



Westside Christmas Market



Friday, 13 December 2013
10:30am until 4:00pm

Westside Resource Centre
Seamus Quirke Road

Westside Christmas Raffle

It's that time of year again: Westside Christmas Raffle time. This year, the Raffle will be held on Thursday 19th December at the Westside Carol Morning in Westside Resource Centre. There are fantastic prizes up for grabs, including hampers, concert tickets, a pair of watches, beauty packages and lots more. Tickets are on sale now from Westside Resource Centre.

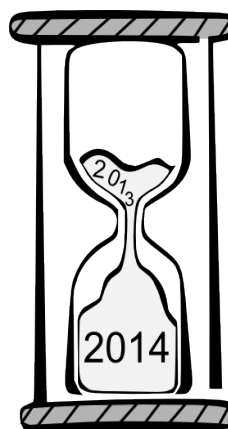
Rahoon Youth Project

The Rahoon Youth Project is offering both old favourites and new activities in the January term! If you're of secondary-school age, you might be interested in our guitar group, fitness group, woodwork, art, grinds, cookery, or hip hop! Are you 18 or 19 and interested in becoming a junior leader?, get in contact! Also, a big call-out to families of children who are 10-12 years old and dealing with divorce or separation of their parents, or a death in the family -- we are running a Rainbows group in January, and still have some spaces in the group. For more info on any of these, contact Kerry E'lyn on 087-9111624 or droimchaoin@youthworkgalway.ie.

~ 2014 - A Year of Celebrations ~

At this time of the year we often reflect on the events that have taken place over the past 12 months. We glance back over our shoulder and look again at times past. We may dwell a while on the 'highs' and the 'lows' in our own lives or in the lives of friends, colleagues and neighbours. Some personal or family loss may weigh on our minds or we may be thinking instead of some great achievement - a famous victory for our team, a meeting of old friends, the arrival of a new baby, success in life or love!

We hear some media commentators suggest that the current recession is coming to an end. We hope that's true... but for many of us just getting through 2013 is something to be celebrated. However, we are also naturally inclined to look forward. We are drawn towards the blank canvas, the possibilities and the as yet unwritten story of the New Year. We make plans and resolutions - some of which won't survive past the second week of January - but we do start the year with good intentions and with the hope of better times ahead.



exhibition. We look forward to seeing the exhibition knowing that it will be interesting, informative and an important contribution to understanding local history.

Westside Arts Festival will also be 10 years old in 2014. The arts festival is the centre-piece of community activity in Westside during the summer months. The festival provides an opportunity for local people to enjoy artistic and creative activities in their own community. Next year the organising committee hopes to make the festival even bigger and better than before. The committee would very much like to hear the views of local people regarding the festival and how it operates. There is a 'comment form' printed inside this issue which can be completed and returned to suggestion boxes located at either Westside Library or Westside Resource Centre.

Westside Resource Centre Limited, the company that operates Westside Resource Centre, will be 20 years old in 2014. The resource centre has become busier and busier over recent years and 2014 is expected to break all previous records regarding the numbers of people using the facility. We now have a fantastic range of community and voluntary groups active at the resource centre and we will be celebrating our successes with various events and activities throughout the year.

We would like to thank all of those individuals and organisations who have supported the Resource Centre throughout the year and we wish you all a Peaceful Christmas and a Prosperous New Year.

J. Coyne,
Resource Centre Manager

Grateful thanks to our volunteers and distributors

Westside Newsletter is hand delivered by a group of local volunteers. We would like to express our sincere thanks to all the volunteers for their assistance. A special mention also to our colleagues at St. Joseph's Community Centre for their help in distributing the newsletter throughout the Shantalla area.

Westside Coffee & Carols



Thursday, 19 December 2013

11:15am: Carol singing in Westside Library followed by refreshments and raffle in Westside Resource Centre

Westside Movie Sale 13 / 12 / 2013



Choose your own movies this Christmas!

Great selection of previously-viewed DVDs available from Westside Resource Centre during the Westside Christmas Market.

Westside Resource Centre – 091-528325
~ Charity No. 11975 ~

Launch of The Gathering DVD in Shantalla

It was a great night in Shantalla on Tuesday night, 3rd December, when we celebrated the launch of the DVD of the Gathering Festival. The festival, which lasted 9 days and covered many events including five-a-side soccer, music, family sports, art and photographic exhibitions and a fun run, finished with a banquet in the Westwood House Hotel.

The festival was one of the longest in the country and the highlight was the re-enactment of Daniel O'Connell's speech at the Sliding Rock in the Billy Smith Memorial Park. The original speech was delivered 170 years ago, in 1843.

The event was attended by President Michael D. Higgins, who said he was extremely impressed by the organisation that went into the celebration.

Following on from this, the Shantalla residents association was nominated by the Galway City Council to enter the IPB Insurance All-Island Pride of Place Competition, which was judged

The Adventures We've Had!

We are a group of young people from the Rahoon Youth Project; we're the oldest group. We've been kept busy for the past year by doing Boozebusters, a pop-up cafe, and a youth exchange; all this work led up to the upcoming junior leadership course.

One of the main projects we did was an alcohol awareness project called "Boozebusters." The main aim of the project was to raise awareness of what alcohol can do to young people, and what young people can do to prevent anything bad happening when consuming alcohol. We ran workshops for both young people and parents. We did communications training, alcohol awareness training, and website design. We also did interviews with the media, which led to us being on the radio and in the City Tribune and The Craic.

During the summer, the Over-18s group got a chance to go over to Sweden on a youth

exchange. The main theme of the week was discrimination. There were about 32 young people at the youth exchange, and this youth exchange took place for a week. The countries that were involved with this exchange were Portugal, Georgia, Armenia, Ireland, and Sweden. The participants had an opportunity to share a bit about their country and learn about other cultures.

The junior leadership course is for people who are that little bit older and willing to help out with the leadership of the project. By doing the junior leadership course, it will get us trained up and ready to help out when needed. We hope it will happen in January 2014.

By joining our group, you will have a lot of fun, and you will also have a chance to do things like what we've done during the year.

By Kian O'Reilly – on behalf of the Rahoon Youth Project's Over 18s group

Westside Resource Centre provides photocopying, faxing and laminating services to members of the public.

**Westside Resource Centre
Seamus Quirke Road, Galway
091-528325**

**info@westsideresourcecentre.ie
www.westsideresourcecentre.ie**

on a 2-hour presentation last July. To our delight, we were awarded first place in category three of the Cities Competition, which is a single-issue category for Tourism and Diaspora Initiative, at the Award Ceremony in Derry city. Needless to say, we are on a high ever since

We would like to take this opportunity to thank our very hard-working committee led by Chairman John McDonagh, the people of Shantalla and everyone in Galway. Everyone's time and dedication was essential to the success of this event. We would also like to thank the diaspora both nationally and internationally. Finally, we wish to thank Galway City Council and many other sponsors for their vital support.

The Shantalla 9-Day Gathering DVD and book can be purchased at a number of outlets including St Joseph's Community Centre, Tom Nally's Barbers and Londis, Newcastle Road.

Westside Arts Festival 2014

In 2014 Westside Arts Festival will be in existence for ten years. Already, the early stages of planning for the festival itself are under way and the organising committee would like the 2014 festival to be particularly special.

The committee would like to hear the opinions of the people who live in the Westside area about the festival and how it can be maintained and improved in the coming years.

Were you aware that the festival was taking place each year? Have you or your family attended the festival in recent years? Do you enjoy the events held during the festival? What events or activities would you like to see included in the festival programme? Does the festival appeal to all ages and would you like to become involved with the festival?

Please use the form provided to make any comments or recommendations that you feel will help improve the Westside Arts Festival. You can drop your comment in to the suggestion box at Westside Library or Westside Resource Centre. If you wish to leave your name and telephone number please do so in the space provided.

Rainwater Harvesting System for Community Garden

Westside Community Garden recently celebrated the installation of a rainwater harvesting system. The aim of the system is to reduce the garden's dependency on mains water, allowing it to use smaller quantities of treated water.

Rain falling on the roof of the Community Garden's shed is collected and stored in a tank until needed. The tank is positioned on a raised plinth to ensure a good flow of water to all parts of the garden.



Westside Gardeners drawing the first water from the new water harvesting system.

Westside Age Inclusion Ltd.

Westside Age Inclusion Ltd is in operation since 2002 and runs services for the elderly people of the Westside and surrounding areas of Galway City. We have been running our service from Unit 13, Westside Enterprise Centre and are very excited to announce that we have been given an additional unit by Galway City Council which backs on to Unit 13 so we have extended our office space and created one large unit. All our services including our laundry service will now run from both Unit 13 and Unit 2 Westside Enterprise Centre.

Positive Mental Health

Throughout September and October, young people, youth workers and a community volunteer from Youth Work Ireland's Westside & Rahoon Youth Projects have been working together to promote awareness of positive mental health, a key issue for young people in Ireland.

The programme was delivered in conjunction with Youth Work Ireland Galway's free Youth Counselling Service. 'A Mental Health Resource for Youth Workers and Volunteers', produced by Headstrong, was used to structure the content of the programme. The awareness sessions focused on a '5-A-Day' approach, linking positive physical and mental health. The aim of the programme is to empower young people to build protective factors and resilience strategies in 5 key areas: 'accepting oneself', 'connecting', 'contributing', 'staying healthy' and 'staying aware of one's thoughts'. Programme facilitators connected with change.ie to discuss ways of challenging stigma relating to mental illness and also provided information on supportive resources.

Thanks to the Dormant Accounts Disbursement Fund administered by Pobal, the young people involved are now benefiting from one of the programme's positive outcomes: five supervised swimming sessions in Leisureland.

Youth Work Ireland Galway delivers a free and confidential youth counselling service for young people aged 12- 21 years in Galway City, Tuam, Ballinasloe and Loughrea. For appointment or information please contact deirdre.bermingham@youthworkirelandgalway.ie 087-3291931.



Group participants and programme facilitators

Westside Greeting Cards A Picture of Success



Senator Hildegard Naughton admiring the Greeting Card Collection with Resource Centre Manager James Coyne. Photo: Joe Travers

Sales of Westside Resource Centre's Greeting Card Collection have gone from strength to strength. The first print run has sold out and sales of the second print run are under way.

The collection celebrates the work of local artists and crafts people, many of whom have displayed pieces in Westside Resource Centre over the years. The collection consists of twelve individual and original images with subject matter ranging from the maritime landscapes of the west coast, to floral themes, to bold and modern interpretations of local landmarks.

A pack of 12 cards costs €10 and the collection is available from Westside Resource Centre and from Westside Library. All proceeds from the sale of the cards will go towards supporting the services provided by Westside Resource Centre.

Galway Co-operative Housing

Owning your own home has typically been the "big cheese" in Ireland. We now hear daily how home ownership can bring great stress in paying the mortgage and those seemingly endless bills. Making a home, however, involves much more than bricks and mortar. It's about what we invest of ourselves in the house and community we live in.

Co-operative Housing provides one way in which members/tenants, working together, can play a real role in the delivery of their own housing service. Co-ops can provide a structure that supports people in working together to build better homes and better communities. They are an example of a true local response to local need. People working together – now there's a challenge worth tackling.

Galway Co-operative Housing provides 61 homes locally. More can be learned from their website www.galwayhousingcooperative.com

Westside Library Christmas Opening Times

Monday	23 December - Closed
Tuesday	24 December - Closed
Wednesday	25 December - Closed
Thursday	26 December - Closed
Friday	27 December - Closed
Saturday	28 December - Closed
Sunday	29 December - Closed
Monday	30 December - Closed
Tuesday	31 December - 11:00am-5:00pm
Wednesday	1 January - Closed
Thursday	2 January - Regular hours resume

Speed Recruiting Initiative to Tackle Youth Unemployment

Youth Work Ireland Galway in conjunction with SAP are excited to have held a very successful Speed Recruiting event for young people in Galway City Westside. The event was held in GMIT Thursday the 24th of October 2013.

The event included general interview techniques, teamwork, communication, there was also CV clinics where young people were given advice on good quality CV's.

SAP engaged local businesses to attend on the night. We would like to thank all the businesses for their active participation. A special thanks to Audrey and Brian employees from SAP and Janice O'Hanlon and Fiona Place employees of Youth Work Ireland Galway who were instrumental in the success of this event.

Thanks to Youth Work Ireland Galway and the young people within the projects, for their participation and enthusiasm in actively seeking the tools and skills required for becoming job ready. A huge thank you to all the Youth Workers.

Bright & Spacious Office Available To Rent

Our office is fully decorated and carpeted and would be suitable for one, two or possibly three workers & workstations. Full details are available on request.

Westside Resource Centre provides high quality serviced offices to community, voluntary, not-for-profit, educational and charitable organisations.

Our offices provide finished 'ready to go' accommodation in modern purpose-built surroundings.

Contact
(091) 528325



★ Short term flexible leases available. ★

Organisations based at 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 engaging 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 Galway & Roscommon ETB, HSE West and Galway City Council. (Contact 091-528325 or 087-9303468).

OBAIR – Local Employment Service Network

The Local Employment Service Network (LESN) provides a free and confidential service to people who are unemployed and in receipt of a social Welfare payment. If you are unemployed and in receipt of a social welfare payment the LESN staff can assist you with information and guidance to explore your options for work, education or training. We can also provide assistance with CV preparation, application forms and interview preparation. (Contact Mary or Padraig on 091 581955)

Epilepsy Ireland

Epilepsy Ireland 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 Edel on 091-587640).

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).

Involve

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

Self Help Africa

Self Help Africa works with rural communities to help them improve their farms and their livelihoods. (Contact Ronan on 087-6189094).

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, Rebecca or Andrea on 091-528325).

MEAS Garda Youth Diversion Project

The GYDP is a community based and supported youth development project which seeks 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 Anthony on 086-0479707).



Westside Library Local History Exhibition

Material Wanted!



Westside Library will celebrate its 10th anniversary in 2014 by hosting a local history exhibition. We want any Historical Documents, Photographs and Artefacts from Ragoon, Shantalla and Newcastle.

We need your help!

The deadline for collecting items is December 2013

Sacred Heart Parish Christmas Arrangements 2013

Tuesday 24th December 2013

Christmas Eve Mass & Blessing of Crib 8pm

Wednesday 25th December 2013

Christmas Day Masses: 9.30am., 11am., 12.15pm. **No Evening Mass.**

Thursday 26th & Friday 27th December 2013

Mass at 10am.

Sunday 29th December 2013 - Feast of the Holy Family. Masses at usual times.

Vigil: 6.30pm Saturday 28th December 2013
Sunday: 9.30am, 11am, 12.15pm.

SACRAMENT OF RECONCILIATION

Tuesday, 24th December 2013.

12 noon - 1pm Confessions
3pm - 4pm Confessions

MASS TIMES beginning JANUARY 2014.

Monday to Friday	10.00am
Holy Days	10.00am & 11.30am
Sundays:	
Vigil Mass (Saturday)	5.30pm
Sunday:	10.00am & 11.30am

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.