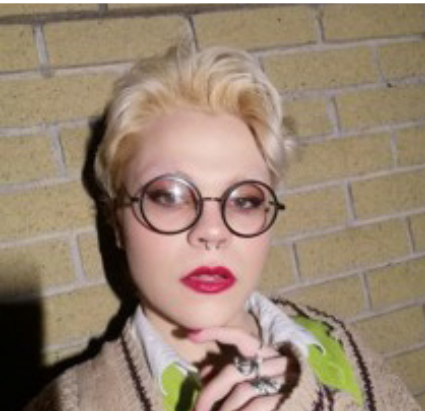


YOUR

An update on the European Union's
PEACE and INTERREG Programmes

Summer 2021

EU!



The Impact of COVID: Through Stakeholder Eyes



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The Special EU Programmes Body is a North/South Implementation Body sponsored by the Department of Finance in Northern Ireland and the Department of Public Expenditure and Reform in Ireland. The Body was established on 2 December 1999, under the Agreement between the Government of the United Kingdom of Great Britain and Northern Ireland and the Government of Ireland (8 March 1999), which created the implementing bodies.

The Special EU Programmes Body's principal function is to provide the Managing Authority and Joint Secretariat functions for the PEACE IV and INTERREG VA Territorial Co-operation Programmes (2014-2020). It also has a signposting and supporting role for projects wanting to engage with the INTERREG VB Transnational and INTERREG VC Inter-regional Programmes.

Your EU! ISSN:1750-6700 Published by the Special EU Programmes Body
www.seupb.eu

To submit ideas, stories and photographs for the next issue, please e-mail communications@seupb.eu

To be added to the database to receive future editions please contact communications@seupb.eu

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Welcome to the summer edition of Your EU!

It is wonderful to bring this news to you in a much more positive environment than when we last shared our material at the start of the year.

I hope that everyone involved in the reopening of businesses, tourism and hospitality have managed this successfully and that everyone is enjoying the company of family and friends. We owe such a debt to those who have dedicated their time and energy into making this a possibility, including all those on the frontline, in both research and healthcare settings, as well as staff operating within essential businesses to ensure that we have been able to retain some sense of normality within our day-to-day lives.

On 12 May, the statutory consultation for the PEACE PLUS Programme closed and we are currently assessing survey responses. I would like to personally thank everyone who took the time to review the consultation document, visit our website and send us their submission. We received a significant number of responses, with overwhelming positive endorsement of the content of the new programme, its themes and investment areas.

Please continue to visit our website for further updates regarding both the publication of the survey responses, as well as the final stages of the programmes approval process. We also have a special PEACE PLUS mailing list, to keep people updated on the programme, so if you would like to

receive the latest news on PEACE PLUS please email us at peaceplus@seupb.eu

Hopefully, as restrictions continue to ease, we will once again be able to meet in person and hold physical events. I always enjoy getting out to projects and meeting project staff and the participants in person. Digital technology has allowed us all to maintain contact and hold events, however nothing will replace being in a room with people who are sharing their heartfelt stories and journeys and hearing how the project made a difference in their life. I sincerely hope, that by the end of this year, we can meet again at some physical closure events for the PEACE IV and INTERREG VA Programmes, but in the meantime, I will continue to join remotely to help celebrate in our projects' achievements.

I am delighted to share some of the positive stories of resilience from PEACE IV and INTERREG VA projects within this edition, including a look at how various stakeholders have been coping with the COVID-19 pandemic, and just how much EU funded projects have meant to them during this time. (You will find this featured on [pages 7 and 8](#)).

On [page 14](#) we have included details about an innovative, North-West Europe funded Programme, which is helping to manage anxiety amongst patients suffering from neurodegenerative diseases (e.g. Alzheimer's disease) and/or post-traumatic stress disorder, known as IT4Anxiety. This €3.77m project aims to support the implementation of innovative solutions through start-



ups, with the objective of reducing the anxiety of patients suffering from mental disorders.

We continually strive to improve each edition of this magazine, however I welcome any feedback that you may have, so please get in touch by emailing communications@seupb.eu.

You can also recommend colleagues and friends to sign up to our mailing list to ensure that, they too, receive copies. Future editions will include all the latest news on the PEACE PLUS Programme, as well as continual updates from the current programmes.

I hope you enjoy this edition and please do continue to stay safe and well!

Gina McIntyre
Chief Executive, SEUPB

Not Just Bricks and Mortar with New €5.8m Belfast Shared Space Project

In April, construction work commenced on the €5.8m, PEACE IV funded, Newforge Shared Space project, in South Belfast.

Located beside the River Lagan and Newforge Lane in South Belfast, the project will develop a 15-acre site, helping to address the high level of social segregation that has developed as a result of the troubles/conflict.

Managed by the Newforge Community Development Trust (NCDT), the new facility will open its doors to many communities lacking access to a safe, shared location to meet people from a different background.

Due for completion in the autumn of 2022, it is hoped that the facility will help to break down divisions and decrease social tension, as well as transform the site through the provision of enhanced indoor and outdoor sporting facilities.

It will be available to community groups, youth groups, schools, churches, sports clubs and local residents, on a cross-community basis.

Welcoming the commencement of works, NCDT Chair, Peter Sheridan, said: "It is very exciting to see the capital build of the project commence. I am eager to see how our project can help to build tolerance and understanding through the programmes established in this scheme. We, at the Trust, are looking forward to seeing the building take shape, as we work



Site groundworks for the Newforge Shared Space.

with our partners to develop this iconic sports facility which will provide a welcoming, shared space to all members of our community."

Also welcoming the works was Gina McIntyre, CEO of the SEUPB, who said: "As a direct result of our shared past we still live in a physically segregated society, which does not contribute to reducing division and mistrust. The EU's PEACE IV Programme is helping to change that by creating new shared spaces which are for everyone to use together. The Newforge Community Development Trust project is a great example of this. Unfortunately we

cannot, at the present moment, meet in person to celebrate the fact that work can now safely start. However, there will be many more opportunities to do so, hopefully very soon, as this project works towards successful completion."

Match-funding for this project has been provided by the Department for Communities, Northern Ireland and the Department of Rural and Community Development, Ireland and an additional source of £1m from Sport NI.



Artists impression of the new development.

INTERREG VA Project Deploys 'Europe's Largest Fish Counter'

Scientists from the INTERREG VA funded, SeaMonitor project have been studying the seas around Ireland and Western Scotland with the deployment of 'Europe's largest fish counter', capturing the movements and sounds of a series of species including: salmon, basking sharks, skate, dolphins, whales and seals.

Listening stations, from Malin Head (Ireland's most northerly point), to the island of Islay in Scotland, will record transmissions from a variety of mobile marine species tagged by the project's scientists. The data collected, using acoustic telemetry, will be used to support the conservation of vulnerable species.

Led by the Lough's Agency, the €4.7m SeaMonitor project is supported by eight leading marine research institutions located in Northern Ireland, Ireland, Scotland, the US and Canada, and is utilising innovative marine species tracking technology to better understand and protect vulnerable marine life in our oceans.

Speaking about the significance of deploying the fish counter Sharon McMahon, Lough's Agency CEO, said: "We are proud to be leading the way, alongside expert colleagues, to deliver such amazing marine research infrastructure that will ultimately help protect some of our most important species."

Also welcoming the announcement was Gina McIntyre, CEO of the SEUPB, who stated: "I am delighted to see

such a significant achievement, made possible through the EU's INTERREG VA Programme and the efforts of all its partners in Northern Ireland, Ireland and Scotland working together collectively."

"This is a much-needed step forward for the conservation of a number of vulnerable species within our shared oceans. It only serves to highlight the benefits that are created through strong, mutually beneficial cross-border partnerships in the management of marine protected areas and species. Well done to all involved for advancing our understanding of our seas."

Outlining the importance of this achievement Dr. Fred Whoriskey, Executive Director of the Ocean Tracking Network, explained: "This project is

important in so many ways. It will unite and empower scientists from Europe and abroad to tackle pressing management issues, provide global networking for scientists to efficiently use resources, and engage the public in project outcomes. We are pleased to provide technical support and counsel, as well as tracking infrastructure to SeaMonitor."

Match-funding for this project has been provided by the Department for Agriculture, Environment and Rural Affairs, Northern Ireland and the Department of Housing, Local Government and Heritage, Ireland.



Over One Thousand Women Avail of Innovative Training thanks to Cross-Border Project

Over 1,100 women, from across Northern Ireland and the border counties of Ireland, have availed of an innovative online training programme delivered by the PEACE IV funded, Peace and Conflict Transformation Project (PACT).

The project was designed to promote peace and reconciliation for women by creating a forward-thinking online tool, which was developed by Queen's University and lead partner, Training for Women Network (TWN).

Foyle Women's Information Network and Intercomm were responsible for the coordination of cross-community and cross-border training sessions of participants.

This was the first PEACE project to use specific tailored training, coupled with cross-community and cross-border training venues.

Due to COVID-19, the face-to-face training was quickly adapted into a full online programme.

PACT participants undertook a number of courses including:

- ▶ Psychometric questionnaires to sign-post to further online training;
- ▶ Online training, both facilitated and self-directed;
- ▶ Obtaining an ilm Digital Credential;
- ▶ 10 women undertook an ilm Level 5 Certificate in Leadership and Management;

- ▶ 40 women undertook an ilm Level 3 Award in Leadership and Management;
- ▶ The development and launch of a Mother's Toolkit;
- ▶ Six cross-border symposiums.

Reminiscing over the project's three-year period, Patricia Lewsley-Mooney, TWN's Chairperson stated: "TWN were delighted to receive the funding for this project and whilst it had to be changed to suit the climate during the pandemic, the outputs and targets were met. Our partnership working has been really good and I would like to thank FWIN, QUB and Intercomm for their dedication and commitment. My final thoughts are with the women who have participated. I know from feedback received that the learning provided has been very beneficial and will enable them to make huge differences within their own communities."

Offering her perspective of the project's impact was Gina McIntyre, CEO of the SEUPB, who stated: "One of the unfortunate, but very real, legacies of our past is that many citizens feel pushed to the margins and neglected within our society. They can feel that their voices are not heard and that their opinions are not respected. The PACT project has helped to address this by providing women with the skills, understanding and confidence they need to promote meaningful peace and reconciliation within their own communities. It has also created many opportunities for women to mix with, and learn from, someone from a different background."

Match-funding for the project has been provided by the Executive Office, Northern Ireland and the Department of Rural and Community Development, Ireland.



John Mooney, PACT's Programme Manager, addresses the virtual audience at the closure event.

The Impact of COVID: Through Stakeholder Eyes

2020 and early 2021 has undoubtedly been a challenging time for everyone, from those on the front line providing essential services, to those simply adapting to new restrictions and everyday life. In this edition of Your EU we wanted to ask some of our stakeholders just how they coped and how EU funding was a part of that. ...



Futures Project



I felt like it was a great opportunity to meet people during COVID-19. I was also unemployed and really feeling the effects of boredom and lack of purpose. Through online activities I met people from Dromore and Bangor – people I never, ever would have met considering I'm from Newry. I've learnt so much about how to schedule a group and have had plenty of fun and meaningful interaction through online platforms. Keeping momentum up online is a skill!

Louis, Project Participant

Peace
Northern Ireland - Ireland - Scotland
European Regional Development Fund

Shaping Ourselves and Our Children Project, SOOC



Did you ever see the picture with the guy hugging his computer and the caption reads 'I love my computer - it's where my friends live!' COVID-19 has taught me I'm not that guy. Being with family, friends and colleagues is so important. Social and emotional connections are what matters most in life. However, online is where most of us have lived this past year. By adapting SOOC for online delivery we could reach parents, providing a space for them to talk about hopes, fears and the future. Our webinar series on 'Life, Family, Fun and Living through a Pandemic' helped so many families through this difficult time. ... #Rollonsummer!

Mary, Project Coordinator



Peace
Northern Ireland - Ireland - Scotland
European Regional Development Fund

Need to Talk Project



The Living Well With Sight Loss course came at a really good time. In November, I lost most of my sight following a stroke due to injuries from a car collision. My sight loss and lockdown left me feeling very isolated. It was daunting going on that first group call, but definitely worth it! It's been great to be able to talk everything over.

Julianne, Project Beneficiary



Interreg
Northern Ireland - Ireland - Scotland
European Regional Development Fund

The Impact of COVID: Through Stakeholder Eyes

2020 and early 2021 has undoubtedly been a challenging time for everyone, from those on the front line providing essential services, to those simply adapting to new restrictions and everyday life. In this edition of Your EU we wanted to ask some of our stakeholders just how they coped and how EU funding was a part of that. ...

BREATH Project

“As a Syrian student living in Ireland I couldn't travel home to see my friends and family! During the first lockdown the lab was initially closed for a few months, but thankfully when restrictions eased it re-opened and I'm currently working a three-day shift rotation, accumulating plenty of data showcasing the importance of M2 receptors in murine airways. Being part of BREATH has certainly provided me with a better understanding of airway physiology and pathology, but under the COVID-19 climate, it became a much-needed opportunity to focus my time and energy instead of feeling alone. The world of virtual seminars and workshops was also a very welcome opportunity to learn.

Tuleen, PhD Student



Inishowen Development Partnership

“Reflecting on the past year, health and well-being has been a priority. COVID-19 has impacted on the team, our partners across programmes, projects and communities across Inishowen. An agile move to fully remote in March 2020 led to me undertaking the first accredited programme in Remote Leadership. This helped navigate the journey with weekly check-ins from a resilient team of colleagues. Since then, we have had over 850 zoom calls from supporting digital novices to international conferences. We have delivered programmes across the ages, recorded an intergenerational choir singing, published a book, launched a new social enterprise, developed our strategic plan and rebranded IDP. The future is bright for #PeoplePlaceProgress here in Inishowen!

Shauna, CEO of Inishowen Development Partnership



PhD Student Celebrates Prestigious Award Win

Your EU featured the progress of the €5.8m, INTERREG VA funded, Renewable Engine project in its last edition, and since then, it has celebrated another key achievement in the form of a prestigious award win by one of its young PhD researchers.

Seán O'Connor, who is currently working with industry partner Organic Power as part of his studentship, received the Environmental Science Association of Ireland (ESAI) 'Postgraduate Researcher of the Year' award 2020.

The 'ESAI Postgraduate Researcher of the Year Award' welcomes applications from students doing either a PhD or a Masters degree by research in an environmental topic and has been running since 2013.

As part of his win, Seán will deliver a guest lecture at the ESAI Environ conference, which will be held digitally from 16 – 18 June 2021.

Seán is in the final stage of his PhD studies, which seeks to accelerate the development of small-scale anaerobic digestion (SSAD) in Ireland.

SSAD is a promising technology with the capacity to transform organic matter into biogas (a mixture, mainly composed of carbon dioxide and methane), making the technology suitable for a variety of applications in energy, agriculture and, potentially, the emerging bio-products and bio-processes sector.

Seán's research aims to evaluate the current status of SSAD and to implement relevant improvement strategies and technologies, which will serve to guide researchers, policymakers and plant operators in developing a sustainable indigenous bioenergy industry in Ireland.

Seán has published six papers in high impact journals such as Renewable and Sustainable Energy Reviews, Journal of Energies, Journal of Environments, and Springer Nature.

His research findings have been disseminated at four national and

seven international conferences including, European Biomass Conference and Exhibition (EUBCE) and the Energy Technology Partnership Annual Conference.

His full publication list can be viewed

Match-funding for the Renewable Engine project has been provided by the Department for the Economy, Northern Ireland and the Department of Enterprise, Trade and Employment, Ireland.



Seán was delighted with his win and with the opportunity to deliver a guest lecture at the ESAI Environ conference.

Derry-Londonderry at the Heart of New Book Penned by PEACE IV Project Manager

A new novel places Derry-Londonderry at the heart of a story reflecting on building peace and the legacy of the Troubles/Conflict in the North West region.

Written by Derry City and Strabane District Council's PEACE IV Project Manager, Sue Divin, 'Guard Your Heart' tells the story of two 18-year-olds, Aidan and Iona, who were born on the day of the Good Friday peace deal. Both teenagers had never lived a day during the Troubles/Conflict and the book aims to depict the impact of the legacy of the Troubles and its complexities.

Sue has been working in peace and reconciliation for more than 15 years. Originally training as a teacher, Sue went on to undertake an MA in Peace and Conflict Studies at Magee College. After seven years teaching history and citizenship, she became Derry City and Strabane District Council's Community Relations Officer, before shifting to her current role, managing the delivery of the council's £6.7m, PEACE IV funded, Local Authority Action Plan (LAAP).

Speaking about her post with the council Sue noted: "It's been hard work, but very rewarding to engage with diverse communities from all identities. Whilst



Derry City and Strabane District Council's LAAP Project Manager, Sue Divin, has successfully combined her two passions for writing and peace-building.

there are differences at times, people also have common interests and a desire to move forward. Locally, there is a lot of leadership in our community and voluntary sector which is constructive in overcoming challenges."

With a passion for peace building efforts Sue wanted to combine this with her other passion for writing. Speaking about the development of, and inspiration behind the book, Sue reflected: "My writing is separate to my day job, but one of the key things I've learned in peace work is that empathy is a key tool. If people can learn to empathise it goes a long way to creating a foundation for peace. Writing fiction is a different approach to peace building, but it has the capacity to reach an entirely different audience not only within Northern Ireland, but also across Ireland, the UK and wider afield."

"I remember the feeling of pure joy when the Good Friday peace deal was signed. The deal marked the end, to a large extent, of violent conflict here. It changed how conflict happened, moving it from violent to non-violent / guns to democracy. What it didn't do overnight, was to build peace."

"For me, peace is about a lot of things, but it's not about everyone being the same, brushing the past under the carpet and polite avoidance of tough conversations. It's about understanding and respecting diversity, listening and talking, changing unfair systems and engaging with the issues."

Sue went on to note that ultimately, what lies behind her writing is the quest



'Guard Your Heart' tells the story of two 18-year-olds, Aidan and Iona, who were born on the day of the Good Friday peace deal.

to 'humanise the other', stating: "Conflict dehumanises the 'other'. Stories connect us to the 'other'. I write because fiction is a powerful tool for creating empathy, and empathy is a powerful tool for creating peace. In life, I believe that hope happens because of risk takers. I see a lot of community workers across our city and district taking positive and creative risks for peace. In a different sense, 'Guard Your Heart', was my way of doing that."

Prior to going on sale at the beginning of April, the book, published by Macmillan, had already been shortlisted for the Caledonia Novel Award 2019 and was a joint winner of the Irish Writers Centre Novel Fair 2019.

Due to be published in 2022, Sue's next book, 'Truth Be Told', is another young adult/crossover novel set in Northern Ireland in 2019, focusing on two 16-year-old girls from Derry and Armagh.

Match-funding for Derry City and Strabane District Council's PEACE IV Local Authority Action Plan has been provided by the Executive Office, Northern Ireland and the Department of Rural and Community Development, Ireland.

Ireland's First Online Recovery College Launched



As we continue on the path towards COVID-19 recovery, it is vital that people have access to the tools and resources to support their mental health and well-being. That was the message from the €7.6m, INTERREG VA funded, Innovation Recovery Project, when it recently announced the launch of its new online Recovery College.

The first of its kind across the island of Ireland, the online platform will complement existing Zoom sessions and face-to-face courses currently delivered through the Innovation Recovery Project, bringing digital mental health services to a wider audience living within Northern Ireland and the border counties of Ireland.

Available on multiple devices, it will adopt a modern, flexible learning experience and provide a range of support, training and practical tools to promote hope, optimism and recovery. It will enable remote online learning for those who do not traditionally engage due to either personal reasons, related to their illness, or geographical inaccessibility, such as those living in rural communities.

You can register for an account for the online recovery college

The Innovation Recovery Project is currently delivering mental health recovery education across 12 counties in Northern Ireland and the border counties of Ireland, delivering a wide range of free, local educational courses which promote mental health well-being and recovery. The outbreak

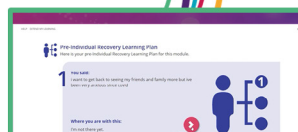
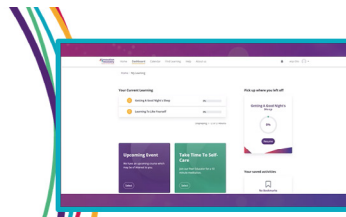
of the pandemic prompted the project to adapt its services with a switch to free, online and interactive learning. As of March 2021, it has delivered a diverse range of courses in both jurisdictions to over 3,000 people, including those with lived experience, carers and health professionals. Innovation Recovery is one of CAWT's (Cooperation and Working Together) suite of cross border INTERREG VA funded projects currently being delivered.

Commenting on the launch of the platform, John Meehan, HSE Assistant National Director, Mental Health Strategy and Planning (and Chair of the Innovation Recovery Project) said: "The CAWT Partnership has a long history in supporting cross-border collaboration across a range of areas in mental health including Eating Disorders, Training in CBT, Mental Health First Aid, and initiating the NI Self Harm Registry. Thanks to the EU INTERREG VA investment, the Innovation Recovery project estimates that 8,000 people will participate in mental health recovery education

programmes, with 300 mental health practitioners from statutory, voluntary and community sectors trained in recovery orientated methods. Additionally, 500 staff from non-mental health services will be trained in mental health awareness and compassionate care of those suffering from mental health illness. The online Recovery College is the next important step in this vital process."

Reflecting on the importance of the project, Gina McIntyre, CEO of the SEUPB, said: "Health and social care services, on both sides of the border, face many challenges. The EU INTERREG VA Programme is helping to overcome these issues by funding greater levels of cross border collaboration, as well as the development of new and highly innovative e-health solutions. This new online platform is a fantastic example of this."

Match-funding for this project has been provided by the Departments of Health, North and South.



A digital launch event helped to provide some context around the new online Recovery College, including its aims and functions.

€35m Environment Project Marks Halfway Stage with Completion of NI Sites

The €35m, INTERREG VA funded, Shared Waters Enhancement and Loughs Legacy (SWELL) project marked the halfway stage in its delivery by celebrating the completion of four of its eight wastewater upgrades.

Led by NI Water, in partnership with Irish Water, the Agri-Food & Biosciences Institute (AFBI), Loughs Agency and East Border Region, the project is improving water quality in Carlingford Lough and Lough Foyle through enhanced wastewater treatment.

The four-year project involves the construction of new wastewater treatment works, as well as upgrades to sewerage networks at strategic locations, on both sides of the border, to address wastewater pollution. It will culminate in the development of an innovative ecosystem legacy model.

Discussing this crucial stage in the project's development, Tomasz Piadlo, Senior Project Manager at NI Water commented: "We are delighted to successfully commission new wastewater infrastructure at; Warrenpoint Wastewater Treatment Works, Newpoint Wastewater Pumping



Early construction works at the Lifford site.

Station, Newry (located in the Carlingford Lough drainage basin), Strabane Wastewater Treatment Works and Donemana Wastewater Treatment Works (located in the Lough Foyle drainage basin). The work carried out at these key NI Water sites involved extensive upgrades of the existing wastewater assets to improve the quality of discharge to the respective waterways, which impact on the shared waters of Carlingford Lough and Lough Foyle."

SWELL partners, Irish Water, broke ground on their four projects in May 2021 with the commencement of works at Lifford, Co. Donegal. Construction started at Killea Co. Donegal in mid-June with Carrigans, Co. Donegal to follow in late June and works are scheduled to commence in Omeath, Co. Louth in July.

These strategic Irish Water works, together with the NI Water upgrades, will deliver cross-border water quality enhancements, which will help contribute towards improving water quality in Carlingford Lough and Lough Foyle.

Underlining the importance of the project Gina McIntyre, CEO of the SEUPB said: "Greater levels of cross-border collaboration are essential so that we can improve the water quality of our shared waters and meet the relevant standards under the Water Framework Directive. SWELL is one of the highest value projects to be funded under the EU's INTERREG VA Programme and as such, represents a significant long-term investment in our natural water resources. Key infrastructure is now in place, and despite current restrictions, the project is delivering upon its objectives."

Match-funding for this project has been provided by the Department of Agriculture, Environment and Rural Affairs, Northern Ireland and the Department of Housing, Local Government and Heritage, Ireland.



Aerial shot of the SWELL upgrade at the Donemana site.

Virtual Launch Event for New, Iconic €8m Waterside Shared Village Project

In May, the €8m Waterside Shared Village project drew together community and political leaders to celebrate its official launch during a special virtual event.

The Waterside Shared Village will create an iconic 'transformative shared space' in the Derry-Londonderry interface area between Irish Street and Top of the Hill.

Led by Derry City and Strabane District Council, the project will include a state-of-the-art building and sports complex.

The new space will help build trust and reconciliation between communities by creating a safe place for residents to engage in activities together.

The centre will also include a hall that can be transformed into four meeting or training rooms, a community kitchen, office space and a suite of sports changing rooms.

The area around the community hub will comprise a 3G and grass pitch, a cricket training area and tennis courts.

Work is expected to commence on site in the summer of 2021, with a completion date of June 2022.

Speaking after the launch, Chief Executive of Derry City and Strabane District Council, John Kelpie, said: "This is a major regeneration project for the Council area and one which will have a significant positive impact on the communities in the Waterside.



The €8m Waterside Shared Village will provide a new facility that will help build trust and reconciliation between communities.

It's a perfect example of how community organisations can work alongside Council, and funders, to bring forward a proposal that will transform this former school site into an iconic shared space for the entire community to avail of and enjoy."

Commenting on the significance of the project, Gina McIntyre, CEO of the SEUPB, said: "As a result of our past history, many sections of our society still live highly segregated lives. They feel safer learning, working and socialising only with people from a similar background. This can lead to increased tensions, mistrust and prejudice and prevent communities and individuals from moving forward."

"The EU, PEACE IV funded project will help to positively transform the lives of many local residents, creating a vibrant new community hub that can be used safely, by all."

For further information on the Waterside Shared Village

Match-funding for this project has been provided by the Department for Communities, Northern Ireland and the Department of Rural and Community Development, Ireland.

Managing Anxiety with Innovative Technologies

A North-West Europe (NWE) Programme funded project is helping to manage anxiety via the adoption of innovative technologies, helping improve mental health and reducing anxiety amongst patients suffering from neurodegenerative diseases (e.g. Alzheimer's disease) or post-traumatic stress disorder.

The €3.77m, IT4Anxiety project aims to support the implementation of innovative solutions through start-ups, with the objective of reducing the anxiety of patients suffering from mental disorders.

Technological innovations give new perspectives in many domains, including health. It was in this context that the IT4Anxiety project was developed, bringing together mental health professionals and start-ups, as well as universities, research centres, higher education establishments and public authorities.

Patients suffering from neurodegenerative diseases are prevalent across North-West European patients, largely due to ageing population trends. Such innovative and technological solutions can effectively complement conventional medical protocols. In what the project classifies as 'blended therapies', a number of work packages and activities in the IT4Anxiety project are at the heart of the approach being delivered.

The end goal is to co-create and implement 10 innovative solutions, validated by mental health professionals and public organisations that will address the needs of around 3,000 patients facing anxiety disorders across the NWE.

The 15 start-ups involved in the project are expected to contribute to the creation of around 50 new jobs. In addition, almost a thousand mental health professionals will benefit from the training systems that are due to be implemented.

Recently, the IT4Anxiety partnership completed their first hackathon, the first of many planned in the project. The second hackathon will take place in Germany. You can read more about this [here](#). For a debrief of the hackathon click [here](#).

In Northern Ireland Prof Condell leads the Ulster University contribution with the project managed by Dr Muñoz Esquivel.

The EU project is being led by CNP Saint-Martin (BE), with partners including: National Health Services

Western Isles (Scotland); Haute Ecole de la Province de Namur (BE); NEW asbl (BE); EPSM Lille Métropole (France); G.A.C. Group (FR); Vrije Universiteit Amsterdam (NL); Klinik für Psychiatrie und Psychotherapie (DE); Agence pour la Coopération Scientifique Afrique (LU) and Brainscan BV (NL).

For more information on the project [click here](#) or alternatively, follow the project on social media, [it4anxiety](#) on Twitter and LinkedIn, or subscribe to the mailing list [here](#).



Programme Summaries and SEUPB Contacts

PEACE IV

The €270m PEACE Programme 2014-2020 is a unique Structural Funds programme aimed at reinforcing progress towards a peaceful and stable society in Northern Ireland and the Border Region of Ireland.

The Programme's key objectives are:

- Shared Education
- Children & Young People
- Shared Spaces & Services
- Building Positive Relations

The eligible area for the Programme is Northern Ireland and the border counties of Ireland (counties Cavan, Donegal, Leitrim, Louth, Monaghan and Sligo).

For further information on the PEACE IV Programme contact:

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INTERREG VA

The €283m INTERREG Programme 2014-2020 has been designed to address many of the developmental problems which are exacerbated by the existence of borders, in order to build upon opportunities for enhanced economic and social development across the region.

The Programme's key priorities are:

- Research & Innovation
- Environment
- Sustainable Transport
- Health

The targeted eligible area is Northern Ireland, the border counties of Ireland (Counties Cavan, Donegal, Leitrim, Louth, Monaghan, and Sligo) and Western Scotland (Lochaber, Skye & Lochalsh, Arran & Cumbrae and Argyll & Bute, Dumfries and Galloway, East Ayrshire and North Ayrshire mainland, and South Ayrshire).

For further information on the INTERREG VA Programme contact:

Joint Secretariat,
Monaghan.
Tel: + 353 (0)47 77003
E: monaghan@seupb.eu or

Caroline Coleman, National Contact Point for Scotland, Scotland
Europa, 150 Broomielaw,
Atlantic Quay, Glasgow G2 8LU.
Tel: +44 (0) 141 228 2202
E: Caroline.Coleman@scotent.co.uk I

INTERREG VB Transnational Programmes

The SEUPB has a role supporting the development of projects submitted to any of the INTERREG VB/VC Programmes.

These programmes are:

The Northern Periphery and Arctic (NPA) Programme

This €56million ERDF programme aims to help peripheral and remote communities in the northern regions of Europe to develop their economic, social and environmental potential. The programme area involves parts of Finland, Ireland, Sweden, Scotland, Northern Ireland in cooperation with the Faroe Islands, Iceland, Greenland and Norway. SEUPB is the Regional Contact Point for Northern Ireland.

The North West Europe Programme

This €370 million ERDF programme aims to help make this new region more competitive, environmentally friendly and cohesive by improving access to more and better jobs, enhancing the environmental qualities of the region, improving accessibility and ensuring that cities and rural areas are attractive and sustainable. The programme area is France, the UK, Germany, the Netherlands, Ireland Luxembourg Belgium and Switzerland. The SEUPB works in an advisory and signposting role.

The Atlantic Area Programme

The programme aims to achieve progress on transnational co-operation that is geared

towards cohesive, sustainable and balanced territorial development of the Atlantic Area and its maritime heritage. The programme region covers all of Ireland and Northern Ireland, and those regions within Portugal, Spain, France and the UK that border the Atlantic Ocean. The SEUPB works in an advisory and signposting role.

INTERREG EUROPE Programme

The €359 million ERDF INTERREG VC Inter-regional Programme is aimed at local and regional authorities. It focuses on the identification, analysis and dissemination of good practices by public authorities in order to improve the effectiveness of regional and local policies. Co-operation projects are eligible across all 28 EU states, plus Norway and Switzerland.

For further information on VB and VC Programmes, contact:

Declan McGarrigle at the SEUPB Belfast office:
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