

## 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 its implications. (Contact 091-587640).

### Galway Simon Community

Galway Simon Community's vision is one of a society where everyone who is homeless or at risk of homelessness is enabled and empowered to have a home appropriate to their needs. (Contact Galway Simon Head Office, Tuam Road on 091-381828).

### 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



### 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 Ruairi or Anthony on 086-7741623 or 091-554421).

### 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).

### 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 Ciara on 091-528325).

### Gorta Self Help Africa

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

## 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.

## Environmental Sustainability and Community Resilience

The Environmental Sustainability and Community Resilience course which started in October is now nearing completion. The course covers ways in which small communities can have a big impact when dealing with the causes and effects of global warming and our dependence on fossil fuels.

In a community setting, there are people from all walks of life and everyone has different skills. These skills and abilities, when combined, can make the community resilient and able to withstand the challenges that will arise when fossil fuels are no longer abundantly available.

An awareness of how the energy we use in our daily lives is generated will lead to a more sustainable and less wasteful way of living. Oil is a fantastic source of energy, but the carbon and toxins released through

its use on the scale that we have been using it over the past 150 years have done very serious damage to the planet. It is important to keep in mind that there are viable alternative sources of energy available but there is no way to continue at anywhere near our current level of energy use in the absence of fossil fuels.

By thinking local, our choices and actions can have a positive effect on a global scale.



## Greeting Card Collection

on sale at

## Westside Christmas Market

Westside Resource Centre 091-528325

## Youthwork Ireland Westside

Youth Work Ireland Galway's Westside Youth Project ran a variety of groups this term: cookery, fitness, hip hop, girls' group, MADRA, grinds (all of which are for secondary school age youth), boys' group, Christmas craft workshops and much more. We have had a fantastic 2014 with so many activities, programmes, learning and fun and we are busy getting our 2015 programmes ready.

If you are interested in joining, please contact Janice, Katie or Sinead on 087-2363021, 087-9374119 or 087-2066190. Or find us on Facebook: youthworkirelandwestside

Wishing you all a Merry Christmas and a great New Year.



# WESTSIDE NEWSLETTER

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



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Winter 2014



## WRC Christmas Market & Family Day Saturday 6<sup>th</sup> Dec 2014

This year's Westside Christmas Market & Family Day will take place on Saturday 6th December 2014. The market is now in its fourth year and provides an annual outlet for local community groups to display and sell their crafts and products. All of the proceeds raised go to support the market and other community projects in the Westside area. The market is being held on a Saturday for the first time this year and the event has also been extended to include entertainment for both adults and children.

The market itself will take place at Westside Resource Centre and will run throughout the afternoon from 2pm until 7pm. There will be a beautiful range of handmade gifts and treats on sale and patrons are sure to find something to their taste. Those attending the market can avail of seasonal light

refreshments at the Westside Community Café... and perhaps enjoy a few tunes from our special musical guests.

Westside Library is hosting a wonderful puppet show and story time for the children and this begins at 2.15pm. Later in the afternoon, at 4.15pm, Ignite Gospel Choir will perform a magical Christmas carol service at the Sacred Heart Church. These events are free of charge and the local volunteers at Westside Community Garden will also be marking the day with festive activities.

At 6.45pm the market will come to an end and the event will close with the draw for the Westside Christmas Raffle. All are welcome to come along on the day to join in the celebrations and sample the hospitality.



Westside Resource Centre  
Seamus Quirke Road  
091-528325

## 20<sup>th</sup> Anniversary Draw



Westside Resource Centre Ltd celebrated its 20th anniversary with an Open Day on 16th October 2014. The event was a great success and all those who attended were able to take part in the Open Day Draw. The winner of the draw was Mrs N. Ward and the prize was a voucher for Dunnes Stores. Pictured: Resource Centre Manager, James Coyne and winner Nora Ward.

**Christmas Mince Pie  
Coffee Morning**  
in aid of  
**Gorta Self Help Africa**  
and  
**Westside Resource Centre**  
**11 December 2014 from 11am**  
**Westside Resource Centre 091-528325**

## Westside Men's Club

2014 has been another very successful year for Westside Men's Club. At the start of the year, we did an art class, a computer class and then a photography class. We have just finished a cookery class and a First Aid refresher course.

In July, we were involved in the tenth Westside Arts Festival as volunteers. Our artwork was on display in the exhibition and was well received. During the year, we also took part in church gate collections for local charities.

Westside Men's Club would like to thank all the people who helped out over the year, especially Galway City Partnership - Westside Project, Galway Roscommon Education and Training Board and the Health Services Executive.

2015 will see Westside Men's Club celebrating its 20<sup>th</sup> birthday. We look forward to an interesting and active year.

We can be contacted by email on: menclubwrc@gmail.com and our blog is at westsidemensclub.blogspot.com

Wishing You All A Very Happy & Safe Christmas and New Year.

## The Open Door

### Community Social Gathering

First Tuesday of Every Month @ 10:30am

Westside Resource Centre

☆ All Welcome ☆

## Westside Community Garden on Film

Anet Moore, a well-known Galway dance instructor and musician has made a short film about the Community Garden through the seasons. The film highlights the hard work of the volunteers who look after the garden and the beauty of the garden at all times of the year. The film can be viewed on Youtube (just search for "Westside Community Organic Garden") and is well worth watching.



## ~ Epilepsy Ireland ~

### Support & Training in Epilepsy Self Management Programme

Covering Epilepsy Awareness; Seizure Triggers; Stress Management Techniques; Sleep, Diet, Exercise; Communication Skills & Goal Setting

6 week programme that runs for 2.5 hours each week begins Feb. 7th at the Westside Resource Centre, Galway.

For more information on these courses, contact Edel on 091-587640.

### Maximising Memory – Information Session

Some people with Epilepsy will experience difficulties with memory. In order to offer some help with this experience, Epilepsy Ireland will hold an Information Session on Maximising Memory on Wednesday, January 21st at 6.30 pm at the Westside Resource Centre in Galway.

## Galway Adult Basic Education Service

Are you interested in improving your reading, writing and maths skills? If so, we are running classes here in the Westside Resource Centre for anyone who has a difficulty with reading, writing, spelling, basic maths or computers. The class is always open to new students. All you have to do is ask at reception in the resource centre or call Alison on 091 567660. The group is small, relaxed and friendly and meets twice a week on a Monday and a Friday morning.

We can also arrange one to one classes as desired. Our one to one classes are tailor made to suit 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. Nervous beginners very welcome!**

## Incredible Years Programme



Galway City Partnership delivers the evidence based Incredible Years Programme in Galway, with the aim of improving social and emotional competencies among children and improving school readiness with the long-term goal of reducing the incidence of early school leaving.

The Incredible Years Programme contains three separate training programmes for teachers, children and parents. It is an evidence based prevention and intervention programme devised in America by Dr. Carolyn Webster Stratton to enhance social and emotional competencies in children aged 2-10 years. Both the children and parent programmes are running in Galway. Currently six pre-schools and seven primary schools run the Incredible Years Programme and numerous parent programmes are run per year.

The Incredible Years 'Dina in the Classroom' programme is currently running in Sunflowers Crèche & Preschool and Scoil Chroí Íosa Preschool.

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

## Getting Ireland Online

A very successful pilot course in Internet Skills was run in Westside Resource Centre this Autumn. The 4-week course was organised in conjunction with ICS Skills under the Benefit 4 government scheme to encourage use of the internet by those who have little or no online experience.

Feedback from the participants has been very positive and Westside Resource Centre intends to run the course again in the new year. Some eligibility criteria apply and more details are available from Westside Resource Centre on 091-528325 or drop in to the centre.

## 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. ★



## Community Art Class

This Autumn, a Community Art Class was organised by Galway City Partnership – Westside Project and supported by Galway Roscommon Education and Training Board. A number of participants submitted artwork for the creation of Westside Resource Centre's Christmas card. These beautiful cards will be on sale at the Westside Christmas Market and throughout the month of December at Westside Resource Centre.



## For Us Now Women's Group visit to Áras an Uachtaráin



Members of our 'For Us Now' Women's Group recently visited President Higgins and Sabina Higgins in Áras an Uachtaráin. The group had a marvellous visit with the President during which they were treated to Afternoon Tea. Before leaving, the ladies were given a guided tour of the Áras and the gardens. The President's garden was resplendent with dahlias of magnificent colours and varying shapes and sizes. It was a great day and they have some wonderful memories. The Women's Group meets every Wednesday in the Westside Library from 10am to 12 noon. New members are very welcome.

## Pop-Up Poetry

### Traditional Los Angeles Curse

May the lawyer with the pec implants trade you in for a Guatemalan waiter.  
May your alimony settlement slot neatly into the speedos of the dwarf you marry next, as he makes off down the highway on his miniature Harley-Davidson.  
May this be the start of your getting beaten up in parking lots phase.  
May you bring home the dough to have your chest reupholstered by starring in porn versions of Charles Bukowski stories.  
May a curtain straight out of a Tom Waits song come crashing down on you in a motel near the airport.  
May even the Chihuahua who called the ambulance be found to have been not be entirely innocent.

Kevin Higgins

## New Family and Child Support Website launched

FACS (Family and Child Support) is an information website listing a range of support services (along with their contact details) available to families and children in Galway City & County and Roscommon. The TUSLA Child and Family Agency was established on 1 January 2014 and is now the dedicated State agency responsible for improving wellbeing and outcomes for children. Galway City Partnership, in concert with TUSLA and the Galway City and County Childcare Committee has created the FACS website, which is available at the following address: [facs.gcp.ie](http://facs.gcp.ie)

The site contains an interactive map to facilitate finding the contact details for the service you require. In addition, it is possible to search by the categories listed on the website: Children and Youth Services, Community Groups and Agencies, Education and Training, Employment and Finance, Health and Wellbeing, and Supports for Parents.

## Sacred Heart Parish Christmas Arrangements 2014

**Wednesday 24<sup>th</sup> December 2014**  
Christmas Eve Mass & Blessing of Crib 8p.m.

**Thursday 25<sup>th</sup> December 2014**  
Christmas Day Masses: 10a.m. and 11.30a.m.  
**No Evening Mass**

**Friday 26<sup>th</sup> December 2014**  
Mass at 10a.m.

**Sunday 28<sup>th</sup> December 2014 - Feast of the Holy Family.** Masses at usual times.  
Vigil: 5.30pm Saturday 27<sup>th</sup> December 2014  
Sunday: 10a.m. and 11.30a.m.

### SACRAMENT OF RECONCILIATION

**Wednesday, 24<sup>th</sup> December 2014**  
12 noon - 1p.m. Confessions  
3p.m. - 4p.m. Confessions

### MASS TIMES in 2015

**Monday to Friday** 10a.m.  
**Holy Days** 10a.m. & 11.30a.m.  
**Sundays:**  
Vigil Mass (Saturday) 5.30pm  
Sunday: 10a.m. & 11.30a.m.