



# WESTSIDE NEWSLETTER



Galway City Partnership  
Comhpháirtíocht Chathair na Gaillimhe

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

Volume 4, Issue 1

Spring 2014

## Westside Resource Centre Ltd - 20<sup>th</sup> Anniversary

The organisation that operates Westside Resource Centre is 20 years old this year. The company started out back in 1994 and was originally based in premises in Westside Business Park on Seamus Quirke Road. The current purpose-built Resource Centre was constructed in 2000 and was officially opened by the then President, Mary McAleese, on 6<sup>th</sup> June 2001.

Since that time the Resource Centre has gone from strength to strength and the number of people visiting the centre has increased steadily over recent years. Thousands of people access the services based in the centre each year and it has become the main hub of community activity in the local area.

Westside Resource Centre Ltd will be celebrating its 20th anniversary with a

special event which will be held later this year. The event will focus on the services and groups based in the Resource Centre and highlight their work in the area.

Westside Resource Centre Ltd would like to thank all of those people who worked - in various capacities down through the years - for their great contribution in making the Resource Centre a valued and respected community organisation. We also very much appreciate the support and assistance of those organisations and individuals who have provided funding and other assistance over the years.

Most importantly, we would like to take the opportunity to thank the people of Westside for their support and encouragement. We look forward to working for the community in the years ahead.

### Breaking News

## Westside nominations for Mayor's Awards

Details remain sketchy but sources close to City Hall have revealed that a number of Westside nominations have been made for this year's Mayor's Awards. This turn of events is no surprise to our correspondent who is well positioned to see at first hand the excellent community work going on in the area. The truth of the matter will not be known until the evening of the awards ceremony which takes place on Tuesday 22<sup>nd</sup> April.

We will keep you informed of developments and we wish all nominees the best of luck.



## Galway City Partnership – Westside Project

This local and community development project works with the people of Westside by supporting existing community groups and facilitating the establishment of new ones in the area.

Galway City Partnership - Westside Project has a long association with local groups and community initiatives such as the Westside Arts Festival, Westside Community Patchers, Westside Craft Group, Westside Community Garden Group, Westside Men's Group and Shining Stars Traveller Women's Group.

We work to actively engage local people in Community Education Initiatives, run in association with the Galway & Roscommon Education & Training Board, and other programmes / unaccredited taster courses aimed at promoting participation and social inclusion.

There are three courses starting after Easter: Cookery (28<sup>th</sup> April), Gardening (evenings, 30<sup>th</sup> April) and Clothes Up-cycling (7<sup>th</sup> May). All three of these courses are almost fully booked, so get your skates (or wellies) on if you want to take part.

For more information on these and other activities, contact Vernice on 087-9303468, 091-528325 or vernicewcdp@eircom.net or call in to our office in Westside Resource Centre.

## International Women's Day Celebrations

Westside Community Patchers, Self Help Africa and Westside Resource Centre came together to hold a very enjoyable coffee morning and raffle celebrating International Women's Day on the 7<sup>th</sup> of March 2014.

Senator Hildegard Naughton paid the event a surprise visit to show her support for International Women's Day and the community groups working in Westside Resource Centre.



Senator Hildegard Naughton, Manager James Coyne and Chairperson Celia Comber at the International Women's Day celebration in Westside Resource Centre.

## Westside Arts Festival Celebrating 10 years

The ever-successful Westside Arts Festival is celebrating its 10<sup>th</sup> birthday this year and promises to be better than ever. The festival is planned to run from **Wednesday 9<sup>th</sup> until Saturday 12<sup>th</sup> of July 2014.**

Details of the programme of events will be worked out over the next few weeks. Look for an update in the next issue of the Westside Newsletter.

**The Open Door**  
Community Social Gathering  
**First Tuesday of Every Month**  
**10:30am**  
Westside Resource Centre  
**All Welcome**



*Art, Craft and  
Educational Classes*

*Meetings, Seminars  
& Social Gatherings*



Your local Resource Centre hosts a wide variety of different functions and courses.  
**Westside Resource Centre**  
091-528325

## On Your Bike for Galway Bike Festival

Galway Bike Festival will take place in tandem with National Bike Week over the period June 14 to June 22, 2014. Festival coordinators highlight the fact that last year more than 30 different cycling events took place, including numerous family friendly cycles, children's bike racing, mountain biking, bike orienteering, a bike-fest film night, accessible cycling, cycle to work events and heritage cycles. Feedback received from event organisers consistently highlights positive spin-offs particularly in terms of youth and community development, road safety, increased awareness of the health benefits of cycling and greater knowledge of the current and potential cycling tracks and routes in the City and County.

According to the Galway Transportation Unit the potential to significantly increase cycling in Galway City is widely acknowledged given the high proportion of our population that reside within short cycling distances of work or education. Galway Bike Festival provides an opportunity for people of all ages to rediscover the many benefits of cycling through the wide variety of cycling events that will be on offer in June.

Further details available from Galway City Council at: (091) 894324 or Galway County Council at: (091) 509309.

## Westside Arts Festival 2014

### 'Friends of the Festival'

The organising committee of Westside Arts Festival is offering all local businesses the opportunity to show their support for this annual community event by becoming a Friend of the Festival.

Being a Friend of the Festival allows your business to play an important part in making this year's festival better than ever before. All funds raised through this initiative go towards the costs involved in operating the festival.

Friend of the Festival is open primarily to local businesses. However, individuals and community groups are also welcome to participate.

For more information, please contact Westside Arts Festival 2014, c/o Westside Resource Centre 091-528325

### Westside Community Groups

2014 promises to be a good year for the community groups here in Westside. A wide variety of activities is undertaken by the groups and they are going from strength to strength.

The Men's Group is currently doing a computer course and updating their blog [www.westsidemensclub.blogspot.ie](http://www.westsidemensclub.blogspot.ie). There are plans for a baking course and a photography course over the next months.

Planting and sowing is in full swing in Westside Community Garden and the hours during which the volunteers are present have been extended. With any luck, there will be plenty of watering required due to dry weather.

The Westside Community Patchers meet every Thursday from 10am until 12 noon. Last month, the group organised a Coffee Morning in conjunction with Self Help Africa and Westside Resource Centre to celebrate International Women's Day. Everyone is welcome to come and see us any Thursday morning and share a chat and a cuppa with us.

The Westside Craft Group meets every Monday morning from 9:30am to 12:30pm in Westside Resource Centre. A selection of hand-crafted egg cosies are available from Reception in the resource centre; an ideal Easter gift. A display of our work will be on show for the duration of Westside Arts Festival.

## Epilepsy Ireland

Epilepsy Ireland deliver a range of services to help people with epilepsy, their families and carers to manage the condition, improve their lives and fully participate in broader community life.

The Epilepsy Ireland office is based at the Westside Resource Centre and is open Monday to Wednesday, from 8:30am to 4pm. Information clinics are delivered at UHG every Friday morning. To get in touch, please call 091-587640 or email [ekillarney@epilepsy.ie](mailto:ekillarney@epilepsy.ie)

### Upcoming Events in Galway

#### Epilepsy Awareness & Information Session - Tuesday 20<sup>th</sup> May 2014

11am - 1pm at Westside Resource Centre

The information session will be facilitated by Epilepsy Ireland & an Epilepsy Nurse Specialist from UHG and is open to people with Epilepsy and Parents of children with Epilepsy. Refreshments will be provided and the event is free.

#### Epilepsy Ireland Young Adults Adventure Day - Saturday, 28<sup>th</sup> June 2014

Petersburg Outdoor Education Centre  
The Adventure day is open to young adults who experience Epilepsy and are aged between 18 & 23 years.

#### Self-Management Courses

'Living Well with Epilepsy' is a self-management course designed to help you to become more informed about your Epilepsy and how it can be managed. It is a six week programme, 2 hours per week and will be available soon in the Galway area. To register your interest in the course, please contact the Galway Office.

Please contact 091-587640 or email [ekillarney@epilepsy.ie](mailto:ekillarney@epilepsy.ie) if you would like more information on upcoming activities.

## Bealtaine Festival 2014

### Celebrating Creativity in Older People

To celebrate Bealtaine 2014, Westside Resource Centre and Westside Age Inclusion have come together to host a showing of a classic movie. Patrons can enjoy one of the great classics of the silver screen and then sample the refreshments at Westside Community Café. A social evening with good company, good food and a great movie on 20<sup>th</sup> May 2014. Advance booking required. Contact Westside Resource Centre on 091-528325 for more details.



*Members of Westside Men's Group with their certificates of completion for the courses they completed during 2013*

## Pop-Up Poetry

### New Beginning

As she thought of her life and things she said  
and did  
She told herself she had to change  
And try to make some improvements  
So it's time for her to rearrange,  
her life and start all over  
And be more positive and take some time  
And be happier in herself  
Then she will be just fine

She knows she is far from perfect  
And she has made mistakes  
But when she hurts other people  
It's then her heart really breaks

But it's now time to change and move forward  
And stop dwelling on the past  
Positive thinking is what she wants  
And she really hopes it lasts

So onwards and upwards from now on  
Just take it day by day  
She knows that if she takes her time  
She will find a way

Life is very precious and short  
So we should do the best we can  
To make it easy for ourselves and others  
And try to understand

Then we will all be happier  
Because then we can see  
A big difference in everybody  
Especially a difference in me

By Eileen Gormley

### 'Friends of Foróige'

Galway 'Friends of Foróige' is a voluntary group that fundraise on behalf of Foróige, national youth organisation. They have organised a 5km fun run/walk to take place on Sunday 27th of April at 12pm in Knocknacarra.

Registration will take place in the new Knocknacarra Community Centre at Cappagh Park from 11am on the day. Entry fee is €10 per adult, €5 per student or €20 per family. Light refreshments will be provided afterwards.

Contact Andrea on 087-7996268 for more information.

### Irish Conversational Classes For Adults

Is your Irish a little rusty? Or want to improve on your *cúpla focal*?

Join us on Wednesday 4:30pm-5:30pm for *Cluichí, craic is comhrá. Bigi linn!*

To register ph: 087-3403668

## Foróige's Big Brother Big Sister Programme.

Foróige's Big Brother Big Sister is an internationally renowned youth mentoring programme that forms friendships between a young person and an adult volunteer. It is based on the idea that having a caring adult friend can build positive assets in young people, enabling them to develop values of caring, honesty, integrity and responsibility.

The big and little meet for a couple of hours once a week during the course of a year.

A little time really does make a big difference!

Volunteer as a big brother or big sister and make a unique difference in a young person's life.

Either call in to the Galway regional office in the Westside Resource Centre or contact Mary on 091-554420.

## Galway Adult Basic Education Service

We are running classes in Westside for anyone who has a difficulty with reading, writing, basic maths or computers and are always open to new students. Feel free to call Alison on 091-567660 if you would like to join our small, relaxed and friendly group which meets twice a week on a Monday and a Friday morning. We can also arrange one to one classes as desired.

Our classes are tailor made to suit our students and we can work on many things such as reading, 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 for further information, or visit our website: [www.gabes.ie](http://www.gabes.ie). This is a free and confidential service.

### Westside Community Garden Opening Hours

Wednesday  
(morning) 10-12

Thursday  
(evening) 6-8

Saturday  
(morning) 11-2

Westside Community  
Organic Garden



## Westside Greeting Cards A Picture of Success

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 Reception. All proceeds from sale of the cards go towards supporting the services provided by Westside Resource Centre.

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](mailto:info@westsideresourcecentre.ie)  
[www.westsideresourcecentre.ie](http://www.westsideresourcecentre.ie)

## 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. ★



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 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 Vernice on 091-528325 or 087-9303468).

### 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 it's implications. (Contact 091-587640).

### 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).

### 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 Pdraig on 091 581955)

**Westside  
Resource Centre**



091-528325

[www.westsideresourcecentre.ie](http://www.westsideresourcecentre.ie)

### 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).

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

## Westside Library Up-coming Events

Westside Library was opened on 23 January 2004 and is celebrating its tenth anniversary this year. A range of events has been organised to mark this important occasion.

Event Details	Date	Time
<b>National Gallery of Ireland</b> Exhibition & School Workshops	13 <sup>th</sup> , 20 <sup>th</sup> and 27 <sup>th</sup> May 2014	
<b>Bealtaine Festival</b> Celebrating creativity in seniors	Throughout May 2014	
<b>Con Tempo</b> class workshop (School groups only)	13 May 2014	4:00am
<b>Over the Edge - The first ten years</b> Readings by contributors	12 June 2014	6:30pm
<b>Westside Arts Festival</b> Open Mic Event	9 July 2014	6:30pm
<b>Westside Knitting &amp; Crochet Group</b> Workshops	September 2014	TBC
<b>For Us Now Exhibition</b> Display of their crafts and projects	October 2014	TBC
<b>Children's Book Festival</b> Storyteller visits, class workshops	October 2014	TBC
<b>Monica Loughman</b> Prima Ballerina, School of Russian Ballet, Author visit	November 2014	TBC
<b>National Museum of Ireland</b> Viking Workshops (School groups only)	November 2014	TBC

## Not

You not here  
to not know what  
key goes in what lock;  
to tell not exactly the truth  
about who said what to whom;  
to spend the whole first day  
of the January sales  
examining tea towels  
you end up not buying; to notice  
I've not yet mowed the lawn,  
to not know when  
the oil will run out, or have  
a plan B, or a good word  
for your enemies; to send me out  
at four in the morning in search of  
cigarettes; to stand smoking  
by the kitchen window and say  
*this didn't happen*; to smirk  
and tell the world  
*moving furniture was never his thing*  
the day I do my shoulder in  
carrying your coffin.

by KEVIN HIGGINS

This poem is from Kevin's recently published book 'The Ghost in the Lobby' (Salmon Poetry, 2014). Kevin Higgins facilitates Monday morning creative writing classes at Westside Resource Centre. You can contact Kevin on 087-6431748.