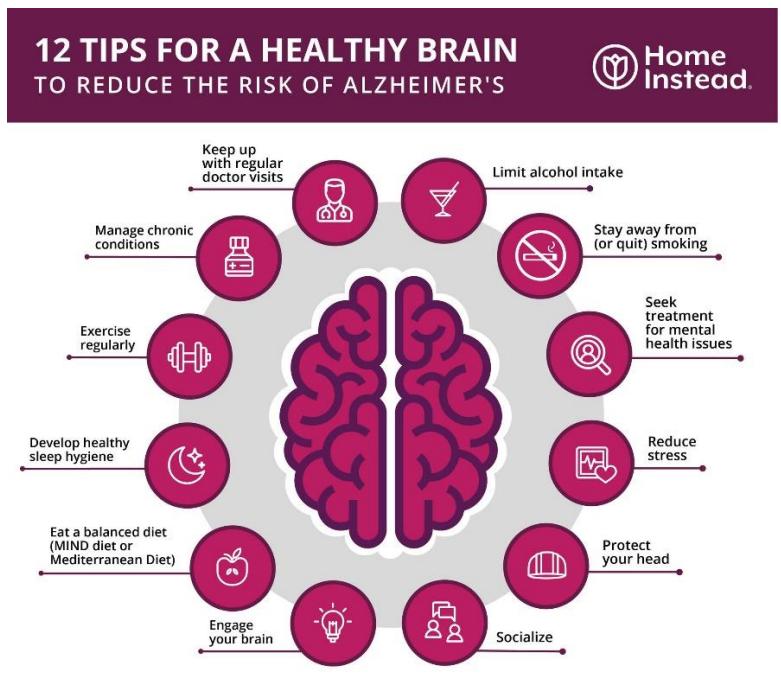
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Karen Moore - Home Instead (Down and Lisburn) – Caregiving & Health Talks for WI Groups

We are an employer looking to build a relationship with people from our local community. We would like to give a better understanding of what we provide and a little more information about us as a provider. Currently we provide support to anyone over the age of 18 years, our eldest client is the grand age of 106. We provide care for people that wish to stay in their own homes rather than going into a care home environment. We support our clients that are needing companionship, dementia support, household tasks and personal care.

We are reaching out to WI groups, offering health/care talks on subjects such as ‘Nutrition’ or ‘How to support a loved one with Dementia’.



For more information and assistance, please contact:

Karen Moore (Employee Experience Manager) *directly via mobile on 07540 239 709*

Or by email at: karen.moore@downlisburn.homeinstead.co.uk

Website: www.homeinstead.co.uk/down-lisburn

Facebook: www.facebook.com/homeinsteadcodown



Home Instead Down and Lisburn, 24 Main Street, Saintfield, BT24 7AA

We also have several job opportunities for people looking to have a change in their career, or for someone that has recently retired and is looking to work a few hours a week.



Christine Williams - Grandma's Spoons

Hi, my name is Christine – and I turn solid silver cutlery into jewellery and sell under the name 'Grandma's Spoons'! I am an experienced public speaker and have been a guest speaker at the WI's Christmas Event in the Crowne Plaza Hotel, Belfast. I have also spoken at WI meetings in Broughshane, Gleno, Cullybackey and Desertcreat.

I live in Ballycastle so in the dark evenings of winter, I prefer not to travel too far. If you imagine a line across the top of Lough Neagh from Strabane to Newtownabbey, that would be my limit for winter talks. However, in the lighter evenings of May - September, I can be tempted further afield! I give a talk of about 30 minutes on what I do and why, silver in general, hallmarks and anything else that seems relevant!

My contact details are:

Mobile: 07917 833 251

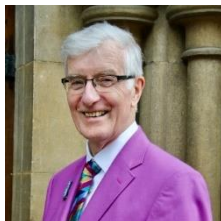
Email: grandmasspoons@gmail.com

Website: www.grandmasspoons.com

Find me on Facebook: www.facebook.com/grandmasspoons

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Clive Scoular – Author / Irish Historian / Speaker / Book Sleuth – History Talks to WI Groups!



My name is Clive Scoular and I am an Irish historian and author and I continue to give talks about many people and topics from Ireland's history. During the past 20 years or so I have had the pleasure of giving talks to 35 different WI branches all over Northern Ireland and recently I recently visited groups in Downpatrick, Portaferry and Knock.

My website is: www.clivescoular.com

I am particularly interested in the contributions which Irish women have made and who have been forgotten. In many of my books I have told their stories and I know that my readers have been fascinated with their stories.

I would be happy to speak to any of you if you wish to have more information. My home telephone number is **028 4482 8428** - feel free to give me a ring.

You can also contact me via email: clive.scoular@gmail.com

A long list of possible presentation topics is downloadable in PDF format at the following link:
www.clivescoular.com/speaker

(If the subject you'd like to hear about isn't listed please do contact Clive for a chat as he still may be able to meet your needs.)

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Kim Hamilton – Rosie's Trust Volunteer

My name is Kim Hamilton and I am a volunteer for the charity Rosie's Trust. Rosie's Trust is a unique charity that keeps people and their pets together by working alongside elderly, terminally ill people helping them to look after their dog or cat. This includes dog walking, trips to the vet and when appropriate help with vets bills amongst many other things. We are based in Bangor but work throughout Northern Ireland.

I would love to give 30 minute illustrated PowerPoint presentations about the charity to WI groups across the province.

You can contact me via telephone: **07788 260 659**
or drop me an email: **hamiltonkim03@gmail.com**

You can also visit the official Rosie's Trust website to find out more about the charity:
www.rosiestrust.org
or check out the Facebook page: **www.facebook.com/rosiestrust**

Many thanks,

Kim Hamilton

Rosie's Trust Volunteer 🐶



Caroline McCoubrey – Open House Festival

Subject: Seaside Revival (Open House Festival, Bangor)

Seaside Revival is partnership project funded by the National Lottery Heritage Fund. It is an annual vintage festival celebrating Bangor's past as a thriving seaside town. Through this new vintage festival we want to revive positive memories of Bangor and use them to create new ones. We hope to reposition Bangor as a modern seaside town, drawing on its unique assets of the seafront, a thriving community of artists and creatives, Victorian architecture, its closeness to Belfast – and most importantly, an appetite among residents for regeneration.

We believe that if local people can connect with their past, they will start talking the town up – a key part of the next chapter.

The presentation will talk more about the project and what we hope to achieve, as well as give people a chance to share some of their memories of Bangor.

Length of presentation: Minimum 15 minutes

Travel time from Bangor: 15 - 20 mile radius

Caroline McCoubrey

Open House Festival

Mobile: 07834 278 045

Email: caroline@openhousefestival.com

Web: www.openhousefestival.com



Mel Walker – Ladies Pamper Nights with Tropic Skincare

Tropic is a range of natural vegan cruelty free organic skincare, bodycare & make-up products. Over the past year, I've been along to several of the WI meetings around the province to give demonstrations, talks and basically pamper the ladies!

I also have a stand each year at the WI Home and Garden Christmas Event, most recently in the Armagh City Hotel.

My talks to groups comprise of a really lovely, interactive and very informative night, which is always very much enjoyed by everyone - young and old!

(There is no charge for my service - as I feel it is extremely important that everyone is aware of how best to protect and nourish their skin.)

Get in touch:

Mel Walker

TROPIC Leader &

Miglio Jewellery Stylist

1st IN PERSONAL SALES UK

Tel: 07817 696 085

Email: melwalker01@btinternet.com

TROPIC's Essentials guide: https://issuu.com/tropicskincare/docs/2023_essentialsguide_jan-digital

VISIT MY TROPIC SHOP:

www.tropicskincare.com/melwalker.com

TROPIC FACEBOOK: www.facebook.com/search/top/?q=tropicskincare%20mel%20walker

EXALT VISAGE With Mel

@exalt_visagewithmel

- Indian Head Massage
- Natural Lift Facial Massage
- Deluxe & Express Facials
- Complimentary 1-2-1 Skincare Consultations



Your skin. Our oceans. True beauty lies beneath.



My name is Sharon McNulty and I am the founder of Serenity Sparks Joy and the only KonMari™ Consultant in Northern Ireland. I travel throughout Northern Ireland helping clients KonMari™ their homes and businesses.

I also hold workshops where I speak to audiences and groups. My workshops last approximately 2 hours. I go through the whole KonMari™ concept so that those who want can start their own journey. I then have a Q&A session and usually finish it off with the folding session. I like to make this interactive as it's easier to grasp when everyone gets a chance to try it out.

I would be thrilled to speak at one of your meetings and welcome your enquiry.

With gratitude,

Sharon McNulty
Serenity Sparks Joy

What is KonMari™?

Most of us have too much stuff and we don't know where to start in order to reduce the amount. Clients tell me:

- they spend precious time searching for items each day,
- they often re-buy what they already have
- Their home never stays tidy or
- They squeeze their clothes into the wardrobe yet they never have anything to wear!

The KonMari™ method is different, you will only ever have to tidy once in your lifetime!! When you complete your KonMari™ tidying in its entirety, you won't revert to clutter,

We tidy by category and not location and, we keep only those items that spark joy and discard the rest. As a KonMari™ Consultant I support clients in achieving a home that is tidy, where they know where everything is and that is filled only with items that spark joy.

As a result of KonMari™, clients' businesses are streamlined leading to increased productivity; their homes filled only with items that spark joy and, they will have more time to enjoy with family and friends.

KonMari™ is not about getting rid of everything or having a home that looks like a catalogue, it's about cherishing the things that make you happy and creating a serene home that you love to come home to.

Email: serenitysparksjoy@gmail.com

Web: www.serenitysparksjoy.co.uk

Facebook: [serenitysparksjoy](https://www.facebook.com/serenitysparksjoy)

Instagram: [@serenitysparksjoy](https://www.instagram.com/serenitysparksjoy)

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Sarah Lynch – Hearing Link - Connecting People. Transforming Lives.

Hearing Link is a charity which operates across the UK, our aim is a society where everyone can participate fully regardless of their level of hearing. We want people who have suffered hearing loss to have access to the right services, information, and support. We would be delighted to come along and talk about our services, and offer support and guidance on any aspect of hearing loss. You can visit our website, or find out more about our events on our Facebook page (details below). We are part of the larger charity *Hearing Dogs for Deaf People*, which you can learn more about online at: www.hearingdogs.org.uk

We can tailor a talk to suit your group's needs, and we work all over Northern Ireland.

Sarah Lynch | NI Project Manager

Mobile: 07483 005 210 Email: sarah.lynch@hearinglink.org

(My working days are Mon-Wed, 9:00-12:30 Thursday and Friday)



Funded by The Big Lottery Community Fund

Hearing Link: Northern Ireland Office, 23 Enterprise House, Lisburn Enterprise Centre, Ballinderry Road, Lisburn, BT28 2BP

www.hearinglink.org | Helpdesk: helpdesk@hearinglink.org 

 **www.facebook.com/hearinglink**

Hearing Link: Connecting People. Transforming Lives.

Hearing Link is part of *Hearing Dogs for Deaf People*.

Registered charity in England and Wales no: 293358 and in Scotland no: SC040486

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Dr John Coulter – Journalist – Presentation on various historical events I have covered!

My name is Dr John Coulter and I am very keen to give talks to WI groups. I have been a journalist since 1978 covering the situation in Ireland, north and south. I am also a lecturer in journalism, specialising in media law and ethics. I can give talks on the role of a reporter during The Troubles, as I have covered many poignant events in history. I am available to speak at WI meetings in counties Antrim, Armagh and Down.

My contact details are:

Mobile: 07739 503 385

Email: coulterjourn@btinternet.com

Many thanks,
Dr John Coulter

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Eunan Duffy (Adoptee & Campaigner) – Presentation on Historical Institutional Abuse

I am keen to speak to your organisation at various locations if possible as I travel around the country in an attempt to raise awareness and highlight the vast array of historical, social, political and moral issues regarding the former Mother & Baby/ Magdalen type institutions that existed here in the North for over 100 years but are less commonly known in comparison to the Republic of Ireland which has witnessed significant publicity particularly over the last 15 years.

Ongoing regular revelations of historical human-rights abuses and crimes including: forced & illegal adoptions; harsh maltreatment; involuntary detention; forced unpaid labour; little and/or no ante and postnatal medical/maternity care; poor and severe working and living conditions; inhuman burial practises & mass graves; sexual/physical/emotional abuse; solitary confinement; draconian punitive measures; non-consensual subjection to drug & vaccine trials; coerced child migration and trafficking have led to various questionable State Inquiries and Commissions of Investigations most notably in the Republic. The North has unfortunately been largely ignored and neglected by the government, media, political parties. The institutions in question were owned and ran predominantly by the Catholic and Protestant denominational Churches but also by Barnados and The Salvation Army along with private agencies. Referrals to the institutions were made by social services, district courts, police GPs, solicitors, clergymen and family.

Girls and women ages ranging from maybe 10 years to 80 years of age lived, worked and sometimes remained in these institutions till their death and they not only housed pregnant and unmarried girls and women but also those afflicted with physical and mental disabilities, the destitute & homeless, and addicts. The last institution closed in the North in 1994, not too far in our past.

I am an adoptee, campaigner and advocate of the issues for the last 3 years and have met many of the prominent MLAs at the former Stormont Assembly in attempt to seek truth, justice, disclosure and redress for victims and survivors of all whom remain traumatised, victimised, marginalised and endure perpetual pain and suffering as consequences of their past but ongoing treatment and experiences. The defunct Stormont Executive has failed to recognise these vulnerable people by facilitating a human rights-based, full, transparent, urgent and comprehensive investigation whilst harbouring the truth, responsibility and compliance which the State denies for its part in the litany of crimes and abuses. People must be educated and told the truth of our shocking past and present and I would be obliged to impart my knowledge and experience on those willing to listen.

My aim is to reach out to and raise awareness to as many as possible, so I can travel to groups anywhere in the province.

Eunan Duffy

Telephone: 07718 645 924

Email: eunanduffy@talktalk.net

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Rosemary Doherty – My Uncle's Story.

My name is Rosemary Doherty and I would like to present to WI groups. The talk is about my uncle who was a Chaplain in World War II. I published his autobiography called 'Rest and Be Thankful'. He was part of the Liberation Forces at Belsen and I will be able to show you two artefacts from there. He was a missionary priest from Clonard and led a most fascinating life. His family (Mageean) are from County Down. The book has been published by Colourpoint and has had many excellent reviews.

My talk is a PowerPoint presentation lasting about 45 mins / 1 hour. I also give a couple of readings from the book.

Email: rosemarydoc@hotmail.com

Telephone: 028 90 501 351

Mobile: 07730325042
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John Byrne – Signability – Tea Towel Presentation

I would be interested in delivering presentations to WI members on the production of tea towels from Northern Ireland in the late 70 / early 80s when I worked as a designer for Lamonts. I have previously carried out this presentation in a few Nursing Homes and for the Alzheimer branch in Newtownards, all were received positively. I have a collection of artwork to display along with the presentation. Distance is no problem, I can travel anywhere in the province.

This is a visual presentation where the audience can and will be encouraged to interact throughout and at the end will have an opportunity to study the designs up close. The talk will detail the process of how initial ideas and designs submitted from the client are transferred onto paper, prior to being sent to the factory for printing.

The presentation will be as follows:

- Stage one amalgamates the photos and information received from the client and then a pencil sketch / layout of their ideas is produced. The design is then returned to the client for their initial approval
- Once the design has been initially agreed and returned to myself and any changes (if any) implemented. The next stage involves producing a full colour design and it needs to be agreed again with the customer
- Once the final design is agreed and approved, the design is ready to be broken down into its individual colours and then transferred on to silk screens to where it is then sent to the factory for printing

Q&A will be welcome and encourage during and throughout presentation.

These are examples of original hand painted designs for towels completed in the late 70s early 80s:



John Byrne

Signability (22 Hugomont Avenue, Ballymena, Co. Antrim, BT43 6HW)

Tel: 07802 341808 / Landline: 028 2563 0443

Email: signability@sky.com

Website: www.signability.net

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Guide Dogs – Presentations by Christine Gordon

I have been puppy walking for the last two years for Guide Dogs, and am available to give talks to Institutes within the Ards / North Down / Greater Belfast area. I know some members followed my account of Presley and Kim - pups in training - in this past year's Ulster Countrywoman magazine. Talks can be about Guide Dogs in general, or puppy walking in particular.

For more information, please drop me an email: **chrisjgord@yahoo.co.uk**

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Pamela Gunn (Ulster American Folk Park) - Historical presentation entitled 'Rebecca Mellon, Woman, Wife and Mother to a Banking Dynasty'

My name is Pamela Gunn and I am a costumed Interpreter at the Ulster American Folk Park in Omagh, Co. Tyrone! I recently completed and delivered a 40-minute talk on Rebecca Mellon, the mother of Thomas Mellon whose original house we have in the Folk Park museum. I was lucky to be a speaker at the Ulster American Symposium in June out in Toronto and the talk was very well received. Since I returned, I have given the chat at Baronscourt WI and the West Tyrone Historical society.

The title is 'Rebecca Mellon, Woman, Wife and Mother to a Banking Dynasty' and the synopsis is as follows:

On the banks of the River Strule in Omagh, Co. Tyrone there is an old thatched farmhouse. Built in 1810, it is the childhood home of American Banker Thomas Mellon and the centrepiece of one of the best museums in Northern Ireland, the Ulster American Folk Park.

This home comes with many stories, mostly about the man who was born there in 1813. But in this story, it is his mother, Rebecca, who we hear about. A woman and mother who, thanks to her unwavering love and support, made it possible for this home to mean so much to so many people after 200 years.

This is the history from a woman's perspective, the wonderful untold story of Rebecca Mellon. My fee is £50 plus travel (depending in distance and totally negotiable) and I will travel to anywhere in Northern Ireland. I am eager to share this wonderful story as far and wide as I can, and so far people are really responding to it!

If you need any more information, please do not hesitate to contact me.

My details are:

Email: bellabamba4@hotmail.co.uk

Mobile: 07907 734 164

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Podiatrist, Nathan Gibson - Physio Plus NI (5 The Square, Comber, BT23 5DX)

Our Podiatrist, Nathan Gibson, would like to provide an information evening on foot care to some WI Institutes. Nathan can speak generally and then it can be an interactive evening where he can answer questions, either in a group or individually.

*He is willing to travel to WIs in the **Scrabo Area, Rowallane Area and Killinchy.**

For more information I can be contacted via the mobile number / email address below.

For more information, or to book Nathan for a presentation, please contact:

Bronagh Morgan

Mobile: 07470 514 504

Email: bronagh.physioplusni@gmail.com
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Action On Hearing Loss Northern Ireland

Hi ladies, I am appealing **particularly to the WI Secretaries in the County Down area**, who may have a space in their Speaker's timetable and might therefore consider inviting me to come along and give a talk on the Hearing Aid User Support Service, which Action on Hearing Loss was awarded funding from the Health Board to operate. I cover the SEHSCT area and am looking to expand support for hearing aid users in the Down area, e.g. Downpatrick, Ardglass, Newcastle, Clough, Seaforde, Saintfield, Crossgar, Killyleagh, Lisbane, Comber, etc.

Topics to be covered in the talk would include:

- Types of hearing loss
- Hearing Aids
- Hearing Aid Maintenance - (practical session)
- Assistive technology for hearing aid users
- Action on Hearing Loss Services

Any enquiries should be sent to my contact details below:

Hazel Wilson (Hearing Aid Liaison Officer)

Action on Hearing Loss

C/o Disability Resource Centre
Downshire Estate
Ardglass Road
Downpatrick BT30 6RA

Email: Hazel.Wilson@hearingloss.org.uk

Mobile: 07342 994453



Patron: **His Royal Highness The Duke of York, KG**
Chairman: **John Morgan**
Chief Executive: **Paul Breckell**

Action on Hearing Loss is the trading name of The Royal National Institute for Deaf People. A registered charity in England and Wales (207720) and Scotland (SC038926).

Registered as a charitable company limited by guarantee in England and Wales No. 454169.

Registered



**INVESTORS
IN PEOPLE** 1Y 8SL.

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Yvonne & Jocelyn. Orchid Lingerie & The Lingerie Room – The importance of bra fitting

Orchid Lingerie & The Lingerie room are 2 independent lingerie boutiques. They are owned and managed by mother and daughter Yvonne McFarland and Jocelyn Reynolds. Our stores offer beautiful collections of lingerie, nightwear and swimwear with hosiery and shapewear to compliment outerwear. In lingerie, we offer everything from the very practical to the very pretty with sizes for all. We stock an excellent range of specialist lingerie for breast care, mastectomy, maternity, sportswear and bridal. With an expert team of bra fitters instore, we aim to not only fit women properly but also educate them in the importance of wearing a properly fitting bra.

With as many as 80% of women wearing the wrong bra size, our talk aims to educate ladies of the importance of wearing the correct bra size.

During the event, we firstly explain the key points of how a bra should fit and secondly, we explain how finding the right style of bra for your shape is equally as important as the correct fit.

We will provide samples of lingerie to explain how the garments are made to offer high levels of support while still maintaining their femininity as well as explaining some of the many different styles of bras and what clothes they are best suited underneath. With our fun and interesting talk, we feel we are empowering women to find choices for lingerie in all sizes, and helping them find confidence in their shape.

To book one of our talks please contact:

Yvonne: 028 8772 3181 or Jocelyn: 07738 623 010

Email: enquiries@orchidlingerie.co.uk

Store details:

The Lingerie Room, 7 The Linen Green, Moygashel, County Tyrone, BT71 7HB (Tel: 028 8772 3181)
Orchid Lingerie, 663 Lisburn Road, Belfast, BT9 7GT (Tel: 028 9038 1313)

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Rural Support

Rural Support provides a listening and signposting service to farming and rural families across Northern Ireland through its helpline. We help callers with issues such as financial pressures, succession planning issues, technical/farming queries, mental and physical health concerns. Rural Support volunteers and mentors can also provide face to face support to help callers experiencing challenging circumstances. We would be able to visit any WI group in Northern Ireland and our presentation would focus on our services, the ways in which Rural Support can help someone and stress awareness – the causes of stress, signs of stress, impact of stress and ways of managing stress.

To arrange a presentation contact Melissa Wylie at the Rural Support office on **028 8676 0040** or via email **melissa@ruralsupport.org.uk**

Website: **www.ruralsupport.org.uk**

Rural Support is recognised as a charity by HMRC (charity reference XR52802) and is a company limited by guarantee (registered number NI42579)

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Louise Millsopp, Department of Agriculture, Environment and Rural Affairs (DAERA) - Farm Safety Presentations

I represent the Department of Agriculture, Environment and Rural Affairs (DAERA) on the Farm Safety Partnership (FSP). The FSP was established in May 2012 and members comprise from the Health & Safety Executive NI, DAERA, Ulster Farmers Union, NFU Mutual, the Young farmers Clubs of Ulster and NI Agricultural Producers Association. Since its formation, the FSP has undertaken two Action Plans designed to work closely with the farming community to develop a culture of safety-first on our farms. The third Action Plan (2017 -2020) was launched in September 2017.

Throughout the course of this Action Plan, as with previous Plans, the partnership will continue to highlight the four main causes of fatal accidents - Slurry, Animals, Falls, and Equipment (SAFE) and promote the need for farmers and their families to stay vigilant and take those next steps towards safer farms and practices. Additionally this plan aims to actively address issues which cause serious non-fatal incidents and common causes of work related ill health and reduce their effects within the sector. The third plan has four key areas of work – information and promotion, training and research, children and young people and developing change. Each area has targeted objectives with measurable outcomes.

I am keen to talk to WI groups and increase awareness of Health and Safety on the farm. Coming from a farm myself, I know the influence that many of our women in agriculture can have in reinforcing the ‘stay safe’ messages and know that some of your Institutes are based in rural areas. The FSP would be interested in providing Institutes across NI with the opportunity of availing of one of its H&S advisers/ambassadors to address the group on various farm safety issues.

If you wish to talk to me further about this, please do give me a call on either of the telephone numbers below. I look forward to hearing from you.

***Mrs Louise Millsopp
Head of Agri-Food Support Branch
Department of Agriculture, Environment and Rural Affairs (DAERA)***



Old Library Building, County Hall, Castlerock Road, Coleraine, BT51 3TB



louise.millsopp@daera-ni.gov.uk



028 9052 0805 (Ext 20805) / Mobile: 07876 758 927

Tony Kelly, RNIB Talking Books

The RNIB's Talking Books is a **free** service, giving readers access to over 25,000 titles in a wide variety of genres.

The books can be enjoyed in their own time and in their preferred format.

In the UK on 7th November 1935, the RNIB delivered the first talking books to blind and partially sighted people. Their first recordings were Agatha Christie's "*The Murder of Roger Ackroyd*" and "*Typhoon*" by Joseph Conrad.

The RNIB would like the opportunity to talk about this plus many other ways we are trying to make life better for those with sight loss across Northern Ireland.

For more information, please contact Tony Kelly:

Tel: 07535331194

Email: Tony.Kelly@rnib.org.uk

Web: <http://www.rnib.org.uk/northern-ireland>

Aideen McCanny - Apex Clinic – Spinal Matters & Fitness/Flexibility Presentations 2018-19

My name is Aideen and I look after the PR & Marketing for, Apex Clinic, Belfast, which is Ireland’s leading physiotherapy and sports injury clinic. With services including physiotherapy, chiropody, sports massage and headache treatment, Apex Clinic is a one-stop solution for combating aches and pains. We believe that the cure for pain isn’t painkillers and that too many people accept living with pain when they shouldn’t.

We were delighted to provide you with physiotherapy talks in the past and hope that you will take the chance to avail of another in 2018 – 2019.

We would like to offer you the choice of two talks, choosing whichever is most suitable for your audience:

The first is: ***‘Spinal Matters: How to keep your spine pain free and nimble for the future’***. It’s fun and informative with plenty of top tips, practical advice and a few exercises to keep neck, upper & lower back pain free and healthy for the future.

Or the second option is: ***‘Don’t let too many birthdays hinder your fitness, flexibility and tone’***. We would relish the opportunity to share with your members some great advice on keeping active and flexible by discussing ways to improve the tone of our muscles and improve balance for sports, walking and preventing falls.

These **hour-long talks** will be delivered by one of our spinal physiotherapy specialists. There is no speakers fee for this and we would also be more than happy to provide you with half price Chiropody vouchers for those in attendance. We are delighted to offer yearly talks, with groups rebooking us for the next year. The topic of our talk is changed each time, tailored to each specific group and our aim is always to make it fun and informative.

If you would like any further information or to discuss further, I can be reached via my email or on the number below. I look forward to hearing from you...

Aideen McCanny
PR & Marketing
Apex Clinic & Apex Headache Clinic
Tel: 07719 985 564
Email:
www.apexclinic.co.uk

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John Bradbury – History Talks

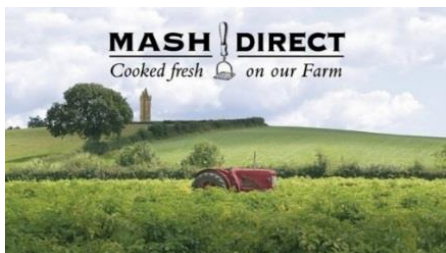
Hi, I'm John Bradbury. My history book *'Celebrated Citizens of Belfast'* was published by Appletree Press in 2002. I would be delighted to give one hour talks to WI groups about the early years of Belfast and the important people who contributed to its development. At the group’s request, I can also research other people who have been important elsewhere in the province. I also give talks on the history of Ulster’s linen industry. I'm happy to be flexible and I've lots of experience of giving talks at Queen's on history and literature.

(I would ask a modest £20 fee and some petrol expenses)

For more information please telephone: 028 90 667 594

Or email: begonia2@outlook.com

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Mash Direct Presentations

Representatives from *Mash Direct* fresh farm foods are keen to give talks to WI groups. For more information or to book a speaker, please telephone: **028 9187 8316**

(Mash Direct, 81 Ballyrainey Road, Comber, Newtownards, BT23 5JU)

David Hosgood, The Silverline – Aiming to combat loneliness in older people

Hello, my name is David Hosgood and I am a volunteer with the Silverline. The organisation was set up by Esther Rantzen three years ago to help combat loneliness in older people. The SL is very successful in other parts of the UK, and we are currently trying to increase awareness of the SL in Northern Ireland. I live in Bangor, and am trying to represent as much of the North Down area as possible. If you feel it would be of benefit I will be happy to talk to your members and explain as much as I can about the SL.

*For more information, please give me a call: **07860 425 304***

*or drop me an email: **david.hosgood@btinternet.com***

*You can also visit the website: **www.thesilverline.org.uk***

Prima Linea Therapy

We are keen to deliver talks to all WIs across Northern Ireland. This offer is totally free of charge, without a hidden agenda. We are members of the Kindness Foundation and as such we seek out opportunities to altruistically support the objectives of our work, which are to encourage self-help, build awareness, impart skills and support individual growth. Prima Linea Training associates work mostly within the field of healthcare and are exceptionally experienced in delivering creative, unique and highly evaluated awareness, training and self-help sessions (primarily to women) covering a number of topics such as:

- Dealing creatively with anxiety, stress and worry.*
- Believing in yourself & building self confidence*
- Getting up, getting on and keeping going – becoming resilient*
- Designing your personal motivation plan – what works for you and why*
- Dealing with conflict in any situation*
- Learning unique NLP (neuro linguistic programming) skills and tips to aid your personal communication style*
- Public speaking without fear – insider tips from an experienced actor*
- Between a rock and a hard place – practical mediation skills to use at work or at home*

We would be offering the services of our lead trainer, Dr Valentina McGarrell, who is an exceptionally highly regarded speaker, whose sessions always produce a great deal of interaction, thought and laughter, as well as dealing with the nub of the subject.

*For more information please contact our offices by telephoning: **028 9265 1785***

*Or email: **training@primalineaco.uk***

Paula Dunlop, Laughter Therapy NI – The Power of Positive Thinking!

In conjunction with Libraries NI I deliver inspiring talks on positive thinking and clearing negative thoughts. I have delivered workshops across rural Libraries and have worked with many charities, as well as Queens University, Health Care and Corporate Companies. I also run the *Belfast Laughter Therapy* workshop which encourages relax, laugh meditate. Several WI ladies have attended my workshops and I would be keen to give talks to WI Institute groups. If you would be interested in hiring me for a workshop or would like to find out more please do get in touch...

Email: paulinemdunlop@hotmail.com

You can also see more information on my website: www.laughtertherapyni.com

Healthcare in Northern Ireland Today

Mark Regan, Radiographer & CEO of one of the countries busiest private hospitals, will take the audience on a tour of what local healthcare looks like today. He will explore the history of the NHS back at its inception in 1948 through to the demands placed on the service today. Mark touches on some of the statistics seen in the media and explains what they actually mean, while also offering discussion on how each of us can take control of our own health and the importance of this. Audience size 5-500. Verbal or digital presentation.

Please contact Mark on: **07768 023 099**

Gary Hart, UK Parliament Outreach Presentations

Hello, I am the UK Parliament Senior Community Outreach and Engagement Officer for Northern Ireland. My role is to deliver presentations to community organisations across Northern Ireland about how the UK Parliament at Westminster works and how people can get more involved. I wondered whether your WI might be interested in a **free** presentation about the UK Parliament and its workings? More information about our service can be found at www.parliament.uk/get-involved where you'll see that we have specific presentations looking at the role of women in the UK Parliament, which might be of particular interest to your members. WIs groups across the region can contact me at any time for more details:

Gary Hart (Senior Community Outreach and Engagement Officer)

Telephone: 020 7219 4993 or 07917488305

Email: hartg@parliament.uk

Website: www.parliament.uk/get-involved

Nancy Moreland – Nifty Needles - Craft & Fibre Tutor

I am a fibre artist who has been spinning, dyeing, sewing, knitting and crocheting for over thirty-five. I tutor to various groups. I am able to cater the class to the interests and abilities of the group. I can teach a variety of traditional crafts including embroidery, redwork & blackwork, button making, fillet crochet, cross stitch, crochet, knitting, sewing, patchwork and quilting.

For further details please contact me:

Phone: 078 6081 6261

Facebook: Nifty Needles

Website: www.nifty-needles.com

Address: 36 Rosevale Road, Banbridge BT32 3QJ

Aisleen Hamill, Side by Side Manager, Alzheimer's Society (East Antrim Area)

Aisleen is keen to visit groups, particularly in the Inver and Knockagh Areas, to talk about dementia, the services the Alzheimer's Society provides to help those with dementia and information regarding volunteering with the organisation.

To book a talk, please contact Aisleen:

Email: Aisleen.Hamill@alzheimers.org.uk

Tel: 028 93 362940

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AGE NI – Advice Service (Care, Health, Housing & Money)

Age NI offers free, independent, confidential advice to older people, their families and carers on a range of issues including: care, health, housing and money. For advice and information on staying independent or to book a speaker for your group please telephone: **0808 808 7575**
(Freephone 7 days a week, 8am – 7pm)

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Assisi Animal Sanctuary – ‘Help for the Helpless’ - Nigel Mason (Chief Executive Officer)

Assisi is the largest independent animal sanctuary in Northern Ireland and each year we care for unwanted and abandoned animals. We also provide advice on how to care for your animals through our educational programmes. Founded in 1997, the Sanctuary is Northern Ireland's largest independent animal welfare charity, providing shelter for up to 200 companion animals including dogs, puppies, cats, kittens, rabbits and guinea pigs. **Charity Reference Number: NIC104594**

Registered Office: Assisi Animal Sanctuary, 1 Old Bangor Road, Conlig, Newtownards, BT23 7PU

Tel: 028 9182 4244 / **Mob:** 07942 816 371 / **Email:** nigel@assisi-ni.org / **Web:** www.assisi-ni.org

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Rachel Booth, Tropic Skincare Ambassador

I am a Tropic Skincare ambassador and would be willing to share our natural skincare, bodycare and makeup products with your ladies. The event would involve an express facial and makeup application on a volunteer present. The ladies would be given an introduction to our fantastic products and have the opportunity to order any of our products if they do desired. I cover the whole of Northern Ireland and would be prepared to travel.

For more information or to book a talk, please telephone Rachel on:

Mobile: 07824 661 662 / Home: 028 92 689095

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Charlie Barbour – Historic Presentations On Old Coins, etc.

Charlie is keen to share his knowledge of historical items, particularly old coins, bank notes and retro postcards. An interesting presentation guaranteed, with lots of nostalgia. Charlie is based around the Hillsborough area but is willing to travel anywhere in the province. For more information or to book a talk, please telephone Charlie on: **028 92 638 063**

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Julie Glass, The Body Shop

My name is Julie Glass. I am a consultant with The Body Shop at Home located in Armagh. I demonstrate and promote The Body Shop beauty products. I don't charge for my speaker services. The ladies will have an opportunity to order Body Shop products, if they choose after my demonstration / talk. I am happy to travel around an hour from my location. I can be contacted on: **07786547583**

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Judith Byrne, Chair of Northern Ireland Assistance Dogs

We are a small NI charity (Reg No NIC100290) that trains Diabetes Alert Dogs for people who have lost their 'hypo awareness'. Part of our charitable status is education and we do short talks about our dogs to groups ranging from Scouts & Brownies to adult community groups and everyone in between. We are based in Ballymena & Belfast but we can travel to most parts of NI. We would be happy to come along and talk to them and perhaps you could put our details in your magazine. We may even be able to come at short notice if a previously booked presenter is unable to attend. We can be contacted by email: **niassistancedogs@hotmail.co.uk**

or by PM on Facebook. (We are all volunteers and most have jobs too).

<https://www.facebook.com/Northern-Ireland-Assistance-Dogs-NIAD-195670897111884/>

We do not charge for our talks (although a donation is never refused) and, if permitted, we bring a small selection of our 'Sooo...Jammy' jams & chutneys which we make & sell to raise funds (given the WI reputation for making outstanding jams etc. this could be a rather frightening experience for us! LOL but we do make the WI Cranberry Chutney, which is very popular!)

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Circle & Ceilidh Dances – A New Activity?!

Circle Dances are basically folk dances done in one big circle! Dances come from many countries and range from those with a meditative feel through moderate paced ones to the really lively! I have been leading a circle dance group in Belfast for 20 years and ceilidh dancing for half that time. The emphases is on having fun learning and doing simple ceilidh and circle dances. The music is very catchy... when you hear it you'll just want to join in and dance!

*If you would like more information please contact **Patrick Brunskill:***

Telephone 028 9022 8631 or Email: jonpat99@hotmail.com

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Living Vintage Fashion

If any WIs are looking for a great night of entertainment then this is it! A celebration of the 1940s and 50s- full catwalk shows, memorabilia show, host, meet and greet, private displays and anniversaries. For more details please contact:

Bridget: 07771 888 641

Email: bcowens50@hotmail.com

Website: www.livingvintagefashion.com

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Joanne Hayden, Belfast Telegraph

Joanne's talks will promote Belfast Telegraph paper and Home Delivery service which is a convenient and cost effective way to get the paper every day. Would also like to introduce Belfast Telegraph Travel to showcase our range of holidays including package holidays, fully guided tours, or city breaks amongst lots of others. Willing to travel province-wide.

Mobile Telephone: 07730 418148

Email: j.hayden@belfasttelegraph.co.uk

George McCartney, Pension Wise

George is a Pension Wise Guidance Specialist, working with Citizens Advice in Lisburn to deliver a free and impartial service called Pension Wise. The legislation around pensions changed on 6th April 2015 and the aim of Pension Wise is to give free guidance on the new pension reforms and empower your decision making when accessing pension savings. This service is most suitable for people aged over 50 with a defined contribution pension. If you wish to organise an informal short talk with a question and answer session for your Institute, or you would like some further information on the project and some leaflets and posters, please do not hesitate to contact George on: 07736 196 461 or email: george.mccartney@citizensadvice.co.uk

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The Walled Garden *at* Helen's Bay

David Love Cameron – A Year of Heritage Gardening at Le Manoir aux Quat'Saisons

I am the Head Gardener at 'The Walled Garden Helen's Bay', an ongoing restoration of an historic County Down garden to a productive market garden. In 2013 I was awarded the 'Raymond Blanc National Heritage Garden Scholarship' and worked for a year with Raymond and his garden team at his Oxfordshire hotel and restaurant Le Manoir aux Quat'Saisons. We worked closely with the charity 'Garden Organic', building a new 'Heritage Garden' which was designed to showcase the wonderful collection of Garden Organic's Heritage Seed Library. It was a fascinating project with many highlights including working in Raymond's famous kitchen, discovering and saving a rare Northern Irish pea variety and showing the Prince of Wales our work. I have put together, I hope, an informative and entertaining presentation about the project and my experience as Raymond's gardener with glimpses behind-the-scenes glimpses of Le Manoir's kitchens and gardens and I explore the importance of preserving our old and unusual vegetable varieties. I normally charge between £75 & £125 for the talk, depending on the size and location of the group and I can travel anywhere in Northern Ireland. If any Institutes are interested in my talk please do let me know and I will be pleased to make arrangements...

Telephone: 07429 434 918 Email: thewalledgardenhelensbay@gmail.com

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Samuel Reid, Dogs Trust Rehoming Centre in Ballymena.

We are the UK's largest dog charity, caring for nearly 17,000 dogs every year at our nationwide network of rehoming centres. And we never put down a healthy dog but do our best to find loving, permanent homes for all our residents. Here at Ballymena we look after 400 dogs a year and have over 80 in our care at any one time. We provide many services throughout the UK. And one of which is providing talks with power point presentations and tours of your local rehoming centre. I would like to offer this service to the Women's Institute, and tell your branches of the work Dogs Trust does.

For more information please email Samuel: samuel.reid@dogstrust.org.uk

*You can also telephone the Dogs Trust Rehoming Centre: **028 2566 1007***

Or visit our website: www.dogstrust.org.uk

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Debbie Wilson - BodyTalk, An Alternative Therapy

Hello, I am interested in speaking for your WI groups. I am based in Downpatrick and so can travel mainly around the County Down Institutes. I practice an alternative therapy called BodyTalk which is an energy medicine and was developed in the 1990s by Australian acupuncturist and chiropractor Dr John Veltheim. His extensive studies of the different healing systems and philosophies of the world led him to create the BodyTalk System, taking the most fundamental principles from each and using them to create a truly holistic, all-encompassing system capable of treating a huge range of conditions. BodyTalk, unlike conventional medicine, works on what caused the symptoms in the first place and so creates and maintains true health in the body.

For further information please feel free to telephone me on: **07528917448**

Alternatively you can take a look at my website: www.debbiewilsonbodytalk.co.uk

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Memory Assessment & Psychological Therapies - Dr Pauline Thompson, Clinical Psychologist

I am a Clinical Psychologist working in private practice in Northern Ireland but previously worked for NHS Scotland. I have extensive experience in the treatment of a range of mental health problems and particular expertise in working with people over the age of 65 including those with dementia. I would be interested in delivering talks on topics such as:

- Memory Problems (common problems, causes, when to seek help, tips on coping)
- Dementia (Most common types, problems experienced, etc.)
- Depression (Symptoms, treatments, self-help etc.)
- Anxiety and/or Panic Attacks (Symptoms, treatments, self-help etc.)
- Any other Mental Health problem

WI Geographical Areas covered: If possibility of daytime talk all areas covered. Otherwise evening talks in Londonderry, Antrim and parts of Down.

Contact Details:

Tel: 02825 652 855

Email: Pauline@mapt-ni.co.uk

Mob: 07890 315 990

Web: www.mapt-ni.co.uk

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Bowel Cancer UK - Informative talks by Bernie McGarry

Bernie is the Northern Ireland Health Promotion & Fundraising Officer for the charity *Bowel Cancer UK* and is keen to give informative talks and raise bowel cancer awareness.

For more information or to book a talk, please telephone Bernie on: 07798523668

Website: www.bowelcanceruk.org.uk

Twitter: @bowel_cancer_uk

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Phoenix Natural Gas

Phoenix Natural Gas provides an Energy Efficiency Expert who delivers a 20-30 minute talk on energy efficiency and the benefits of natural gas and would love to talk to your member groups. Find out how to use less energy and save money on your household energy bills. Phoenix Natural Gas's Energy Efficiency Expert will provide a 20 to 30 minute presentation giving helpful tips and advice about saving energy, keeping warm and the benefits of natural gas. Just by introducing simple energy efficiency measures into the home, the average household could save around £280 a year and greatly improve its Energy Performance Rating. Be Informed, Take Action and Start Saving!

Speaker: Neil McCracken

Contact: Karen White - Telephone: 028 9055 5581 / Email: karen.white@phoenixnaturalgas.com

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Pilates

Pilates is a relaxed and controlled form of exercise which has been researched to help ease back and neck pain and promote improved well being. I am a Chartered Physiotherapist and offer group pilates classes or one-to-one pilates classes in the Armagh- Richhill-Dungannon-Cookstown area.

Contact Anna via email amckphysio@hotmail.co.uk or mobile 07811467348

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Allison Hill – Magnetix Wellness

I am a consultant for Magnetix Wellness and wanted to see if any of your groups would be interested in a talk and presentation of our products. We have a wide and varied range of affordable jewellery and Wellness products all of which use magnetic therapy to help with a wide range of health issues from arthritis, migraines and menopause, to anxiety and depression.

I work full-time and this is a hobby for me since I tried the products and was then able to reduce my medications substantially since using the products. My family and friends have benefitted also and I am very passionate about spreading the word on these products and as I have family members in WI groups I believe it might be of interest to you. My mum didn't want to ask the question in case you felt obliged as she has been a member for many, years hence I am doing this myself. I am from Ballyclare but will travel to cover a number of groups across the province.

I also have catalogues available on request to show you some of the range. Please contact me for more information or to book a talk:

Allison Hill Tel: 07738 974 209 Email: hill.0427@btinternet.com




Let me introduce you to the many healing properties of **Aloe Vera**

 **A general tonic for good health**

 **Anti-inflammatory and pain killing effects**

 **Assists in healthy digestion**

 **Effect on the skin**

And many, many more!

Allow me to come along and tell you about the amazing health benefits and try some of our luxury products.

Details for Booking:

Lisa Armstrong – Telephone: 07763 912 615

 **Lovely Living By Lisa**

NO TRAVEL CHARGE! NO TALK CHARGE!

15% of sales can also be donated to a church / cause of your choice.

War On Want Northern Ireland

I am contacting a few different groups such as yourselves to find out whether you might be interested in booking one of our vintage fashion shows as entertainment for your centre or perhaps hosting a free presentation on the work of War on Want NI with specific regards to women's development. Our **'Glimpse into the Past'** show, presents styles from 1840-1919. More than just a fashion show it's a glimpse into the lives and times of men and woman from that era, using an unmatched collection of period costumes, the players bring a colourful cast of characters to life during this two hour fun packed show. With over 20 costumes, funny sketches and entertaining historical insights this outstanding show is a hit wherever it appears! Or you can experience the fashions of the 1920's through to the late 30's through the **'The Flappers Show'**. Experience the Roaring Twenties for yourself as you enjoy the sights and sounds from a bygone era. The show opens with the models dancing the Charleston whilst showcasing the fashion from the 20's and 30's, so prepare yourself to be transported back in time listening to music from the 1920's and experiencing the fashions of that era. By hiring one of our shows put together by a dedicated team of War on Want NI volunteers, you could raise money for your organization, solve your entertainment challenges and have a good time all while supporting some of the poorest people in Uganda and Malawi.

As an alternative to hiring one of our shows your group may be interested in a free talk we present:

We are offering a number of presentations in the community to interested groups in order to highlight the reality of women's lives overseas and to highlight the work we as a charity are doing to advance women's equality and participation in society. We have a **special interest in the experience of women** as they are among the most susceptible to psychological, physical, social and economic vulnerability. Our mission is to ensure that the world's poorest communities have access to the resources they need to achieve their full potential and work their way out of poverty. **Our work builds the capacity of women, young people and other vulnerable people, living in the poorest rural areas to take charge of their economic development and ensures that their needs and issues are listened to and addressed.** Our projects tackle many issues that require a holistic response. Sometimes women in the groups we support can be initially reluctant or nervous when taking on leadership roles in their groups. **We work with them, and their co-members, to make sure they are supported and encouraged,** and receive the right training to build their confidence and knowledge. All group members develop skills in good leadership, fair decision making, relevant advocacy actions and transparent record keeping so that they contribute positively to the development of their communities.

As we work with groups, women's voices become stronger, they act as role models for others and encourage more women to join. Their contribution is taken seriously by the male members and they are often the one driving the group forward. These changes in attitudes and behaviour are sometimes incredibly subtle, other times they are as plain to see as women no longer taking their traditional position on the floor in meetings, but sitting side by side with the men, their equal partners in their development journey. Through our sustainable income programmes women and other vulnerable people, gain practical skills in farming and 'farming as a business'. **Our projects are not 'one size fits all'**. We know different groups and individuals face different challenges. We work with the groups to develop a plan that will meet their immediate needs and **lay the foundation for a future free from poverty.** Group members are taught how to best use the resources available to them (land, crops, livestock, skills) to **create dependable and diversified sources of income** for their families. This reduces their vulnerability to emergencies such as drought, flood, market changes or personal/family illness.

****For more information on War on Want NI, and our work have a look at our website:***

www.waronwantni.org

Or to book a show and or a talk, please contact: **Mariclare** on: **028 90 232 064**

or email: **mariclare@waronwantni.org**

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Think Drink 55+ Project

My name is Nicola Greer and I work as the Training & Development Officer with the Think Drink 55+ project which is a partnership project with the Causeway Rural & Urban Network and Addiction NI and funded by the Big Lottery Fund. This project is part of the wider Think Drink consortium and delivers services across the Northern Trust area. I am offering free talks to groups within the local community, to inform them of the work of the Think Drink 55+ project and to also provide alcohol awareness sessions. This aim of this project is to reduce the physical and mental harm caused by alcohol to people over the age of 55. We offer free counselling in individuals own homes and also provide support and counselling to family members affected by alcohol misuse. I am able to provide information and awareness sessions to any Womens' Institute groups who fall within the Northern Trust area, which include Lower Bann, Riada, Slemish, Inver, Knockagh and Sperrin.

If any groups would like to find out more about the work of this project and avail of a free session, please contact me on...

Tel: 028 7034 4934

Email: nicola.greer@crun.org

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Foyle CRUSE Bereavement Care

Foyle CRUSE Bereavement Care is offering free one-off Bereavement Information Sessions to groups in the Londonderry area, providing information on the impacts of grief, how to help yourself and others who have been bereaved and the support available free through Cruse, due to funding from the Big Lottery Fund under the *Together For You* project. There is no expectation on anyone attending to participate and it is not necessary that you have had a bereavement to attend. We are happy to provide the venue/refreshments. If you wish to book this for your Autumn/Winter 2015 WI programme please contact Jane Kane, *Together for You* Foyle Coordinator at: Jane.Kane@cruse.org.uk or telephone:07761229122.

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Addiction NI

Addiction NI struggles to gain support from the general public due to the stigma, shame and misconceptions surrounding alcohol dependency. The reality is that 1 in 17 people in Northern Ireland are dependent of alcohol and it affects individuals from every walk of life. In order to raise awareness we run Alcohol Awareness Sessions run to educate individuals on alcohol. The sessions are informative, interactive & fun with the aim being to educate individuals on alcohol.

Please contact Regina Cox (Fundraising & Community Development Manager)

Direct Line Telephone: 028 9521 2179

Mobile: 07718 205 000

Email: regina.cox@addictionni.com

Website: www.addictionni.com

Addiction NI Telephone: 028 9066 4434

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Kinesiology by Keri

My name is Keri Dillon and I practice Systematic Kinesiology, an alternative therapy. I use muscle testing to detect various pains and illnesses and treat these through a vast range of correction techniques. Systematic Kinesiology can be used to treat food sensitivities, stress, anxiety, fears, phobias, etc. For more information please call or text me on: 07921 569 480

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Vets4Pets

We would like to introduce ourselves to your organisation, Vets4Pets Ballymena is a small animal veterinary practice located in Pets At Home, Ballymena. The practice is owned and ran by myself, Mary Davey, a Ballymena woman born and bred. We regularly do voluntary work with local schools and youth groups around various topics such as explaining our day to day job, educational talks on the basic care of common pets and on animal welfare. We also give tours of our clinic to allow that 'behind the scenes access' to what goes on when your pet is admitted for veterinary care. We were wondering if this is something that would interest your members. Other topics that we thought may be of interest to your members were 'My pet.....does he/she need to see a vet?', 'Basic first aid for pets' or 'There's a stray cat/ten feral cats in my garden - what do I do?'

If any of this is of any interest to you or there are any other topics/events you'd like to suggest feel free to contact me: Mary Davey MRCVS Phone: 02825 640491 Email: ballymena@vets4pets.com

Jane Watt (Reflexology)

My name is Jane, I am a reflexologist and would love to have the opportunity to speak with groups of ladies about reflexology, to increase awareness about the benefits of this wonderful holistic therapy. Working on the feet or hands, reflexology is a non-invasive therapy that can bring relief from a wide range of health problems in a very gentle, natural way. I live in Lisburn and currently do treatments from a treatment room at home and from a treatment room at Club Class Fitness, a local gym. I have a mobile reflexology chair so can travel to different venues and can offer corporate reflexology. If you need any further information please do not hesitate to contact me:

Jane Watt Reflexology
Mobile: 07779 571649

Liam Logan

Liam Logan is an Ulster Scots enthusiast and commentator who has made a contribution to the recent interest in the language as a native speaker, broadcaster and writer. Originally from County Antrim, Liam has presented Radio Ulster's main Ulster Scots programme, *A Kist of Words*, for over twelve years and as presenter for the local television series *Santer* and *The Gaitherin*. In addition, he has contributed to the BBC1 national, BBC World Service, BBC4 Digital and RTE. Please contact Liam on:

Mobile: 07890 325 059 E-mail: gonoorthat@gmail.com Facebook: Ulster ScotsAcademy (misspelling deliberate)

Vanessa Drew – Gardening / Self-Sufficiency Presentations

I have been a keen gardener all my life and have had my own garden design business for 14 years. We have a 5 acre small holding with goats, sheep, beehives & hens. I try to be self-sufficient and grow as much of our fruit & veg as possible and make home produce to sell from home. Our home produce includes: goats milk, goat yoghurt & ice cream, free range eggs, jams, chutneys & honey from our bees. We live between Rathfriland, Castlewellan & Banbridge and I also have a B&B. I teach beekeeping and hold taster courses in beekeeping, goat milking, keeping hens, growing own veg, etc.

Talk Topics:

- 1. 'Hard & Soft Landscaping – Getting the Balance Right'** – Sponsored by Tobermore Paving – No charge to groups for this talk.
- 2. 'Self Sufficiency'** – Travel distance within 1 hour: £90. Further afield: please contact to discuss.

Contact: 07754091772 / www.vanessadrewgardendesign.com / www.ballyroneycottage.com

Simon Doherty (Send a Cow)

My Mum is a member of Moneyrea WI and showed me a copy of the brilliant *Ulster Countrywoman* magazine, containing some information on potential speakers for Institutes. I would imagine that many Institutes will be thinking about their programme for the new WI season at this time and it would be good to get a few talks set up - I have spoken at Gleno WI, which was a great night, and I think that Mum will try to get me a slot at Moneyreagh too! I am an Ambassador and Trustee of the livestock development charity, *Send a Cow*. I have delivered presentations on the work of the charity to schools, churches and community groups - including, as I've said, the WI. I vary my talks depending on the audience and include material from my own visits to Africa. Particularly in rural areas, audiences tend to be interested in my involvement as a veterinary surgeon. I would be happy for you to contact Gleno WI if you would like some feedback on my recent talk there.

Please contact me on: **07917 673 349**

Or email: **simondoc@hotmail.com**

For further information you can also visit **www.sendacow.org**

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Hazel Cuthbertson (Pampered Chef)

Looking for a simple, fun and fresh way to raise money for your Institute or Charity? Say Hello to *The Pampered Chef Cookery Demonstration Fundraiser*. Contact Hazel Cuthbertson on 028 89 531 232 or email whcuthbertson@btinternet.com for further details.

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Peter Lyons (Woodland Trust)

I am a volunteer speaker for the Woodland Trust and give illustrated talks about the history and work of the WT in Northern Ireland. There is no charge for this, I need only a screen or a television on which to display my presentation.

We do not expect people to join WT, just let them know what we are doing.

Dates and venues can be arranged to mutual benefit.

Please email: gaffer.lyons@btinternet.com

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Dianne McKew, Miglio Designer Jewellery

Available in counties Armagh and Down. Dianne can be contacted at:

Cabragh View, 31 Cabragh Road, Tandragee. Tel: 028 3884 0339 Mob: 07746120440 Email:

dianne.miglio@gmail.com

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Cats Protection

Free talks on pet ownership, neutering and education will be discussed, as well as the many facets of the Belfast Cats Protections Adoption Centre. We hope to take our message out to the wider public domain in order to go some way in preventing unwanted cats and kittens in the future and help provide a better understanding of cat behaviour and also perhaps help towards the bigger problem of helping to prevent cat cruelty which comes in many forms and is not always the worst case scenario. Cats Protection Belfast Adoption Centre is one of 30 UK based feline only charities and we are the only Cats Protection in Northern Ireland. We currently are home to some 100 unwanted or stray animals and we never put a healthy animal down, so they stay with us until a suitable home is found. All I ask is that the ladies of the Women's Institute give some considerations to having us along for an interesting and informative talks.

Please contact Bel Livingstone: **belfast@cats.org.uk**

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Second Bloom

We are Sharon Francey and Eleanor Graham, collectively known as “Second Bloom”. We are based in Doagh, Co. Antrim. We make handbags out of recycled clothes and household fabrics that would otherwise be discarded. In doing so we support local charity shops, attend fundraising events such as craft fairs and hopefully we make a tiny difference to our planet by reducing clothes wastage as well.

Our repertoire includes:

- An introduction outlining how we started our project
- An informative look at “Handbags Through the Ages”
- A look at textile recycling statistics in the UK
- A demonstration of our bags describing how they were made.
- An opportunity to design your own bag or purchase from our existing stock

Please contact us to discuss – Sharon 07876 052224, Eleanor 07711 625701 or email us at secondbloom@btinternet.com

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MACS

MACS is a Northern Irish charity that supports 16 to 25 year olds who are homeless, are care experienced, have mental health issues or they need help and support. We provide young people with a place to live for up to two years, and offer a range of programmes to build their confidence, make more positive choices or get involved in training or educational opportunities. I would be willing to travel anywhere in Northern Ireland, though our projects are in Down, Newry, Lisburn and Belfast. I would be available to talk about MACS, the problems that the young people face, some of the reasons why they find themselves in such a dire situation and how we help.

Contact Madeline Donaghy on 028 90 313 163 / Email: MadelineDonnelly@macsni.org
www.macsni.org

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Gillian Reid – Miglio Jewellery

Gillian Reid is an Independent Consultant for Miglio Jewellery which is manufactured in South Africa. It is all triple plated with pure silver and handcrafted to a high specification. Gillian would deliver a presentation on the background of the jewellery and how it is made and also give tips on how to choose and wear jewellery to suit you as an individual. A large selection of jewellery would be on display on the evening. Contact Gillian on: 07736233703 or email: miglio@gillianreid.plus.com

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USPCA

The USPCA would be keen to give talks to WI groups regarding the change in the Animal Welfare Legislation and the USPCA’s role in Prevention of Cruelty and Relief of Suffering. For further information please telephone Colleen on: 028 3025 1000 or email: headoffice@uspca.co.uk

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Hearing Dogs For Deaf People

Hearing Dogs for Deaf People is a national charity and centre of excellence in training dogs to alert deaf people to important sounds and danger signals in the home, work place and public buildings. The charity's aim is to offer greater independence, confidence and companionship to deaf people by providing dogs trained to alert them to chosen everyday sounds. HRH The Princess Royal has supported the Charity for many years, helping to promote awareness of our life-changing work. Hearing Dogs for Deaf People was launched 30 years ago at Crufts. Since then, we've become a centre of excellence in training hearing dogs and have created over 1,600 life-changing partnerships. Please contact Des Thompson on: 028 90 659453 or 07712585283

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Ruth McGilligan (Pampered Chef)

Hi, my name is Ruth McGilligan and I am a Pampered Chef consultant from Garvagh. Basically what I do is I come to an organisation and conduct a cookery demonstration using Pampered Chef products. Usually I make a main and a dessert which then can be used for the supper that night! It can be done also as a fundraiser. Basically if any products are purchased 15% of what is bought can go to the WI funds or to a charity of their choice! Please telephone me on: 07720393929

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Aisling Cowan: No Fracking Northern Ireland

Heard that F word but just not sure what it's all about? Things are moving quickly with test drills taking place in several places in NI Fermanagh, Ballycastle and Carrickfergus. Now is the time to get informed and find out more about Fracking. As landowners and rural dwellers, it is you who will be impacted the most by the damaging process. Have an experienced campaigner come along to your meeting, and present, ask questions and find out what you can do to help. Willing to travel to any area within Northern Ireland. Please telephone: 07866929487 or email: aisling.hypnotherapyforhealth@gmail.com

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Travel Talks by Noel Beattie

Do you require a speaker at your monthly meeting? If so, please contact Noel Beattie- telephone: 028 90 778428 or email: noel_innisfayle@msn.com Willing to travel within 35 miles of Belfast. Various talks on travel, stretching from New Zealand to Alaska and in between. Please email for a list of presentations.

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Greer and Maureen Lowe

Greer and Maureen Lowe have links with Klong Toey Handicrafts in Bangkok. They have visited Thailand on four occasions, were extremely impressed with an income generation project in the Klong Toey slum and have started to import crafts from this project into Northern Ireland. All of the proceeds from the sale of these items goes back to Bangkok to support needy families. The project was started by an Australian couple who have lived, with their children, in the slum for the past eleven years helping local people with their day to day problems. What they are doing is truly remarkable and has made a big impact on living conditions in the slum. Greer and Maureen will bring the jewellery and other craft items to your meeting, speak about the work, show some photos and video clips and invite questions. No remuneration is expected but the very attractive jewellery and craft items may be purchased to support the work in Bangkok.

They can be contacted on: 028 44 881690 or 07801 015 384

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Dr Brian McElroy

My name is Dr Brian McElroy and I am a Doctor of Chiropractic, based in Premier Chiropractic in Downpatrick, Co. Down. Chiropractic is a completely natural form of healthcare that helps to remove interference in the body by gently adjusting the affected area, allowing energy to flow freely again throughout the whole body. I see many patients with a wide range of symptoms and health related issues and help them regain their quality of life through Chiropractic care and general lifestyle advice. I would love to share my experience with your members. For further information please telephone 028 44 839560 www.premierchiropractic.co.uk

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Remembering Richard Hayward

On the 50th anniversary of his death, this presentation looks back on the life and times of Richard Hayward – one of Ireland’s best loved celebrities from the middle years of the 20th century. Richard Hayward also gave talks to the WI in the 1950s and early 1960s - some members may even remember him. Hayward was a writer, actor, singer and broadcaster who travelled all over Ireland. He appeared in the first black and white Irish films in the 1930s and drove around the country recording folklore, heritage and stories for his travel books. The evening includes a forty-five minute slideshow and some of his most celebrated traditional Irish folksongs will also be played.

Contact: Paul Clements - Tel: 028 90 641105 / Mob: 07762 379303

Email: clementsrp@googlemail.com

Website: www.clementswriting.com

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Shakila Simpson - Ladies Fashion Accessories Evenings

Hello Ladies of the WI. My name is **Shakila Simpson**. I am the Owner of Shamar Giftware Ladies Accessories. My range includes Handbags, Scarves, Shawls, Knitwear and Jewellery. I regularly source the latest seasonal styles, to ensure I have something different for my customers. I would like to share with you, my range and ideas of how an outfit can be transformed with just a few accessories. If you would be interested in having me attend one of your WI evenings, where you can browse, get tips and advice, and enjoy a relaxing shopping experience, please get in touch. Phone **07712899253** or Email **shakilasimpson@aol.com**

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Kim McCreery – Nutritional Therapist

Hi, my name is Kim McCreery and I am a nutritional therapist who lives near Saintfield. I do nutritional consultations during the week and work at a health shop every Saturday. I've been involved in natural health work for the last ten years and enjoy teaching people about healthy eating and nutritional supplements to help them improve their health, fix digestion and lose weight! I speak in front of groups of people at churches, health centres and in people’s homes to help spread the message of how what you eat and drink affects your physical, mental and emotional health. You can contact me on:

Tel: 07925793691 or 028 97 510920

Email: kimmccreery@live.co.uk

Website: www.kimshealthadvice.co.uk

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'Your Feet Should Never Hurt!' - Good Feet (Your Local Foot Pain Experts)

Michelangelo once described the human foot as 'a work of art and a masterpiece of engineering'. Upon examination, the foot reveals itself to be worthy of such praise. The foot amazingly is made up of 26 bones (52 bones in both feet), that's ¼ of all of the 206 bones in the entire body!

Foot Facts:

- Women are 4 times more likely to experience foot problems than men
- 75% - 80% of the adult population have some form of foot problem
- 9 out of 10 women wear shoes that are too small
- After the age of 60, 70% of women will have osteoarthritis problems in their feet

If you would like to hear more, Good Feet can come and speak to your Institute or Area and present an educational, fun and interactive pain relieving seminar. Telephone Good Feet Carryduff: 028 90 998 889 to arrange your seminar

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Catherine James (Kinesiologist)

My name is Catherine and I am a qualified kinesiologist. I would love the opportunity to have a chat with you about what it is I do and how I believe it could benefit members of your women's groups. Kinesiology is a very effective therapy for many issues and works on the premise of balancing the body to act to its full potential. A variety of methods are used to correct imbalances in the body including acupressure touch, massage and meridian balancing. It can be very effective for physical, emotional and biochemical issues, and I have dealt with numerous issues such as stress management, trauma, weight management, health issues, physical pain/injuries and so forth. I hope to give talks to some of your WIs about what kinesiology is and how it could benefit them. Feel free to check my website www.kinesiology-ni.com for more information.

Please email me at: catherinej_6@hotmail.com

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Elaine Hanna (Forever Living Aloe Vera)

Forever Living Aloe Vera is proud that their organic products have given a variety of healing benefits to millions of people of all age groups around the world. There are different flavoured aloe drinks, argi with the power of L-Arginine, nutritional supplements made from the finest and best sourced ingredients, not forgetting our beehive range, pollen, propolis, royal jelly honey, and successful weight management. We also specialize in personal care, skincare, and natural cosmetics, with aloe vera being the number one ingredient, suitable for all age groups and skin types. The animal world has received a lot of benefits also.

Available to deliver presentations (FOC)

Please contact Elaine Hanna:

Telephone: 07710 203 082 or 028 90 812770 / Email address: email@elainehanna.co.uk

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Maple Leaf Memories

Clare McDonnell from Maple Leaf Memories is an Independent *Stampin Up* Demonstrator. Clare provides demonstrations and workshops in card making, scrapbooking and general paper crafts. She is also a supplier of craft materials. Clare is available for talks to WI groups. Please telephone: 07745293658 or email: mapleleafmemories@hotmail.co.uk

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Forthill Farm, Tandragee, Co Armagh

We farm traditional breeds of cattle, sheep and pigs on our farm in Tandragee and their meat is sold in our Farm Shop. I give a short talk on how I got into farming, how the decision was made to keep these breeds and their other uses! Please contact Jennifer Gracey on **028 38 840818** or via mobile on **07980 661 393**. Will travel to most areas.

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Betty Fiddes - Project Linus UK

Betty will discuss the great work carried out by the Linus Project. The Project was started in America when the founder made a quilt as a gift for the son of a friend who was diagnosed with cancer. Since then the Project has provided quilts for children of all ages. The idea of providing the children with something personal when they are ill has spread to the UK. It was through her love of needlework that Betty became involved and in 2000 when she was asked to set up a branch in Northern Ireland. Although Project Linus was predominately involved in the supply of quilts their range of items now include hats, matinee jackets, bootees and hand knit blankets for premature babies and well as larger knitted and crocheted blankets for sufferers of Alzheimer's. Quilts which have been decorated with sequins or other embellishments which may prove hazardous to patients are used as wall hangings and decorate family rooms provided by the hospitals. Since the Project started in Northern Ireland over 5000 items have been supplied to Altnagalvin Hospital, Tiny Life, RVH Cancer Unit, Craigavon Area Hospital, Daisy Hill Hospital, Musgrave and Meadowlands.

*For more information or to book a talk, please telephone Betty on: **028 3884 0831***

*To find out more about the Project, please email: **projectlinusuk@hotmail.co.uk***

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Natures Inspiration

Natures Inspiration was founded by Shauna Gallagher, a qualified beauty therapist, through her own need for natural beauty products. From childhood Shauna always had sensitive skin and after extensive research she discovered that in order to claim a product is 'natural/organic' it only needs to have 2% of a natural/organic ingredient. Horrified Shauna decided to take matters into her own hands. Natures Inspiration is now in its fifth year of business and has won awards including *Best Blusher, Best Eyeshadow, Excellence in Business Practice* and *Young Entrepreneur of the Year*. Shauna is available to give talks and demonstrations to WI groups across the province about skincare and mineral make up. Please contact: **Shauna Gallagher**, Natures Inspiration, 83 Tedd Road, Irvinestown, Fermanagh, BT94 1SJ **Tel: 07871 067 773 Email: naturesinspiration@gmail.com**
Web: www.naturesinspiration.co.uk

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Sharon Dickson – Memories of the Belfast Blitz

Sharon Dickson delivers a fascinating monologue entitled '*Memories of the Belfast Blitz*'. She really gets into the spirit of the character, arriving dressed in vintage attire. She tells the story of hiding in the Castlereagh Hills as a child following the bombing of Belfast and discusses the damage done to homes and buildings. She then vividly describes being evacuated to the countryside and later speaks of the end of the war and the celebrations around the Albert Clock. An enthralling presentation!

Let Sharon take your members on a journey through the war years.

*For more information please telephone Sharon on: **07741 474 060** or **028 9508 8919***

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Bluebird Care (Coleraine & surrounding area)

Bluebird Care is a nationwide provider of care at home with over 200 offices throughout the UK and Ireland. Bluebird Care Coleraine was the first office to open in Northern Ireland in 2009. At Bluebird Care Coleraine we offer care and support services for adults over 18 who require assistance to live independently in their own homes. Our services include personal care tasks, meal preparation, sitting service, overnight care, companionship, outings and shopping, accompanying people to appointments, and light household chores. We provide care and support services for people with various conditions and illnesses such as, MS, Dementia, Stroke, Parkinson's Disease, Mental Health, Spinal Injury, Brain Injury, palliative care, end of life care, and, frail and elderly. Our services are not only of great benefit to the individual receiving the care but they provide respite and reassurance for family members. We currently provide care in Ballymoney, Coleraine, Ballymena and all surrounding areas. In accordance with Women's Institute Areas, we operate in all of the Lower Bann Area, in the Riada Area with the exception of Ballintoy, and, in the Slemish Area with the exception of Antrim, Carnlough, and Randalstown.

Contact details for speaker:

Karen Sweeney (Marketing Manager), Bluebird Care Coleraine: (028) 7035 6224

Website: www.bluebirdcare.co.uk/coleraine

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Kirsten Crothers BSc Hons, Specialist Dietitian - The Food Treatment Clinic LTD.

Hi, I am a Specialist Gastroenterology Dietitian and Managing Director of The Food Treatment Clinic in Belfast. I work with individuals to improve their gut health with conditions such as Coeliac Disease, Chrons Disease, IBS and heartburn. I also work to improve gut health in the more common general symptoms such as constipation, diarrhoea, bloating, stomach pain and excess gas. Unlike others working in the nutrition industry, dietitians are medically recognise, so we can give trustworthy, gold standard advice which is based on real science. I would love to come and give a presentation to the ladies of the WI which will cover gut health in general as well as those symptoms described above. I will also look to be providing all delegates with handouts that they can take away and use.

Kirsten Crothers BSc Hons, Specialist Dietitian

The Food Treatment Clinic LTD.

Malone Medical Chambers, Malone Road, Belfast.

Tel: 0782 781 7013

Web: www.thefoodtreatmentclinic.com

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Thomas Jobling (Author) – Books & Boats, Illustrated Presentation



Hello, would any WI branches be interested in hosting my 'one man show' - **BOOKS & BOATS?**

I will deliver an illustrated talk of some 45 minutes - it's a 'meet the author and book signing event'. Throughout the 'show', I yarn about my various exploits afloat recounting tales from my days of nautical scribing, as well as narrating my journey from competitive sailor into the world of nautical fiction writing. I also run a PowerPoint and read from my books, I've travelled to venues, north and south, to deliver the BOOK & BOATS talk and whilst most of these have had a maritime connection, I'd love to expand further into the mainstream of novel 'reading'. I am self-sufficient, having a projector, PA system, etc!

So, have a wee look at my website, **www.tnjobling.com** or, follow me on Facebook to get a flavour of what's on offer.

Looking forward to hearing from you,
Thomas Jobling

Email: tn.jobling@gmail.com

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Karen Mooney, Poetry Presentation

Hello, I would like to introduce you to my poetry page and to offer my services as a speak to some of the local Institutes. I commenced writing in January 2016 following my Father's ill health and subsequent death. Since then I have compiled two poetry booklets which have been sold for charity and have performed a variety of speaking engagements to support the sales of same and to encourage others to engage in writing.

My poetry can be viewed at: **www.facebook.com/ObservationsInRhyme**

One of the books is devoted to the Ards Peninsula area so it may be of interest to WI groups in that area. I know the Peninsula quite well and during the week I am based in Moira.

I can be contacted at **028 92 613657 or 07795 17 6262**

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Laura Callaghan – Nu Skin – Skincare Products

I work for a global skincare company called *Nu Skin* (**www.nuskin.com**) and was wondering if the Women's Institute have ever hosted 'ladies evenings' and if there would be an opportunity for me to host one at some of your monthly Institute meetings? The company has a product portfolio range of 400+ skincare products, with many of these products focused on anti-ageing. I am based in Carrickfergus and I am willing to travel to most regions throughout the province.

Please feel free to give me a call for more information: **07803 356 610**

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Jessica Murray - Patient and Client Council

My name is Jessica Murray and I work for the Patient and Client Council. The Patient and Client Council (PCC) is a statutory organisation set up in 2009 to promote the voice of patients, clients, carers and communities in health and social care(HSC) decision making. In addition to this, we also provide a complaints support service and work to ensure that the public have access to quality information and advice about health and social care services in Northern Ireland further information can be found at www.patientclientcouncil.hscni.net

My role is to involve the South Eastern area in the work we do. I can come out to groups to give a short presentation on the work of the PCC, give members the opportunity to ask us questions about the Patient and Client Council and give us any views/experiences they may have on the Health Service. For example I can make members aware of the hope of greater service user involvement in Health and Social Care planning and how people can becoming involved in this developing idea of 'Co-production'. This is where service users are as equally involved in the planning and commissioning of HSC services as the service providers. The PCC want to be able to facilitate this to happen and so we speak to community groups to gather interest & ideas/comments. With the wide reach that the WI has throughout NI, we find it so valuable to hear the voices of the women involved in your organisation.

As stated above, I cover the South Eastern Trust area which incorporates Lisburn, Down, North Down and Ards. However, the organisation covers the whole of NI and there are officers in each trust area.

I would be very keen to visit visiting some of your WI Institutes when they resume their programmes in September 2017 to Summer 2018.

My email address is Jessica.murray@hscni.net and my contact details are listed below.

Jessica Murray

Personal & Public Involvement Officer | Patient and Client Council

Patient and Client Council
Your voice in health and social care

 **07825632265**

The Patient and Client Council
2nd Floor, Centre House
79 Chichester Street
Belfast
BT1 4JE

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Caroline Redmond – Irish Feast

I am Caroline Redmond, founder and main tour guide for *Irish Feast* - a small company specialising in walking food tours, unusual supper clubs, and providing an extra 'foodie' element to local festivals.

The talks I give are all about food in Ireland - its history, heritage, importance and diversity, especially about how exciting it is in Northern Ireland right now and where our future in food might lie. The main points are *Buy Local, Eat Local, Support Local, Love Local* and how one might do that without breaking the bank or eating stuff you've never heard of.

My style is light-hearted and fun whilst being educational and wide ranging - I enjoy people's laughter and engagement and firmly believe that our food culture today is of interest to us all from the person simply getting their family fed as healthily and cheaply as possible to the fanatic foodie who is into all things 'artisan'.

(Willing to travel within Co. Antrim and Co. Londonderry unless mileage expenses reimbursed).

Caroline Redmond
North Coast Walking Tours
44, Whitehall Avenue
Ballycastle
Co. Antrim
BT54 6WA

Telephone: 077182 76612

Email: credmondni@gmail.com

Website: www.northcoastwalkingtours.com

Find us on Facebook!

Ciara McElroy - Women's Health & Wellbeing Presentations

Let me introduce myself, my name is Ciara McElroy and I am the Wellness Champions co-ordinator for the Greater Belfast and Co. Down area. Wellness Champions are an international non-profit group of like-minded professionals who are committed to bringing health and wellness into the community. They are based throughout the world, however, there are only 2 throughout Ireland and we are the only Wellness Champions for Northern Ireland.

We can come to your individual meetings and provide a 1 hour talk to your members as part of their monthly meetings at no charge. We can cover a variety of topics relating to the theme '*Health & Wellness*', including '*Stress*', '*Women's Health*' and '*Healthy Living Strategies to live to over 100!*' We would love to be able to share these talks with your members. Please remember there is no charge for any of these talks.

I look forward to being part of the Women's Institute Health & Wellness Initiative!

Ciara McElroy
Wellness Champions

Tel: 07596 974 250

Email: greaterbelfast@mywellnesschampions.org

Website: www.wellnesschampions.org

Mandy McClean – Magnetix Jewellery

Hi, my name is Mandy McClean and I sell magnetic jewellery which helps with aches, pains, stress, anxiety and lots more. Magnetix Jewellery has been sold in Northern Ireland now for 1½ years and it has gone from strength to strength in that short time. It is made in Germany so is very well finished and it is decorative as well as helpful for most health conditions.

I bought my first bracelet in December 2016 as I had tennis elbow. We are all cynical, as was I, but I picked a bracelet with a paw print, as my dogs are close to my heart. Within 2 days, my tennis elbow pain was completely gone! I then started to sell the jewellery as I wanted other people to experience being pain free. I have found that it works for 95% of people and there is no explanation as to why it does not work for everyone.

The simple explanation as to how the magnets help with pain relief, insomnia, depression, anxiety and many more, are that the magnets increase your bodies blood flow which increases its circulation around the body, thus proving relief. Magnetix Wellness jewellery comes in a range of products, insoles, power hearts, earrings, rings, bracelets, necklaces and water therapy products.

I would love to give a talk to any of your groups who would like to have me as a speaker. I live in Portrush but I am happy to travel to most areas.

For more information please drop me an email at: amcclean@me.com

Or telephone: 07926 910 294

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Sarah Trimble – Nutritional Therapist (Framar Health)

Hi ladies, my name is Sarah Trimble and I am a nutritional therapist with a practice based at Framar Health, Belfast. I give advice on the role of diet and lifestyle in supporting both general health and wellness, and addressing specific health concerns. Female health is a specific area of interest for me and I often hold lectures and seminars around Belfast (and further afield) educating and advising women on how to support their health nutritionally.

I would be very keen to deliver presentations to WI groups. My seminars cover a range of topics including:

- ***Female hormone balance and menopause***
- ***Stress and insomnia***
- ***Bone health, Osteoporosis and vitamin D deficiency in Northern Ireland***

I really enjoy spreading the word of the importance of good nutrition in health and these lectures/seminars also provide me with an opportunity to promote my practice. If you would be interested in me coming to speak to your Institute/Area I would love to hear from you. Please get in touch:

Sarah Trimble, Nutritional Therapist mBANT mCNHC

Telephone: 07754 870 072

Framar Health
595 Lisburn Road
Belfast
BT9 7GS

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Brian Wisdom – Thought-Provoking Scientific Presentations on Genetics / Inheritance / DNA / Evolution

Hello, my name is Brian Wisdom. I retired from the QUB academic staff some years ago and since then I've been involved in STEM (science-technology-engineering-maths) initiatives, i.e.) talks in schools and extra-mural courses (currently at Stranmillis College). The subjects I cover *are Genetics, Inheritance, DNA and Evolution* and I attempt to convey the latest scientific findings to the layperson. I would be keen to share my knowledge by giving talks to WI groups.

Talks that I have given recently are: *'Where do the Northern Irish come from?'* and *'The Northern Irish and the Neanderthals: our cousins or our ancestors?'*. I don't know if this sort of thing would have much appeal but I thought I'd ask.

(One thing I should mention: I prefer to use Powerpoint slides with the talk for an illustrated presentation so that requires a PC/laptop, projector and screen. However, I can still give talks without the visuals)

For further information or to arrange a talk, please telephone: **028 90 661 279**

Or drop me an email: **gbwisdom@googlemail.com**

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Wesley Bonar - Sentry Hill Historic House and Visitor Centre – Presentations

Hi, my name is Wesley Bonar and I work at Sentry Hill Historic House and Visitor Centre in Carnmoney, Co Antrim. Over the 12 years that we have been opened to the public, we have welcomed many WI branches from all over Northern Ireland for their annual spring or summer outings. We have also provided speakers for many WI meetings during that period and this is something we are keen to continue...

The presentation covers the story of the McKinney family of Sentry Hill, who arrived from Scotland 300 years ago. It includes details on the family, the church connection, emigration and the death of the grandson at the Battle of the Somme.

For more information or to book a presentation for your WI group, please contact:

Wesley Bonar

(Sentry Hill, Antrim and Newtownabbey Borough Council)

Telephone: 028 9083 2363

Email: Wesley.Bonar@antrimandnewtownabbey.gov.uk

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Mary Dickson – 'History and Meaning Nursery Rhymes' Presentation

Hi, my name is Mary and I would like to deliver talks entitled *'History and Meaning of Nursery Rhymes'*. My presentations would consist of a poster, display, quiz with small 'prize' and information about the history and meaning of approximately 12 nursery rhymes (or more depending on how long talk is required to be). For travel purposes, I am limited to presenting to WI groups mainly in and around the greater Belfast area.

For more information please give me a call on my mobile number: **07908 013 398**

Or drop me an email: **marydickson630@gmail.com**

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British Red Cross Presentations

The British Red Cross has been in existence for 150 years and has 189 groups across the world. There are 600 volunteers in Northern Ireland and 94 staff. These presentations outline the history of the organisation and offer a great insight into the work that it carries out, focusing particularly on the work it does throughout Northern Ireland.

For more information or to book a speaker, please telephone the Belfast office: **028 90 735 350**

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Anne Mullan - Forever Living Aloe Vera

Hi, my name is Anne Mullan and I am a *Forever Living* business owner. I live in Crossgar, Co. Down and I would be interested in reaching out to WI groups in Co. Down, Co. Antrim and Co. Armagh with the hope of delivering presentations at their monthly meetings on the benefits of Aloe Vera and showcase our Forever Living Aloe Vera products. I am also able attend open days and fundraising events and would be willing to donate 15% of all sales to the WI or the cause for which the event is being held.

If you would like more information or wish to book a talk, please don't hesitate to contact me:

Telephone: **07780 701 630**

Email: **annep_mullan1@hotmail.co.uk**

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Esther Morrow – Tropic Skincare Ambassador

Hello, my name is Esther Morrow and I am an Ambassador for Tropic skincare. Tropic skincare is chemical free, vegan and cruelty free. It's 100% naturally derived. We have skincare, body care, makeup and just recently have launched haircare and sun range. I would love the opportunity to come and share the Tropic story with WI ladies, as well as showcase the benefits of the products and let them sample them. I live in Hillsborough and my girls attend Victoria Prep down the Lisburn Road, however, I would happily travel anywhere in Northern Ireland and to as many events as you would like.

My telephone number is: **07391 488 030**

Thank you for reading this and hope to hear from you soon!

Esther

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Phoenix Natural Gas Ltd – Presentations for the East Down Area

I would like to speak to Women's Institute groups in Rowallane, particularly Annahilt, Saintfield and the surrounding area, for a short informational talk about energy efficiency in the home. We have an Energy Efficiency Expert who would deliver a 20 – 30 minute presentation, offering helpful tips and advice about saving energy, keeping warm and the benefits of natural gas. There will be the opportunity for questions and everyone will receive information packs.

Karen White (Marketing Executive Phoenix Natural Gas Ltd)

Tel: 028 9055 5581

Fax: 028 9055 5500

Web: www.phoenixnaturalgas.com

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Angie Moore, Community Engagement Officer – Mid Ulster AgeWell Partnership

In my role I visit all types of groups in the **Mid Ulster District Council** area to inform the 65+ age group of the **FREE services** they can avail of and they are **Not Means Tested**.

I am available to visit groups or open to anyone contacting me for referrals.

Angie Moore, Community Engagement Officer

Office: 028 7963 2170

Mobile: 07899 666 350

Email: midulsteragewell@gmail.com

Unit 3, The Rainey Centre, 80 – 82 Rainey Street, Magherafelt, BT45 5AJ

Have you heard about our **Good Morning Telephone Call** to people aged over 50 who are unwell or have just come out of hospital? This call provides a listening ear and support to ensure the caller is well and safe in their home. **Perhaps you know a friend or neighbour who would like to use our friendly service?**

Handyman Service

Are you aged 65+? The service is **Free of Charge**. Our Handyman will carry out a security check of your home and fit any of the required equipment as listed below, we also provide additional minor home maintenance jobs.

This service is NOT Means Tested and totally CONFIDENTIAL.

- Smoke Alarms and Carbon Monoxide Alarms
- Key Safes
- Light Timers
- TV Simulator
- Draught excluders

Age Well Partnership work closely with **Mid Ulster Council Home Safety** and if you have a need for any of the following items please contact me and I can make a referral to the Council.

Mid Ulster Home Safety

- Help and Hand (Gripper)
- Shoe Horn
- Touch Lamp with Light Bulb
- Carbon Monoxide Alarms
- Jar Opener
- Plug Mate (Plug with a handle)
- Sock Aid
- Blind Cord Tidy

Mid Ulster Affordable Warmth

- Chimney Balloon
- Radiator Reflector
- LED Energy Lightbulb
- Brush Door Seals

Health & Wellbeing Team at Mid Ulster Council – Make a change for over 50s

You can make small changes to your health if you have been diagnosed with Blood Pressure, Diabetes, IBS and many other health issues. Would you like help with your Diet and Lifestyle, I can arrange for a qualified adviser to call with you at your home to offer advice and help. This is a Free and Confidential Service.

Mid Ulster Safety and Affordable Warmth Programme

Currently there is a grant available for Boiler/Insulation and windows. To qualify you must be aged 65+, have an existing boiler over 15 years old and be in receipt of a qualifying benefit. If you are interested I can make a referral to the relevant Council Department who will arrange an appointment to call at your home.

Referrals to the appropriate organizations can be made through AgeWell.

Benefit Check – Make The Call: Phone 0800 232 1271

Are you receiving your full entitlement, I can arrange for a home visit to clarify?

Bank Scams

Always be on your guard if you receive a telephone call asking for your Bank details.

DO NOT GIVE THIS INFORMATION TO ANYONE!

Stop Nuisance Phone Calls – Phone BT 0800 3281 572

Social Interaction

There are lots of events taking place in your community, such as Luncheon Clubs, Craft Clubs, Painting, Gardening, Book Clubs, Libraries NI, Men’s Sheds and Women’s Sheds are on the rise. **If you are interested, I can refer you to a group of choice.**

Post Office Accounts

The government advised that Pensions must now be paid into a Bank Account from end of 2021. If your pension is paid into a Post Office account, you will need to make the change. If you know an elderly person who falls into this category we can offer advice and assistance.

OTAGO

AgeWell has a fully qualified member of staff who can provide a Strength and Balancing Exercise Programme to help prevent falls. The programme has proven to have many benefits to someone who is suffering from illnesses such as Blood Pressure, Arthritis, Heart problems.

If you have a group of 10 people, then why not give it a go over 6+ weeks.

Contact me for further information.



JAM CARD – You may have seen this JAR displayed in shop windows.

RADAR KEY – This key will allow you to gain access to public toilets. Purchase @ MUDC £5.

(If you prefer to discuss any issue privately, please do not hesitate to contact me.)

**Angie Moore
Community Engagement Officer**

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Natasha Gilliland – Alzheimer’s Society (Belfast)

Hi there, my name is Natasha and I am based at the Alzheimer’s Society Belfast office near Boucher Crescent, South Belfast. I would like to deliver presentations to WI groups on the sensitive subject of the disease and offer advice for families, carers and sufferers. I can travel around the greater Belfast area and further afield. Alternatively, if your Institute is based much further than Belfast and you wish to find a service closer to you, please contact our office (details below) and we can put you in touch with a local contact. Ladies may also wish to contact our office personally, to find out more about our services.

For more information or to book a presentation at one of your Institute meetings, please contact me:

My direct mobile number: 07738 854 477

Belfast office number: 028 9038 7487

Email: belfast@alzheimers.org.uk

Website: www.alzheimers.org.uk

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Laura Callaghan – Nu Skin – Skincare Products

I work for a global skincare company called *Nu Skin* (www.nuskin.com) and was wondering if the Women's Institute have ever hosted ‘ladies evenings’ and if there would be an opportunity for me to host one at some of your monthly Institute meetings? The company has a product portfolio range of 400+ skincare products, with many of these products focused on anti-ageing. I am based in Carrickfergus and I am willing to travel to most regions throughout the province.

Please feel free to give me a call for more information: **07803 356 610**

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