

## Organisations at Westside Resource Centre

**Galway City Partnership - Westside Project** coordinate and support community work and participation in the Westside area and engage 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** are 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 091-554420).

**WorldWide Global Schools** is Ireland's national Global Citizenship Education (GCE) programme for post-primary schools. The aim of the programme is to increase the number of post-primary schools engaging in quality global citizenship education by providing a comprehensive range of supports and training.

**Galway City Community Network** 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).

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

**National Advocacy Service** aims to provide independent advocates to people with disabilities who find it difficult to speak for themselves. (Contact 076-1073000).

**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).

**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. (Contact: info@communityworkireland.ie 091-528325 / 087-2998619 / 087-9326467).

**MEAS Garda Youth Diversion Project** 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 086-0479707 or 091-554421).

**OBAIR – Local Employment Service Network**  
If you are out of work and looking for employment, training or educational opportunities, we can help. Our service is free, respectful and client- focussed. All meetings are held in private. FOR FURTHER INFORMATION PLEASE CONTACT YOUR LOCAL OFFICE. If you are in receipt of Job Seekers Allowance/Benefit, the Dept. of Employment Affairs & Social Protection will send you to us if deemed appropriate. (Contact Robert or Pádraig on 091-581955).

**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).

**EPIC – Empowering Young People in Care in Ireland** 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).

**RISE Service** is the provider of choice of person-centred, health and social care services that facilitate people who are disadvantaged to participate in the life of their local community in ways that match their choices, aspirations and needs. (Contact Louise on 086-8371638 or Louise.Kenny@Rehabcare.ie)



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

## WESTSIDE NEWSLETTER

Galway City Partnership  
Comhaltas na Gailinn  
a tide for change  
in Galway and beyond  
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### Healthy Harvest Day

Westside Community Organic Garden and the Galway Healthy Cities Project are organising a healthy harvest day on Wednesday 28<sup>th</sup> August 2019. The event will run from 2pm to 4pm and all are welcome to attend.

There will be lots of activities on the day, including: tours of the garden, fun activities for children, healthy eating information for all the family, blood pressure checks with Croí, healthy snacks, face painting and music. For further information on the event, please contact Ashling on 085-8217547 or email healthygalway@gcp.ie



In conjunction with Westside Healthy Harvest Day, Westside Resource Centre will host a free Tai Chi taster class at 2pm and a free Yoga taster class at 3pm. These classes are available to adults only and registration is required as places are limited. Early booking is advised on 091-528325 or drop in to Westside Resource Centre.

### Irish Learners' Circle

Would you like to learn Irish in an enjoyable, informal environment? Starting on 25<sup>th</sup> September, an Irish Learner's Circle will meet weekly on Wednesdays at 7pm in Westside Resource Centre.

This free programme is proving very popular, so book early to avoid disappointment.

Leave your details with Westside Resource Centre to pass on to the organisers.

Fáilte  
Roimh  
chách

### Classes in Westside

Galway City Partnership in conjunction with GRETB are running three courses namely Art, Barbering and Cookery. Registration for these courses will take place on Thursday 5<sup>th</sup> September 2019 from 10am to 2pm in the Westside Resource Centre. The **Art** will commence on Tuesday 10<sup>th</sup> September, the **Barbering** will commence Thursday 12<sup>th</sup> September and the **Cookery** Wednesday 11<sup>th</sup> September.

Contact Community Education on 086-1424904.

Donnacha Minton: donnacha@gcp.ie  
Geraldine Daniels: geraldine@gcp.ie

### Culture Night in Westside

Returning for its fourteenth year, Culture Night will take place on Friday 20<sup>th</sup> September 2019. Culture Night is a free, country-wide event that promotes culture and the enjoyment of it. Westside Resource Centre is marking the occasion by screening a documentary film. Later in the evening, at 6 o'clock, Westside Public Library will host the Write-on Writers Group as they celebrate the launch of their new anthology. All are welcome.



## Artistic Greeting Cards

Westside Resource Centre's popular Greeting Card Collection has been reissued. The collection features work by artists in the local community and the cards are ideal for any occasion. A pack of 12 cards costs €10 and they are available from Westside Resource Centre. All proceeds go to support the work of the Resource Centre, which is a registered charity working to support the local community.



## Community Employment Vacancies

Enable Ireland Children's Disability Services  
Seamus Quirke Road.

**Bus Driver/Caretaker: Ref# CES-2117201**  
**Pool Attendant: Ref# CES-2117202**

This is a development opportunity, no experience necessary. Accredited training will be provided to support your career development.

Please contact your local DEASP Employment Services/INTREO Office to check your eligibility and to apply for this vacancy. Vacancy ref number will be required. All of the above vacancies are subject to Garda Vetting.

Alternatively, please contact Mary McPhillips CE Supervisor Enable Ireland Children's Disability Services on (091) 545800

## Endometriosis Support Group Meets in Westside

Support meetings for people who have endometriosis will take place in Westside Resource Centre on a monthly basis from early September. For more information, contact 089-4636427 or galway@endometriosis.ie

## MEAS Garda Youth Diversion Programme

The MEAS and BAN Garda Youth Diversion Programmes and a Garda Siochana Juvenile Liaison Officer have for the past number of years run an early morning exercise and meditation programme, with referrals aimed at improving educational attainment and prosocial habits. The programme had received positive feedback and anecdotal evidence suggesting that the programme is an effective intervention. In spring of this year, three of GYDP referrals undertook a 2-day workshop in NUI Galway to train as Youth researchers. The GYDP referrals subsequently carried out research into the efficacy of the programme under the guidance of Dr Danielle Keenan of NUI Galway's Institute for Lifecourse and Society. The researcher showed that the programme had a positive effect on the referrals lives and they were then given an opportunity to create a video, to illustrate their findings which was then narrated by the Actor Cillian Murphy. The video was screened At the UNESCO Child and Family Research Centre International Conference on the 14th June 2019 in NUI Galway.

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.



*Art, Craft and Educational Classes*

*Meetings, Seminars & Social Gatherings*



Meeting & training rooms available. Suitable for community and voluntary groups, residents associations etc. Reasonable rates.

**Westside Resource Centre**  
091-528325

## Free Course for People With Arthritis

Arthritis Ireland is offering a free 6-week course on "Staying fit with Arthritis". The course will be run over September and October here in Westside Resource Centre.

To book a place on the course, contact Dennis on 01-6470208 or westsidecourse.eventbrite.ie

## "Write-on" Writers Group Publishes New Anthology

The Write-on Writers Group will launch their new anthology on Culture Night - Friday 20<sup>th</sup> September 2019. Coming in at 248 pages, the "Write-on Anthology 2020" showcases the talents of 14 authors; encompassing short stories, poems and - a new departure - nine songs. Along with readings from the anthology, some of the songs will be performed on the night and there will also be a competition for the best limerick composed by the audience.

To coincide with the event, one of the members of the group, Frank Fahy, will also be launching a new book of poems entitled "Building New Bridges". Copies of the group's publications will be on sale on the night.

The event takes place at Westside Public Library and starts at 6pm.

## Big Brother Big Sister

Big Brother Big Sister have had a busy summer with recruiting new volunteers, making new matches with Big and Littles and organising summer group activities. This summer, matches got to go to Eilemental in Barna, kayaking on the Corrib and ended the summer with a bowling and pizza party. Summer outings are a great opportunity to get volunteers and young people who are involved in the programme to meet and have fun together. Big Brother Big Sister are always recruiting for adult volunteers. Dawn and Kirsten (Big Brother Big Sister staff members) will be attending the GMIT and NUI Galway volunteer fairs on the 16<sup>th</sup> and 19<sup>th</sup> September.



## Gáirdín Orgánach an Taobh Thiar

Westside Community Organic Garden is looking forward to Westside Healthy Harvest Day on Wednesday 28<sup>th</sup> from 2pm to 4pm. The garden will be open to all on that day and we are inviting everyone to come along and enjoy the many activities.

Westside Community Organic Garden depends completely on the work of volunteers. New volunteers are always welcome. Just drop in to the garden any Wednesday between 10am and 12pm.

Westside Community Organic Garden



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Government of Ireland



Galway City Partnership  
Comhaltas na hEalaíona agus na hEalaíona

Westside Newsletter is supported by Galway City Partnership