



WESTSIDE NEWSLETTER

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



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Official Opening of Community Garden

The birds sang, the flowers bloomed and Westside Community Organic Garden really looked its very best for the formal opening on 13th September 2013. The garden was officially opened by local gardening expert Anne McKeon and the whole team of local community volunteers were present to show off their achievements to the gathered crowd. Mayor of Galway City, Cllr Pádraig Conneely, was guest of honour and many people from the local community came along to see the garden and to sample homemade treats and refreshments at Westside Resource Centre.

The community garden has been developing steadily for the past few years

and this year the whole project has really come together and the result is a great credit to all concerned. The site for the garden was originally provided by Galway City Council and since then it has been transformed from a vacant space into a beautiful and productive garden.

The whole project is a great example of a successful community initiative. So far the focus has been on growing organic vegetables – and the results have been very good indeed. Now the volunteers are looking to consolidate their vegetable growing skills and work on some new projects such as growing fruit and herbs.

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Mayor of Galway City Cllr. Pádraig Conneely with Suzanne Daly at the opening of Westside Community Garden

New Greeting Card Collection Launched

Westside Resource Centre has announced the publication of its own range of greeting cards celebrating the work of local artists and crafts people. The Resource Centre has hosted many successful Arts & Crafts classes over the past few years and has also been the venue for the Westside Arts Festival's 'Art & Craft Exhibition'.

Centre Manager, James Coyne, was looking at various ideas to promote and acknowledge the skills and creativity of the local people who have exhibited their work at the Resource Centre. The idea of a card collection was developed and, with the help and encouragement of the artists themselves, the new range of greeting cards was born.

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. The cards are colourful and positive and, whilst all of the images stand on their own merit, they do complement each other and together form a unique selection.

The whole card collection speaks of calm, comfort and the friendly, familiar surrounds of home. These cards are ideal for all occasions and all age groups. The regional and peaceful theme may appeal particularly to friends and relations living abroad who would appreciate a colourful glimpse of home.



The Greeting Card Collection is available from Westside Resource Centre and costs €10 for a pack of 12 Cards & Envelopes. All proceeds go to support the community work of Westside Resource Centre. 091-528325.

Social Inclusion Week Events in Westside



"Know Your Community"

17/10/2013, 10am-1pm, Westside Library
Open day with representatives of residents' associations and local community groups in Westside Resource Centre providing information about their organisations and promoting participation.

"A Creative Community"

17/10/2013, 12:30-2pm, Westside Resource Centre
Celebrating local arts & crafts projects and the benefits they bring to the local community. This will be followed by the official launch of Westside Resource Centre's new bespoke Greeting Card Collection.

"Westside Harvest Morning"

18/10/2013, 10am-1pm, Westside Resource Centre

You are invited to a variety of workshops to celebrate the achievements of local community groups and their participants. Workshops will include Flower Arranging, Craft, Gardening and Quilting. Everyone welcome.

"Dementia Friendly Community"

18/10/2013, 1pm, Westside Resource Centre

The launch of the Dementia Friendly Community for Galway City. This initiative focuses on improving the inclusion and quality of life of people with dementia and their families.

Back to Education Initiative Returns to Westside Resource Centre

The Back to Education Initiative (BTEI) is a programme for adults who wish to continue their education at Junior or Leaving Certificate levels. Courses are open to all adults who are in receipt of a social welfare payment and/or medical card or who did not complete their Leaving Certificate (or equivalent).

This term, the following courses are running in Westside Resource Centre: (1) **Art & Design**,

(2) **Computers (Level 3 & Level 4)**, (3) **Communications**, (4) **Food & Nutrition**

Some places are still available. For further information contact Grainne on 091-534262 or grainne.obyrne@gvec.ie. The Back to Education Initiative (BTEI) is run by Galway and Roscommon Education and Training Board, Seville House, New Dock St., Galway.

Galway Adult Basic Education Service (GABES)

We are very happy to be back here in the Westside Resource Centre again this term. This is the third consecutive year we have been running this group and it is much enjoyed by all who attend complete with a friendly tutor and warm surroundings! We are here on a Monday morning and a Friday morning and we offer free help for anyone who would like to improve their reading, writing and spelling skills, with some computers and numeracy added in as well. Our class is relaxed, informal and tailor made to suit the group.

If you would like to join this class, contact Alison on 091-567660. It is a 14 week course of 6 hours per week. We do have a few one to one classes available as well; let us know if you would be interested in this option. For more information you can visit our website. A reminder as well that this is a free and confidential service.



Youth Work Ireland Galway, Westside Youth Project, is excited to announce that JIVE Youth Space has come to Westside. It is a place where young people between the ages of 14 years and 21 years can come and relax, play a game of pool, chat and much much more. It is open every Wednesday 7-8.30pm and Thursday 7-8.30pm, it is located in the Family Services building (former NYP). We are so excited and are looking forward to meeting you all in JIVE.

For Further details please contact Janice 087-2363021 or Sinead 087-2066190. Youth Work Ireland Galway, Westside Youth Project

JIVE Youth Space is managed by Youth Work Ireland Galway, and is supported by Galway Roscommon Education Training Board (GRETB-formally Galway City Vec), Family Support Services, Galway City Council and Westside Resource Centre. The café is funded by the Department of Children and Youth Affairs.

Community Garden Official Opening

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We are delighted with the progress to date and are looking forward to future developments. The community garden volunteers and the garden project have become a part of the 'Westside Family' of community groups and initiatives. Many of the garden volunteers are active members of the community and there is great support here locally for the garden project. T view.here has also been strong support from many different agencies who have contributed time and resources to make the community garden a reality. We hope this continues as the project develops.

The garden project has great potential and it is hoped that some related avenues and ideas can be developed further. For example, it would be fantastic to develop cookery classes which link directly to the community garden. We ran a pilot cookery class earlier this summer and we found that we could utilise produce from the community garden during the course. By linking the two things together participants could clearly see that really good quality vegetables can be grown locally and that fresh local produce has a major role in a balanced, healthy diet.

Projects such as the Westside Community Organic Garden also open up a window on important issues such as environmental sustainability. The local volunteers can see that tasty produce can be home-grown but a number of other benefits also come into view. Producing food locally cuts down on

Westside Community Organic Garden



food miles and contributes to the long term sustainability and self sufficiency of the community. Using natural, locally-sourced, organic fertilisers reduces the use of chemicals and avoids expensive imports. The whole organic approach tends to work with nature and we are keen to maintain this ethos throughout our activities.

Along with gardening, there are other skills and techniques which the group can develop. How does one deal with a glut of a particular vegetable or fruit? How can we preserve and store fruit and vegetables? How was it done in the past without the use of deep freezers? Can seeds be collected, dried and used for next year's crop? Which varieties thrive best in our soil and climate conditions? How can we use the garden to maintain and increase bio-diversity in our local environment? There are so many different aspects to consider and the possibilities for further interesting and educational classes and courses are exciting and varied.

J. Coyne

Computer Tutor

Westside Resource Centre's first in-house computer class started in May and ran for 8 weeks. 10 participants learned basic computer skills in an informal, friendly atmosphere. Each of the eight sessions consisted of 90 minutes tuition followed by a tea-break and then another 45 minutes in which the participants could focus on any aspect of computing that interested them

with the tutor remaining on hand to assist them with any questions they might have.

The next beginners course will take place early in the new year, and an improvers course will also be run, if there is sufficient demand. Contact Westside Resource Centre on 091-528325 for more information



*Graduates of the first
Computer Tutor course in Westside Resource Centre*

Pop-Up Poetry

WRC - Westside Resource Centre

There is a place in the Westside, I know this place so well,
Sure why wouldn't I, when I live near it.
But I have this story to tell.

The staff are very friendly.
And the manager, sure he is great.
When I call early for meditation.
He always lets me wait.

The Westside Resource Centre.
Holds so many courses too.
Local Employment Service is also there.
And it is there for you.

Everyone can get involved.
And we can all help out.
Focusing on the community.
Is what it's all about.

So celebrate our centre
Because it's there for us.
It is where we can relax, with no bother or fuss.

By Eileen Gormley

Creative Classes

At Westside Resource Centre we are blessed to have a number of different courses running which provide an outlet for people interested in developing their artistic and creative skills.

Writer and Poet Kevin Higgins holds a regular creative writing course here at Westside Resource Centre. Kevin has a very loyal following of emerging writers attending his classes and is well known for his work across Galway and beyond. To contact Kevin please call 087-6431748.

Artist Pearl O' Kennedy provides a weekly painting class each Monday afternoon. Pearl works with oils paints and has a great love of Galway City's streetscapes as the subject matter of her paintings. Pearl O' Kennedy can be contacted on 085-7390002.

If you prefer evening times, Author and Coach Mairéad Whyte also runs a creative writing class on Monday evenings. Mairéad has written a number of books, enjoys working to inspire her students and is known for her 'direct and fun' approach. Please call 083-0020280 to speak to Mairéad.

Kathryn Kelly has returned to teach another season of painting classes. Kathryn's class, 'Sunflowers Art Studio', is held on Wednesday mornings and she can be contacted on 086-1070815. Kathryn is a very talented artist and teacher and also provides evening classes subject to demand.

Community Groups Going Strong

Westside Resource Centre is home to a number of established community groups: the Westside Men's Group, Westside Community Patchers, Westside Community Organic Garden and the Westside Craft Group. These groups meet on a regular basis throughout the year and are engaged in many different activities and events. For more information please contact (091) 528325.

The resource centre always welcomes new community groups and we would be delighted to hear from any individuals or organisations who wish to avail of our facilities. We are particularly keen to hear from local residents groups or active retirement associations who may need accommodation for their classes, meetings or social gatherings.

Rahoon Youth Project - Droim Chaoin

The Rahoon Youth Project (Droim Chaoin branch) will be running a variety of groups this autumn term. Cookery, woodwork, fitness, the film club, and grinds (all of which are for secondary school age) are nearly full, but we will take a waiting list, so get in touch if any of those interest you! An art group for 16-18 year olds still has space, as does the Over-18s group - great things to do if you're that bit older!

A project on advertising will take place after midterm and welcomes new members. In

Movie for Culture Night

This year Culture Night was held on Friday 20th September. Westside Resource Centre held a Movie Night to honour the occasion. The film "The Guard" was shown to a very appreciative audience. There was a full house with an international mix of people and a wide variety of ages.

"The Guard" was mostly shot in Galway city and county and most of the actors are also from an Irish background. The story follows the adventures of a straight-talking, rogue-with-a-heart-of-gold member of An Garda Síochána based in the West of Ireland when a huge shipment of drugs arrives in his bailiwick. The night was a great success and everyone enjoyed the film.

January, we hope to run a Rainbows group for 10-12 year olds, which is peer support for children who are dealing with divorce/separation or a death in the family. January will also see the start of a hip hop dance group for teenagers, a junior leadership course for 18s and up, and a new project on phone addiction! Then there's always our midterm camps, and lots more!

So, if any of this interests you, contact Kerry E'lyn on 087-9141522.

Westside Resource Centre provides photo-copying, faxing and laminating services to members of the public.

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

info@westsideresourcecentre.ie, www.westsideresourcecentre.ie

"SAT NAV" Workshop - The Seven Habits of Highly Effective Families

Due to the ending of the so called 'Celtic Tiger' the family unit as we know it has to adapt itself to new challenges. Each member of the family will have strengths and weaknesses and learning to keep in balance is the key to a happy family life. To try and achieve this is a struggle facing every family. Having respect and understanding for each other can go a long way in having a stable family life.

Good family habits are not an accident. They either have been passed down from our own family or we have picked them up from friends, books, etc. The same is true for bad habits. During the workshop, we will study and discuss the different ways to communicate more effectively with our spouses and our children. We will also



practice the seven habits as outlined by **Stephen Covey** in *The Seven Habits of Highly Effective Families*

This workshop is scheduled for January 2014. For further details, contact Imelda on 086-6098887 or sisterimelda@gmail.com

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 Sidikat on 091-528325 or 087-9303468).

Self Help Africa

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

OBAIR – Local Employment Service

Network

The Local Employment Service Network (LESN) provides a free voluntary information, guidance and support service to people who are unemployed in Galway City. (Contact Mary or Pádraig 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 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).

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 Adrian or Anthony on 086-7741623 or 086-0479707).

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).

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).



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

Ragoon Youth Project

The Ragoon Youth Project is funded by the Department of Children and Youth Affairs through Galway and Roscommon Education & Training Board. The Project is managed by Youth Work Ireland Galway and operates from two locations: Corrach Buí Community Centre and 44 Droim Chaoin. The Corrach Buí part of the project delivers a programme of after-school recreational activities, awareness training and developmental supports to young people in the 10 – 21 age range, living in Corrach Buí. Community volunteers help deliver the programme.

Our Autumn Programme started on 11th September. Current activities include: volunteer training, art and intercultural literacy, positive mental health awareness training, swimming, a teen-led dance exercise activity for 7-9 year olds, a young researcher's group and one to one supports for participants in the forthcoming SAP Speed Recruitment event.

For more information about these activities, please visit us in Corrach Buí Community Centre or contact Anne Pigott: 087-9374119 or email corrachbui@youthgalway.ie