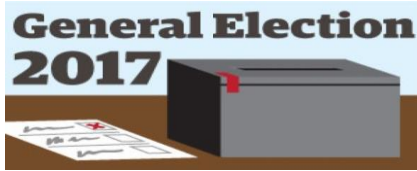


May 2017



To guarantee that your voice is heard, make sure you and your family are registered to vote by Monday, 22nd May 2017

Registration form available at
<http://www.eoni.org.uk/>

Unable to vote in person on 8th June 2017? In Northern Ireland to avail of a postal vote you need to provide a valid reason why you want to vote by post. Application form available from above website and the deadline for absent vote applications is 5pm on Thursday 18 May 2017.



Staying at home or travelling abroad?
Stay safe in the sun!

SLIP on a t-shirt
SLAP on a hat
SLOP on sun cream

For more information on how to stay safe in the sun visit

www.nhs.uk/livewell
www.cancer.ie/reduce-your-risk/sunsmart



May is Mental Health Awareness Month

SEE CHANGE is a growing partnership of 90 Irish organisations, volunteers and ambassadors working together to change attitudes and behaviours to mental health problems and end stigma.

500,000 Green Ribbons will be distributed free of charge and nationwide. Pick up your Green Ribbon at every major Irish Rail station and at Citizens Information Centres across the country.

www.seechange.ie



SURVIVING OR THRIVING?

One in four people has a mental illness.
You can be the one that helps.

SURVIVING OR THRIVING, asks why some communities are under strain and what governments can do to support them to thrive.

It looks at what steps we can take to look after our mental health, building resilience to cope with the demands of life.

Promote open conversation of mental health and challenge the stigma of mental health problems.

www.mentalhealth.org.uk
www.mentalhealth.ie



Prayer Resource For Volunteers

An excellent prayer resource highlighting those who volunteer is included in our 2017 themed resources.

<http://www.mothersunion.org/content/2017-theme-resources>



National Volunteering Week

The focus of this year's campaign is to showcase the benefits that volunteering can have on a person's health and wellbeing. Volunteers often say that while people think that volunteers are helping them, it's often them who help the volunteers.

For stats, facts some amazing stories tune into

www.volunteer.ie



The **Morgan McKinley Study on Equality** provides insights into the gender pay gap in Ireland and comments as to the underlying causes of this gap.

The report finds the average gender pay gap in Ireland in 2016 stands at 20%. On average, men working in like for like professional jobs earn €12,000 more than women.

There is a commitment north and south to put the reduction of the gender pay gap formally on the political agenda

www.morganmckinley.ie



Irish Heart Foundation :

STOP TARGETING KIDS PETITION

One in four children in Ireland is obese or overweight. By using slick marketing tactics to target children, junk food brands help establish and encourage eating habits that cause obesity and can have lifelong and sometimes life limiting health consequences.

End the daily bombardment of such adverts by regulating online and social media marketing and extending the current broadcast ban to 9pm. Sign the petition to government at www.irishheart.ie or click here:

[Sign the petition >](#)



The 'Be Aware Kids' child safety on farms campaign is part of HSENI's commitment to eliminating fatal accidents and serious injuries on Northern Ireland's farms.

Farm health and safety for children is an important message especially as summer approaches. To find out more about the 'Be Aware Kids' initiative and access some excellent resources visit

<https://www.hseni.gov.uk/articles/be-aware-kids-child-safety-farms-campaign>



Moving into action for 2017 :

Please forward the date and venue of your Diocesan Prayer Vigil 2017 to Jean Thompson by May 31st at jeanius65@aol.com



The UN theme for the **International Day of Families in 2017** is “*Families, education and wellbeing*”, focusing on the role of families and family-oriented policies in promoting education and overall well-being of their members. The Day is to raise awareness of the role of families in promoting early childhood education and lifelong learning opportunities for children and youth.

Click here to find out more about the [International Day of Families](#).

Celebrate your family, celebrate all families!

CiNI

Children **in** Northern Ireland

Children in Northern Ireland (CiNI) is the regional umbrella organisation for the children’s sector in Northern Ireland.

CiNI provides training eg. cyber safety training for parents, policy, information, and participation support services to member organisations, relating to their work with children and young people.

For further information and to sign up for CiNI e-Newsletter go to

www.ci-ni.org.uk



Pray For Schools Fortnight
May 7th- May 21st

Making Jesus known is at the heart of all of our hopes for children and adults in schools. Prayer and mission go hand in hand and the Pray for Schools partner organisations are engaged in both. Each is involved in sharing the message of the gospel in the world of education and all are passionate about prayer!

Click to follow link to excellent resources [Pray for Schools Fortnight resources 2017](#)



Carers' Week: June 12th-18th

Carers Week 2017 is a week of awareness that celebrates and recognises the vital contribution made by millions of people who currently provide unpaid care for a disabled, ill or older family member or friend.

This year the focus is on building communities which support carers to look after their loved ones well, while recognising that they are individuals with needs of their own.

www.carersweek.org

Useful Contact Details:

Faith & Policy Unit Co-ordinator: Jacqui Armstrong Tel: 028 71516436 :
Mobile: 07928747354 email: jacquelin.armstrong.donegal@outlook.com
Southern Dioceses Social Policy contact: Vacant - Contact Jacqui Armstrong
Northern Dioceses Social Policy contact: Jean Thompson Tel: 02882245369
Mobile: 07731635627 email: jeanius65@aol.com



World Fair Trade Day - May 13th 'Be an Agent for Change'

Fair Trade is an agent for change. It is a tangible solution to poverty eradication, a good tool for sustainable development, and most of all Fair Trade promotes social justice.

SUPPORT FAIRTRADE PRODUCTS WHEN POSSIBLE

www.fairtrade.org.uk
www.fairtrade.ie



About 300 people are diagnosed with brain tumours every year in Ireland, representing just under 2% of all invasive cancers. There are many types of brain tumours that can affect different age groups.

The exact cause is unknown. Risk factors include age, genetic conditions and exposure to previous radiations. Research is ongoing into other possible causes.

www.cancer.ie
www.macmillan.org.uk



Spring Clean your Smoke Alarm!

As part of your spring cleaning routine, include this additional life-saving task.

Some tips:

- Use a vacuum cleaner to gently remove dust/insects that may be hiding within
- Clean your smoke alarm twice a year
- Test your smoke alarm once a week, by pressing the test button enabling the alarm to sound for at least five seconds.
- Assist an elderly person in your area to undertake this spring cleaning routine.

Useful Dates for your Diary



Pray for Schools Fortnight May 10th to 23rd
World Fair Trade Day May 13th
International Day of Families May 15th
International Day Against Homophobia & Transphobia, May 17th
International Day of Innocent Children Victims of Aggression, June 4th
World Environment Day, June 5th
World No-Tobacco Day, June 8th
World Elder Abuse Day, June 15th
World Blood Donor Day June 16th
World Refugee Day, June 21st
Support for Victims of Torture, June 26th
Mary Sumner Day August 9th