



Northern Ireland Women in Fisheries

Founded over a decade ago, Northern Ireland Women in Fisheries (NIWIF) are a group of women hailing from Northern Ireland's fishing communities who are passionate about the seafood industry. Many work in the industry and are the wives, daughters and mothers of fishermen, seafood processors and marine engineers.



The group meet once a month and over several years NIWIF have developed a programme of seafood cookery demonstrations. They have travelled across Northern Ireland to tell community and church groups about their lives and experiences of the seafood industry and to teach people about preparing, sourcing and cooking the best of local, seasonal seafood.

As well as educating consumers on how easy it is to prepare and cook seafood and the myriad of health benefits to be gained from including it in the diet, NIWIF also provide guidance on sourcing good quality, responsibly-sourced seafood.



Squid Surprise by Elaine Campbell (above) of NIWIF



Initially a small scale, self-funded programme of presentations, support from Seafish through their consumer campaign, Fish is the Dish, allowed NIWIF to develop and expand their programme of seafood cookery demonstrations.

Seafish support has also allowed NIWIF to provide attendees with Fish is the Dish recipe leaflets to help them start cooking more seafood at home and ensure it is included in weekly meal plans.

NIWIF have also supported Seafish in Northern Ireland by providing their recipes for use in a Northern Ireland Fish is the Dish recipe booklet which has been distributed widely across the Province.

To date, NIWIF have given presentations to over 1000 people across Northern Ireland and demand for their unique style of seafood cookery demonstration shows no sign of abating with lots more events in the pipeline.



Lou Henning of Henning Bros Fish Company Limited and NIWIF Secretary.

For more information about the Northern Ireland Women in Fisheries (NIWIF):

Lou Henning, NIWIF Secretary
T: +44 (0)28 4176 2335
E: lou_henning@hotmail.com

To check out some Northern Irish seafood recipes:
www.fishisthedish.co.uk/northern-ireland-recipes

For more information on the Northern Irish seafood industry:

Dr Lynn Gilmore, Seafish
T: +44 (0) 7966 585 816
E: lynn.gilmore@seafish.co.uk
Twitter: @SeafishLynn