BELLAGHY WOMENS GROUP LTD

Company Limited by Guarantee

ANNUAL REPORT (Incorporating the Directors Report)

Year ended 31 August 2018

Achievements / performance September 2017 – August 2018

1. Annual Outing including Dinner (Sep 2017)
2. Speakers from the Alzheimer’s Society (Oct 2017)
4. Yoga
5. Breast, Bowel & Cervical Cancer Awareness (Jan/Feb 2018)
6. 5 Steps to Wellbeing (Feb/Mar 2018)
7. Motivational Speaker (Mar 2018)
8. Seamus Heaney Poems (May 2018)

Annual Outing/Dinner – We commenced our year with an outing around the Ards Peninsula. We had a total of 16 women on this trip and some had not visited this area before. Following a very enjoyable day we ended it with a dinner at The Elk.

Alzheimer’s Society – This event was run over 3 weeks, and we had different speakers from the Alzheimer’s Society. The facilitators were very informative and able to explain about coping with all the legalities and providing contact numbers. At the end of these sessions the women felt they would be able to seek advice sooner and trying to maintain a healthy brain.

Mindfulness – We followed up the previous mindfulness course with a few more sessions as requested by quite a few of the women. The women learned how to focus on the present time.

Yoga – It was decided to use the grant received from the NIHE (Northern Ireland Housing Executive) to have 5 evenings of yoga. As very few women had any previous experience the facilitator said a beginner’s class would be best. This proved to be very successful and enjoyed by the 20 women who attended.
Breast, Bowel & Cervical Cancers – We were contacted by WRDA (Women’s Resources & Development Agency) who wished to deliver a breast, bowel and cervical cancer awareness training to Bellaghy Women’s Group. These sessions were delivered over 3 evenings and the facilitator was excellent. An update and refresher course has been requested by some of our women.

5 Steps to Wellbeing – This 5 week course was provided and facilitated by The Recovery College. Again the women gained an insight on how to improve their mental wellbeing by connecting with people, being active, keep learning, give to others and being mindful.

Image Consultant Motivational Speaker – The women enjoyed a fun filled morning with Billy Dixon who gave a very inspirational talk on fashion, diet, colours and confidence building. Many of the women were surprised to learn about the different colours they should and shouldn’t wear.

Seamus Heaney Poems – It was decided to end our year by inviting Maura Johnston, a well-known writer and poet herself, to recite and talk about some of Seamus’s poems.

Conclusion

As many of our women are widowed, separated or single, with some living out in the country the Women’s Group provide an important role in helping with loneliness and isolation.

Our events and sessions were well attended and all feedback has been extremely positive which is very encouraging to those who have the responsibility of organising future events.