



Derry City and Strabane District Council (DCSDC) are celebrating of People with Disabilities.

It will start on **Monday 30th November** and end on **Friday 4th December 2020**.

There will be **40 events** throughout the week.

We are going to celebrate in a different way through an online programme of activity.

You will be able to use your **laptop or phone** to take part.

There will be a **timetable of events** for the week.

You will find all the details on:

www.derrystrabane.com/DisabilityWeekNI2020

Below is the content of the programme day by day.

Monday 30th November 2020

10.00am

Derry City and Strabane District Council mayor will welcome you to the week's event.

10.30am

Aoife Byrne who lives in Dublin will show us an art exhibition that she has completed to highlight personal struggles.

11.30am

Lilliput Theatre from Derry/Londonderry will show a short film on how a group of people with learning disability has coped with COVID and being apart.

12.30pm

Ian Streets from About Access who lives in England is going to do a live talk on Zoom about how we can make buildings more accessible and give us some tips to do this.

If you would like to join this please find the contact details at the end of this programme.

2.00pm

Void Gallery, Derry/Londonderry will be holding an event which is for people who are blind or have limited eyesight. This will be through Zoom and is an exhibition that a sensory session.

Contact: claremclaughlinemail@gmail.com or the contact details at the end of the programme.

There are a small amount of spaces on this, so please book early.

7.00pm

The Alley Theatre Strabane's resident DJ Oliver will be playing some tunes from Energy of Light.

This is a good chance to have a dance and listen to some tunes!

Monday 30th November 2020

8.15pm

Stephen Batts is doing a live dance from Echo Echo Dance Theatre Company in Derry/Londonderry.

This is his last November dance and you can watch on:

<https://us02web.zoom.us/j/87026310740?pwd=aEt4TkdNd-2QzY0130EpFdmVxQlQwUT09>

9.00pm

Christopher McSherry from Belfast has an animated short film for us. If you like talking insects, watch this!

Tuesday 1st December 2020

10.00am

Oliver Brown from Derry will tell us about today's events in a short video.

11.00am

Award-winning Stage Beyond has a short funny film on how their members think and changed their skills in lockdown!

12 noon

Foyle MS Society will support people to make Christmas Decorations. You will have to be part of MS society to join this.

There are a small number of places.

It will be through Zoom. When you book with susan.carey@mssociety.org.uk she will get a pack delivered to you before the Zoom.

1.00pm

Disability Sport NI will hold a live zoom and talk about a new piece of work they are doing for Northern Ireland to help makes open spaces like parks easier to use for all.

There will be a chance to ask questions at this zoom.

If you would like to go please get the contact details at the end.

2.00pm

Dementia Awareness Training. This training is suitable for anyone who wants to know more about dementia.

There are limited spaces but don't worry we will start a waiting list if we need to.

This training will last 2.5 hours and contact details will be at the end.

Tuesday 1st December 2020

5.00pm

Christopher McLaughlin is from Omagh and owns Creative Pottery and will help people make a pot.

If you are interested you need to register with: **creativepottery@live.co.uk**. Places are limited and a video will be made so you can replay it as often as you like.

7.00pm

The Millennium Forum in Derry/Londonderry will show a short film about all the things they do – ‘Access all Areas’.

This is a celebration of what they do to support everybody and let you know how they do it.

Wednesday 2nd December 2020

10.00am

Award-winner Jade Kelly from Strabane will introduce today's activities.

11.00am

Foyle Deaf Choir will give a showcase of songs completed in sign language.

12 noon

Foyle Down Syndrome Trust has a short film showcasing talents from their group in a range of dance and music.

1.00pm

Headway NI is a charity for brain injury. They will give a live talk on what they do, how they help people, how you can contact them and how COVID has impacted services users.

2.00pm

Professor Owen Barr from Ulster University and Clionagh Mc Elhinney from Altnagelvin Hospital, Derry/Londonderry with Developing Healthy Communities Northern Ireland and Mary Anne Webb, Head of Policy and Influencing, Mencap NI will host a great session via Zoom to talk about making adjustments for people with learning disabilities.

This is open to all. To register please contact: info@dhcni.com or details at the end. Advance booking required as places are limited at <https://bit.ly/2KhKqAH>.

4.30pm

Northern Ireland Opera have a short film which they made with Ardnashee School in Derry/Londonderry. It is a lovely short story with beautiful music for all to enjoy.

Wednesday 2nd December 2020

5.00pm

Just A Minute training was developed to help teach people to understand people who have difficulty communicating. It is called JAM card training.

Derry City and Strabane District Council are helping businesses and culture venues in their district to do this training for free.

It is on line training and you should contact: **jamcard@derrystrabane.com** to register interest.

Remember, this is only open to Derry City and Strabane District Council.

7.30pm

Another chance to dance and listen to music with The Alley Theatre's resident DJ Oliver with The Alley Theatre, Strabane.

Thursday 3rd December 2020

Thursday is **International Day of People with Disabilities**.

A lot of countries around the world celebrate this day, just like us. Some other countries wanted to join our celebration this year.

10.00am

Louise Boyce from Derry City and Strabane District is looking after this week-long event. She will give an introduction to the day's events. People from as far away as India and America are joining in this year. It is very exciting.

10.45am

Fermanagh and Omagh Council are working with Equality Commission Northern Ireland. They help people with disabilities.

There will be a video to highlight a mental health charter for organisations to have as it is important. They will explain why it is important.

If you would like to join this please contact:

disability@fermanaghomagh.com

Telephone: **03003 031 777** or

Textphone: **028 82 256 216** or use the contacts at the end.

1.30pm

Cody Goldberg is from Portland which is in America. He has a very inspirational story to tell about how and why he made Harper's Playground.

He wants to tell us how to make play areas for everybody to visit and enjoy.

Booking details will be at the end.

Thursday 3rd December 2020

3.00pm

Ink Wing Academy will have a creative writing workshops to tell stories of past Christmas traditions and what we will do this year to keep going through COVID.

Michelle Young will look after these workshops and they will start on **23rd November until 25th November**. The work will then be showcased as podcasts.

Please go to **www.alley-theatre.com** if you are interested or get details at the end.

4.00pm

NOW group are from Belfast. They help train people all over the world.

They will have a recorded seminar to support people who are working at home now who experience Dyspraxia, Dyslexia, Attention Deficit Hyperactivity Activity, Autism Spectrum, Tourette Syndrome and others. You can get details at the end on how to watch this.

5.00pm

Lilliput theatre from Derry/Londonderry are showing some short films on their experiences in health care settings. Don't worry this is not all serious. It has some very funny moments.

Thursday 3rd December 2020

6.00pm

Satavisa Lahiri is from India. She experiences communication barriers and has a learning disability. She expresses herself through drawing and art and will share some of her pieces with us.

This will be on the web page.

Friday 4th December 2020

Friday is the last day of Disability Awareness Week NI.

10.45am

Fermanagh and Omagh District Council will host a cognitive Awareness session. For further details please contact **disability@fermanaghomagh.com** or ring **0300 303 1777** or textphone **028 82 256 216**.

12 noon

Grainne McCloskey from Eden Project Communities and Big Lunch NI will hold a live discussion for people with disabilities, carers or support services to look at ways to stay connected during COVID.

She will also give some ideas on how to stay connected with people.

Have your lunch or a cuppa ready for this relaxed live Zoom.

Details to register will be at the end.

2.00pm

Deborah McGinn from **Informing Choices Northern Ireland** will talk about the 'Just Ask Programme' This is about relationships and a sexual education programme who work with people with learning disabilities and ASD.

This session will help develop understanding around self, boundaries, personal space, permission, consent and choices around these topics. This is for parents, carers as well.

Contact: **deborah.mcginn@informingchoicesni.org** or details at the end.

This will be a live Zoom.

Friday 4th December 2020

3.30pm

This is Flip It!

North West Spectrum Flip it!

The North West Spectrum is created for young people with autism and they are launching an online information forum.

4.15pm

Black Box from Belfast will show a short showcase of music and various pieces of entrainment from groups that attend their multi arts venue.

5.00pm

Derry City and Strabane District Council's Mayor, Brian Tierney, will give closing comments to the week's events.

He will then introduce the last act of the week-long programme.

5.15pm

Strabane Brass Band and Knockavoe Special Educational Needs School are showing a short concert with a Makaton choir and a few special songs.

Just what we need to end a busy week.

Things to remember:

There are many ways to contact us. If you want to take part in the programme please contact:

louise.boyce@derrystrabane.com

Mobile to phone or text: **07895 694 672**

Or: **028 71 253 253 extension 4349**

sylvia.kavanagh@derrystrabane.com

Telephone: **028 71 253 253 extension 4229**

Please check if there are other contact details beside what you would like to see.

You can visit **www.derrystrabane.com/DisabilityWeekNI** for all the programming.

All live Zoom meetings will be recorded so people can watch later if they miss it.

If you have additional requirements that you think we can help you with can you please contact any of the details below:

louise.boyce@derrystrabane.com

sylvia.kavanagh@derrystrabane.com

equality@derrystrabane.com

Ring: **028 71 253 253**

We hope you join us in some way to celebrate Disability Awareness Week NI 2020.