



WESTSIDE NEWSLETTER



Galway City Partnership
Comhpháirtíocht Chathair na Gaillimhe

Supported by Westside Resource Centre and Galway City Partnership - Westside Project

Volume 2, Issue 1
Winter 2012

Westside Community Christmas Market

A wonderful selection of Christmas gifts made by people from Westside community supported by Galway City Partnership – Westside Project and Westside Resource Centre.



Venue: Westside Resource Centre
(Beside Westside Library)

Times: 10:00am – 4:00pm
Thursday 13th December 2012

For more information contact Vernice on 087-9303468 or 091-528325.

Community ‘Developments’

For many years the Westside Community Development Project (CDP) has been an integral part of Westside Resource Centre. However, recent changes in government policy have changed the way community development projects are structured throughout the country and the work of Westside CDP will now be channelled through Galway City Partnership. The name of the project has also changed - what was ‘Westside CDP’ will now be called ‘Galway City Partnership – Westside Project’. However, most importantly, the excellent work will carry on as normal. Galway City Partnership – Westside Project will continue to be based in Westside Resource Centre.

If you are interested in getting involved in any of the community activities or accredited or non-accredited classes in 2013, contact Vernice or Sidikat in January on 091-528325 or 087-9303468.

Christmas Carols & Coffee Morning

Galway City Partnership – Westside Project and Westside Resource Centre invite you to Community Christmas Carols and Coffee on

Thursday, 20th December

in Westside Resource Centre at

10:30am

Light refreshments afterwards

Everybody welcome!



What’s the ‘Westside Story’?

The story is good! The year 2012 has broken all records as far as Westside Resource Centre is concerned. We are busier than ever before and we are delighted that the Westside Resource Centre is now home to such a wide variety of projects. There are currently ten different organisations operating from the Resource Centre on a permanent basis. We have included a full list of organisations and their contact details on the back of this newsletter. The range of short courses, classes, meetings and social events taking place in the Centre is also truly inspiring. There are literally thousands of visits to our facility on a monthly basis and we are delighted to see the very positive benefits that all of these activities bring to our community.

We are very happy to welcome back OBAIR - Local Employment Service Network to the Westside Resource Centre and we wish them well in their new offices. We would also like to extend a very warm welcome to ‘Involve Youth Services’ and to ‘Brainwave—The Irish Epilepsy Association’ who moved into the Resource Centre in the summer of 2012. Along with these new arrivals a number of other important initiatives were started during the year. For example, the

Citizens Information Centre is now running a monthly clinic in the Resource Centre and the Galway Adult Basic Education Service (GABES) have also established a regular presence. The Westside Community Garden produced its first crop this Autumn and we are now looking forward to many good years ahead.

We will never know for sure what the philosopher meant when he bestowed upon his companions his earnest wish that they would ‘live in interesting times’. (Times being ‘interesting’ could, of course, be either for the better or the worse.) However, there is no doubt that we are certainly living in interesting times. We have witnessed major changes in the past few years – politically, economically and socially. The present economic downturn, with all its attendant ills, is being felt right across our city but most deeply in the disadvantaged areas. Many community and voluntary groups are being stretched to breaking point and demand for their services is increasing.

As we approach the end of 2012 it’s hard not to reflect on the difficult changes that are taking place all around us. However, as always, it is important to remember also the

very positive work that is constantly going on in the background. From the few short articles in this newsletter the reader can see that so many different issues and difficulties are being tackled each and every day. Community groups are coming together, working together and standing together. People are working hard to make the best of the resources available to them and to keep the work going forward and that is something to celebrate.

To all of our friends, colleagues and clients,
Merry Christmas & Happy New Year.

J. Coyne
Resource Centre Manager

Westside Citizens Information Service now open

We are in Westside Resource Centre on the **2nd Monday** of every month from 2:00pm to 4:30pm.

Contact us on 0761 07 7600
Email: galway@citinfo.ie

Breakfast Muffins



Ingredients

8oz flour
2oz chopped walnuts
1 apple, grated
2 eggs
5oz caster sugar
20oz coconut
1 carrot, peeled and grated
1tsp vanilla essence
2oz sultanas
1tsp baking powder
¼pt sunflower oil

By Pauline Brennan

Method

Mix all dry ingredients together. Add grated carrot and apple and mix. Add eggs, sunflower oil and vanilla essence and mix.. Put into a deep muffin tin and bake in a preheated oven at 180°C for 25 minutes.

MEAS Garda Youth Diversion Project

G.Y.D.P. is a community based project, managed by **Foróige** and run in conjunction with **An Garda Síochána** and the **Irish Youth Justice System** and is funded by the **European Social Fund**. Our aim is to help young people (12-18years of age) move away from behaving in a way that might get them or their friends into trouble with the Gardaí. We work closely with the Garda Juvenile Liaison Officer and Community Gardaí, with local primary and secondary schools, and agencies such as the H.S.E. Westside Family Services.

We do this so that we can engage with the young person and help them reflect on their behaviour. From this we can help them put in place strategies and mechanisms that prevent them from re-offending. To achieve this we have activities such as One to One work, Homework Club, Late Night Soccer, Nutrition & Cooking Club, Couch to 5k running program, Electronics program with G.M.I.T. and holiday programs which include Mountain Biking, Fishing and Surfing.

For more information contact **Adrian McGrath on 086-7741623** or **Anthony Cunniffe on 086-0479707**

Brainwave – The Irish Epilepsy Association

Brainwave - The Irish Epilepsy Association was established in 1967 by a group of individuals concerned with improving the quality of life of people with epilepsy in Ireland. Brainwave is committed to working to meet the needs of all its members living with epilepsy.

Brainwave's Head Office is situated in Dublin and there are 9 regional offices around the country which house the Community Resource Officers. Evelyn Monson Kirby is the Community Resource Officer in the Western Region covering Galway, Mayo and Roscommon. Evelyn's role is to provide people with epilepsy with support and information in relation to its diagnosis, treatment and other issues related to the condition e.g. Lifestyle, Epilepsy & Women, Employment, Driving & Insurance as well as Benefits. Support is provided on a one-to-one basis as well as

through Support Groups. Brainwave also provides Outreach Services in the different towns and rural settings and in the Epilepsy Clinics at UCHG, on Fridays from 9am to 1pm.

Through awareness campaigns and education programmes, Brainwave aims to improve public understanding of epilepsy. Awareness talks are given to schools and various organisations throughout the counties. The Galway Office is located at Westside Resource Centre, Seamus Quirke Road, Galway.

Office Hours: Tuesday, Wednesday, Thursday 9am – 5pm.

For further information about Epilepsy or Brainwave Services please contact Evelyn at 091587640 or Head Office: 01 4557500.

OBAIR - Local Employment Service Network opens in Westside Resource Centre

During 2012 the Local Employment Service returned to open new offices in the Westside Resource Centre. The Local Employment Service had previously been based in the Westside Resource Centre for many years until 2005.

The Local Employment Service is a free and confidential service for people who are both unemployed and in receipt of a Social welfare payment and the purpose of the Local Employment Service is to provide unemployed people with information and guidance on their options for work, education and training.

If you are currently unemployed and in receipt of a Social Welfare payment and would like to have a meeting with us to discuss your options for work, education or training why not ring John or Pádraig for an appointment at the Westside Resource Centre at 091 - 581955

National Advocacy Service

The National Advocacy Service is an independent, confidential and free advocacy service for people with disabilities. Advocacy bridges the gap between having rights and having those rights respected. NAS supports people to be included in decisions, especially when they find it hard

Westside Library

All members of the community are welcome to visit and use Westside Library. We provide a books and audio lending service for both children and adults, free internet, computer and photocopying facilities, free events for both children and adults including book clubs, free access to newspapers and magazines and so much more. We are open 11.00-8.00 on Tuesday and Wednesday, and 11.00-5.00 Thursday to Saturday (closed for lunch from 1:00 to 2:00 on Saturday). Membership for children and senior citizens is free; €2 per annum for students and unwaged, €5 per annum for waged.

Westside Library will be closed from Monday 10th December 2012 until Wednesday 2nd January 2013 to facilitate the installation of Radio Frequency Identification (RFID) technology. The new system will offer self check-in and check-out to those borrowing books from the library. Please accept our apologies for the closure.

Westside Library: 091-520616 or westside@galwaylibrary.ie

to tell others what they want. You can contact the National Advocacy Service directly, or a friend or carer can contact us on your behalf with your agreement.

Contact Greg on 087-9697404



The Westside Community Garden portacabin being lifted into place

And by the way...

As well as our usual Community Education classes, Westside Resource Centre also provides regular meeting space for a number of independent educational organisations and initiatives. In the course of the last few months, the Resource Centre has hosted a range of interesting courses including: meditation, creative writing, yoga, painting, mental health awareness and addiction studies.

Details on course providers are available from Reception at Westside Resource Centre.

Millstone House Drop-in Centre Now Open

Millstone House provides support and referred counselling services for survivors of institutional abuse and their families. We are open on Monday, Wednesday and Friday from 10:30am to 4:30pm.

**Contact us on 091-528325 ext. 136
Millstone House, Westside Resource Centre, Seamus Quirke Road, Galway**

A Helping Hand

During the course of 2012 Westside Resource Centre has been involved in several fundraising projects. In June, the Westside Community Patchers held a 'Midsummer Madness' event to raise much-needed funds for the Galway Cystic Fibrosis Hospital Project and the Galway Premature Baby Fund. Last September we worked in conjunction with Westside Men's Group and The Commercial Boat Club to hold a table quiz to raise funds for Self Help Africa and the Westside Community Garden.

We have also held a number of raffles during the year to raise funds for Westside Resource Centre and the activities that are based here. We are very grateful to all the people who supported these fundraising events and we would also like to thank those individuals and organisations who sponsored prizes and made donations. Thank you all.

TÚS Scheme

Over the past year both Westside Resource Centre and Westside Community Garden have greatly benefited from the excellent work carried out by participants on the TÚS Scheme. We greatly appreciate this practical help and we hope to continue to engage with the scheme and to provide rewarding and interesting work placements for participants. The TÚS scheme is administered in Galway by Galway City Partnership and is designed to put participants on work placement with community organisations. **For more details contact Charlie Currie on 091-773466.**

Galway Adult Basic Education Service

Anyone who has a difficulty with reading, writing, basic maths or computers is very welcome to call in to see us in Room 14 at Westside Resource Centre. We arrange one-to-one or small group classes as desired. After an initial meeting with either Brendan (Tuesdays), Alison (Wednesday mornings) or Melissa (Friday mornings), classes can be set up at a time to suit in the Westside Resource Centre.

We offer classes in a relaxed and informal setting and can work on many things such as spellings, filling in forms, report writing, maths for parents or basic computers. If anyone has any specific needs for work or needs to improve their writing skills for a particular course, we are happy to help with those things as well.

Call Alison on 091-567660 or Vernice on 091-528325 for further information, or visit our website: www.gabes.ie

This is a free and confidential service.



Westside Resource Centre manager, James Coyne and Commercial Boat Club member, Pat Brennan presenting the proceeds of the Westside Table Quiz to John Sullivan from the Westside Community Garden and Ronan Scully from Self Help Africa.

Westside Men's Club

Westside Men's Club meet each Monday from 7-9pm at Westside Resource Centre next to the library. The goal of the club is to improve the lives of men through education and community involvement. The club has been busy in the year 2012 by being involved in the following community education classes and activities: Computers – Use of Skype and e-mail, Oral Irish classes, sketching, painting landscapes, voluntary work with the Westside Arts Festival, table quizzes, Church gate collections for local charities.

Past work of the club has included: cooking classes, photography classes, wood carving classes, First Aid training, production of three plays and a video project.

The Club is supported by: Galway City Partnership - Westside Project, City of Galway VEC, HSE West and Westside Resource Centre.

Contact us on our e-mail or check us out on our blog:
www.westsidemensclub.blogspot.com

Westside Men's Club wishes all a Happy and Safe Christmas.

Galway Kickboxing Club

Galway Kickboxing Club is situated in Westside Community Centre. It was established in 2006 and is coached under World WAKO champion Brian Brosnan and coach Denis Brosnan – both 3rd Dan black belts. The club trains both children and adults at all levels. All coaches are Garda vetted and have completed child protection and occupational first aid courses.

The club is registered with the Irish Martial Arts Council, Kickboxing Ireland and the Irish Kickboxing Federation (IKF). Galway Kickboxing Club boasts 6 Irish Belt title-holders and registered 125 members in 2012 alone. Kickboxing is growing in Galway, both as a competitive sport and an effective form of self-defence. The sport is great for toning up and losing those few extra pounds in addition to being a venue where you can meet new people and make friends. New members are welcome.

For further information contact Denis Brosnan on 085-7375126.

Westside Age Inclusion Laundry Service

Westside Age Inclusion offers a low-cost laundry service to the general public in all areas of Westside and environs. We collect your washing from your home and then wash/dry and deliver it back to you. The money raised is put back into the community through the provision of support services and activities for older people.

- Large bag washed and dried: €10.00
- Small bag washed and dried: €7.00
- Drying only: €5.00

Tel: 091-589861

Email: info@westsideageinclusionltd.ie



Sheila O'Flaherty and Bernadette Vallot at the fundraiser for the Premature Baby Unit

Christmas 2012 in Sacred Heart Parish

Monday 24th December 2012

9:00pm - Christmas Eve Mass and Blessing of the Crib

Tuesday 25th December 2012

Christmas Day Masses: 9:30am, 11:00am and 12:15pm. No Evening Mass

Wednesday 26th to Friday 28th Dec 2012

Daily Mass 10:00am

Sunday 30th Dec 2012 Feast of the Holy Family 9:30am, 11:00am, 12:15pm and 6:30pm. Vigil Mass: 6:30pm Saturday 29th December 2012

Sacrament of Reconciliation

Saturday 22nd December 2012

Confessions 5:30-6:30pm

Monday 24th December 2012

Confessions 12:00-1:00pm
Confessions 3:00-4:00pm

DISCLAIMER: The opinions expressed in the contents of this newsletter are those of the author(s) of each piece and do not reflect the view of the Westside Resource Centre or Galway City Partnership - Westside Project.

Organisations based in Westside Resource Centre

Galway City Partnership - Westside Project

Galway City Partnership - Westside Project coordinates and supports community work and participation in the Westside area. The project is actively engaged with numerous individuals, agencies and service providers in the area to ensure the needs of the community are being met and to empower local people for positive change. Activities are supported by City of Galway VEC, HSE West and Galway City Council. (Contact Vernice or Sidikat on 091-528325 or 087-9303468).

Big Brother Big Sister

Big Brother Big Sister is an internationally renowned youth mentoring programme that forms friendships between a young person and an adult volunteer. This programme is operated in Ireland by Foróige, the national youth development organisation. The Galway regional office is based in the Westside Resource Centre. (Contact Andrea or Kate on 091-554420).

National Advocacy Service

The National Advocacy Service aims to provide independent advocates to people with disabilities who find it difficult to speak for themselves. (Contact Greg or Andrea on 091-528325).

Westside Crèche & Pre School

Westside Crèche & Pre School is a community based childcare service which aims to support and assist families and children in the Westside area through the provision of accessible, affordable, high quality childcare. (Contact Pauline on 091-581707).

Millstone House

Millstone House provides support and counselling referrals for the survivors of institutional abuse and their families. (Contact Tom on 091-528325 / EXT 136).

L.G.B.T. Diversity

The LGBT Diversity programme is a coordinated national response by 12 LGBT organisations, developed to build the capacity of the LGBT sector. (Contact Poul on 091-528325)

Brainwave - The Irish Epilepsy Association

Brainwave The Irish Epilepsy Association provides a professional information service to support and empower people with epilepsy and their families, who have problems coming to terms with the condition and its implications. (Contact Evelyn on 091-587640).

Involve

Involve provides programmes, initiatives and services that promote the participation and inclusion of the Traveller Community in Irish Society. (Contact Tracy or Ann [Salthill Youth Project] on 087-1810196).

MEAS Garda Youth Diversion Project

The GYDP is a community based and supported youth development projects which seek to divert young people from becoming involved (or further involved) in anti-social or criminal behaviour. These projects facilitate personal development and promote civic responsibility. (Contact Adrian or Anthony on 086-7741623 or 086-0479707).

OBAIR - Local Employment Service Network

The Local Employment Services Network (LESN) provides a free voluntary information, guidance and support service to people who are unemployed in Galway City. (Contact Pádraig or John on 091-581955)

Westside Resource Centre also provides meeting and training space for numerous other local and national groups and educational organisation including - Westside Men's Group, Shining Stars Women's Group, Galway Citizens' Information Centre, Westside Age Inclusion, City of Galway VEC, COPE, Galway City & County Childcare Committee, Youth Work Ireland, Incredible Years Parenting Programme, Westside Adult Literacy Support Project, Galway City Council, St. Vincent de Paul, P.L.A.N.T., The Learning Curve, HSE Safe Talk and Assist course, Tara Kadampa Buddhist Meditation ... and many, many more.

Westside Resource Centre, Seamus Quirke Road, Galway. (091) 528325

If you have an item that you wish to have included in the next newsletter, please contact Vernice at the Westside Resource Centre

Services to the general public at Westside Resource Centre

Westside Resource Centre provides photo-copying, faxing and laminating services to members of the public. Just ask at Reception. 091-528325