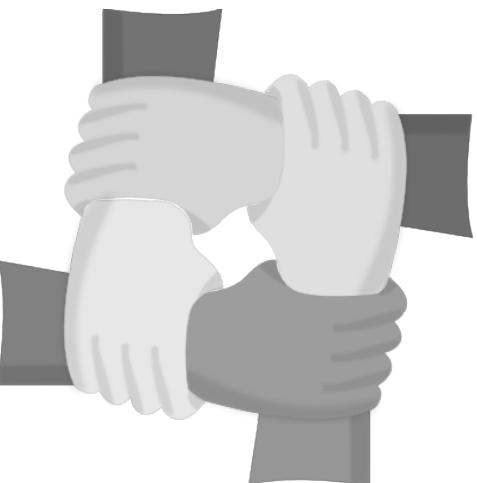


20 Years A-Growing: Westside Men's Club

Westside Men's Club was founded in 1995. It was set up to allow local men to gain access to training and to get involved in community events. At the time, unemployment in Westside was a major contributing factor in the isolation of men in the community. There was a need for a space in which men could meet away from the influence of alcohol.



The values of the club centre around a sense of being involved in and contributing to the local community. These values are upheld through:

- Group ownership of decision-making
- Respect for each of the members
- Personal and group training/learning
- Respect for self and for the group
- Maintaining a safe, friendly, non-discriminatory space for all
- Maintaining links with community organisations such as Westside Arts Festival, Westside Organic Garden, Westside Resource Centre and the Cystic Fibrosis Galway Hospital Project

An early course undertaken by members of the club was Car Maintenance. Another project was the performance of plays. One such play, "The Bowyre Boys" dealt with the issues of emigration and unemployment among men. Westside Men's Club also worked on the making of a documentary entitled "Spotlight on Rahoon", which showed life in the Rahoon flats up until their demolition.

The courses undertaken by members of Westside Men's Club tend to be 6 or 8 weeks long. Each course enables members to access new skillsets or enhance existing ones. Funding and support for the club's activities comes from the weekly membership paid by all of the men in the club, and also from Galway Roscommon Education and Training Board, HSE West, Galway City Partnership - Westside Project and Westside Resource Centre. Recent courses include IT, Landscape Painting, First Aid, Photography, Cookery and Irish.

Westside Men's Club meets every Monday evening in Westside Resource Centre for a round of pool and tea and biscuits. Courses chosen by the group are usually run on Wednesday evenings.

For more information about Westside Men's Club, please contact Westside Resource Centre on 091-528325, email: menclubwrc@gmail.com, website: westsidemensclub.blogspot.com.

Austin McGreal
Westside Men's Club

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

The National Advocacy Service for People with Disabilities

The National Advocacy Service for People with Disabilities (NAS) provides an independent, confidential and free, representative advocacy service that works exclusively for the person using the service.

My role as independent advocate is to ensure that when life decisions are made, due consideration is given to the will and preference of people with disabilities and that their rights are safeguarded. We work with adults with all types of disabilities.

It's a challenging role but there is great satisfaction in supporting a person to have their voice heard. Informing people about their rights is an important part of the role, also.



NAS operates on the principle that people with disabilities:

- make decisions about their lives
- are listened to and consulted by their families and those who provide their services
- access the supports they need to enable them to live their life and enjoy meaningful participation in family, work and leisure
- enjoy the benefits of participation in and contribution to their local communities

NAS has a particular remit for people with disabilities who are isolated from their community and services, have communication difficulties, are inadequately accommodated, live in residential services, attend day services and have limited informal or natural supports.

The National Advocacy Service for People with Disabilities is supported and funded by the Citizens Information Board.

Rebecca L.

Christmas Colouring Competition

The Westside Newsletter Christmas Colouring Competition was won by Gyani Sahay in the Sunflower Creche and Preschool. We wish to thank all those who took part and look forward to running more competitions in the future.

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.

Call For Volunteers: Foróige's Big Brother Big Sister Programme Galway

Foróige's BBBS programme is currently looking for adult volunteers who would like to share their interests and hobbies with a young person who would benefit from the friendship.

Activities carried out by participants on a weekly basis include arts and craft, soccer, Computers, basketball, pool, walking, cooking, nature, fishing, music etc.

The programme is proven through research to have positive outcomes for young people in terms of improving their well-being, increasing their support from others, improving their attitude towards education and giving them a sense of hope for their future. The time commitment is very flexible, where the volunteer and young person organise each week a time that suits them, which can be at weekends or during the week.

Volunteers who apply to the programme will be screened to determine their suitability. Prior to being matched volunteers will receive training, regarding

their role as a mentor and all volunteers will be supported by a professional staff member throughout the lifecycle of their involvement in the programme.



"I think that we all need someone in our corner rooting for us to become the best that we can be, and this is what the Big Brother Big Sister is all about." says one Big Brother from Galway.

For further information, please contact Andrea, Foróige's Big Brother Big Sister Programme, Galway.

Phone: 087-7996268
Email: andrea.gallagher@foroige.ie
Web: www.foroige.ie/bbbs

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.

Creative Gifts Available from Westside Resource Centre

Westside Resource Centre recently received a number of paintings from a very generous anonymous donor. They are now for sale to the general public in order to raise funds for the running of Westside Resource Centre. These unique pieces are priced at a very reasonable level and everyone is encouraged to visit Westside Resource Centre to view the paintings on display in the reception area.

Westside Resource Centre has also produced a collection of twelve greeting cards celebrating the work of local artists and crafts people, many of whom have displayed pieces in Westside Resource Centre over the years. 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.

Gorta-Self Help Africa and Alan Kerins Projects

Wednesday 21 January 2015 saw the official announcement of a partnership between Gorta-Self Help Africa and Alan Kerins Projects (AKP). The project is celebrating 10 years of working to support rural development in Zambia this year.

The partnership represents the next step in the development of Alan Kerins Projects, which has invested close to €4m in improving health, education, economic and social service provision for tens of thousands of people in Zambia in the past decade.

Gorta-Self Help Africa will be providing funds, technical support and capacity building to local AKP partners in the region.



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

Westside Community Organic Garden

The volunteers at Westside Community Organic Garden got the year off to a great start with a party on Saturday 24 January in the Hanley Oaks Hotel, Westside.

Weekly planning meetings and preparatory work are ongoing to get ready for all the sowing and planting that spring will bring.

The garden is completely volunteer-run and new members are always welcome. Those who join are asked to attend one of the beginners gardening courses that are run throughout the year.

For more information contact 091-528325.