

Galway City Partnership - Westside Project

We coordinate and support community work and participation in the Westside area and are actively engaging with numerous individuals, agencies and service providers to ensure the needs of the community are being met and to empower local people for positive change. (Contact Suzanne: 091-528325 or 086-0433376).

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).

EPIC – Empowering Young People in Care in Ireland

EPIC is an independent association for young people in care and with care experience. We provide information, advice and support as well as an independent advocacy service for young people in care, aftercare or with care experience. (Contact Brenda on 091-395605 or 087-6249344).

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 076-1073000).

Special Heroes Ireland

We support families with children who have Special Needs or Life Limiting illness in Galway City & County. (Contact 087-4047816)

Galway City Community Network

The GCCN is a network of community, voluntary and environmental organisations active in Galway City. The GCCN is the main link through which the local authority connects with the community, voluntary and environmental sectors. (Contact Ann on 087-9326467).

Community Work Ireland (CWI)

Through our network of members CWI promotes and supports community work to address poverty, social exclusion and inequality. Our work includes developing and influencing policy, research and campaigning on issues of social justice at grassroots and national level. (Contact: info@communityworkireland.ie 091-528325 / 087-2998619 / 087-9326467).

MEAS Garda Youth Diversion Project

We are 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 Ruairí or Anthony on 086-7741623, 086-0479707 or 091-554421).

OBAIR – Local Employment Service Network

If you are unemployed and in receipt of a Social Welfare payment, the LESN staff can assist you with free and confidential information and guidance to explore your options for work, education and training. We can also provide assistance with CV preparation, application forms and interview preparation. (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 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).

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).



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

WESTSIDE NEWSLETTER

Galway City Partnership
Comhaltas/Ceolúir na Gaillimhe
a tide for change
an t-ádh ar an t-ádh
Volume 7, Issue 1
Early Spring 2017

Year by Year

2016 was another very good and very busy year in Westside Resource Centre. By the end of the year the resource centre was home to 12 different organisations, all of whom are working in the Community & Voluntary sector. In addition, the centre has 4 resident community groups and these have a wide membership of people from all across the Westside area. Meanwhile, our meeting room facilities continue to be used by a great range of agencies and charities for all kinds of classes, courses, meetings and training sessions.

During the course of the year we also had a very active calendar of community events. The monthly Open Door gatherings continued apace whilst we also hosted larger events such as Westside Arts Festival, Culture Night, Social Inclusion Week and Westside Christmas Market & Family Day. We are looking forward to the changes and challenges of 2017 and we hope to continue and improve our services during the year.

Please check out our Facebook page and website for further details or call in to the centre if you are passing by.

**Westside Age Inclusion
Fitness Classes For Older Adults**

Starting on Wednesday 15th February 2017 at
Westside Resource Centre

Time: 4pm to 5pm

Duration: 9 Weeks

Age Group: Over 55s

Cost: €3 per class

Contact Nichola
091-589861

**The ‘Open Door’**

The Open Door is an informal gathering that takes place on the first Tuesday of every month and is always well attended. Local people drop in for a cuppa and a chat and there is usually a short, informal talk by a guest speaker. This February our guest speaker will be from the national charity Dogs Trust.

In addition to the Open Door talks, there will be a community gathering in Westside Resource Centre on Monday 20th February at 10:30am. The guest speaker will be Independent Senator Mary Alice Higgins. The topic of her talk will be life and work in the Seanad.

Contact Westside Resource Centre on 091-528325 or info@westsidersourcecentre.ie for more information.

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

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

www.facebook.com/westsidersourcecentre
www.westsidersourcecentre.ie
info@westsidersourcecentre.ie

Promoting Fairtrade

Westside Resource Centre has registered to become a Fairtrade workplace. Starting from the first week of January this year, Westside Resource Centre will be using Fairtrade products for all the teas and coffees provided at the centre. Westside Resource Centre is committed to being a responsible organisation and to working for equality and fairness both at home and abroad.



Epilepsy Ireland - Events

Epilepsy Ireland is running a number of events in Westside Resource Centre in February and March.

Epilepsy Self Management Programme

Monday 13th February to Monday 6th March. 2:30pm to 4:30pm

Epilepsy Transition Nurse talk (for parents of children with Epilepsy who are aged 12+)

Tuesday 7th March 12:30pm to 2pm

Contact 091-587640 for more information

A charity cycle in support of Epilepsy Ireland will take place in the Breaffy Sports Arena, Castlebar on Saturday 25th February 2017. The national **Saddle Up for Epilepsy** event offers a choice of 45km, 70km and 123km distances. Find out more and register at saddleupforepilepsy.com

DISCLAIMER: The opinions expressed in this newsletter are those of the author(s) of each individual piece and do not necessarily reflect the views of the Westside Resource Centre or Galway City Partnership.

Seeking Toddler Gardeners!



Peashoots toddler gardening group starts a new season on March 16, offering outdoor fun for kids 0-5 and their caregivers in the Westside Community Garden, plus healthy snacks (and shelter if it rains!) in the Westside Library. In 2016, the children planted bulbs and seeds, harvested vegetables to make a salad, decorated a wooden planter with hand prints, and enjoyed field trips to Dangan House Nurseries and Brigit's Garden. Peashoots meets 10:30am-noon on the first and third Thursday of every month in spring/summer, €3/family. Contact Kerry E'lyn Larkin, 087 9111624, or [facebook.com/gardeningtoddlers](https://www.facebook.com/gardeningtoddlers) for details. Join us in 2017!

Never used the Internet?

Well now is the time to start... with a **free internet class** in Westside Resource Centre. Under the auspices of The Department of Communications, Westside Resource Centre aims to "provide citizens who have never used the internet with the confidence, motivation and skills to reap the benefits of participating in today's digital world".

We encourage anyone who has not used the internet before to come and take part in these free classes. Each course will be run over five weeks, two hours per week. Classes are limited to a maximum of ten people. Contact Westside Resource Centre on 091-528325 for more information.

Galway City Partnership Community Classes in Westside

Galway City Partnership and Galway and Roscommon Education and Training Board are coming together again to put on a number of courses here in the Westside Resource Centre including photography, beginners patch work, millinery and much more. Contact Suzanne on 086-0433376 or suzanne@gcp.ie

The UN Sustainable Development Goals

Over the course of 2017, Westside Resource Centre will be running a regular piece about the Sustainable Development Goals on our website. The Goals were adopted by the 193 members of the United Nations General Assembly in September 2015 and apply to all countries, including Ireland.

Each month, we will look at a different goal (or goals) and provide some background information from United Nations sources. We hope that this project will help to explain the Sustainable Development Goals and give the reader an understanding of the actions which have been proposed. Some of the issues addressed in the Sustainable Development Goals are truly global and indeed daunting at first glance. However, we can all play our part in making the Goals a reality.

Achieving the targets will require considerable political will and cooperation on the part of leaders worldwide. As active citizens, it is important that we keep ourselves informed about the Sustainable Development Goals and ensure that they remain high on the agenda until the targets have been met.

Big Brother Big Sister Christmas Gathering

The Big Brother Big Sister matches met in The House Hotel in December for a Christmas gathering to celebrate their time together in the programme. Over 35 people attended and enjoyed an evening of socialising, food and games.



Young people decorating Corrach Bui Centre

Interview skills workshop

There will be an Interview Skills Workshop in Westside Resource Centre on Tuesday February 7th to Thursday the 9th. The workshop will take place over three days; the first two days will focus on interview preparation & practice and on the third day participants will be able to avail of an optional 'Mock Interview' to gain practical experience of doing an interview. To book a place call Galway City Partnership (091) 773466.

CV Workshops

If you want improve your CV building skills, CV workshops will be taking place throughout the year at Galway City Partnership. For more information call David at 091-773 466

