



WESTSIDE NEWSLETTER



Galway City Partnership
Comhairleacht Chathair na Gaillimhe

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

Volume 11, Issue 3
Winter 2021



Christmas Wishes



The management and staff of Westside Resource Centre would like to wish all of our clients, patrons, friends and supporters a very Happy Christmas and a wonderful year in 2022. We are looking forward to welcoming all of our service users back to the Resource Centre as soon as possible in the New Year.

Please keep in touch with friends and neighbours across the community and look out for those who may need a helping hand over the holidays. Remember to shop local and to support our local business, charities and social enterprises. *Nollaig Shona agus Ath-Bhliain faoi mhaise.*

Art to make you feel better

Helium Arts, the national children's arts and health charity, has recently brought its innovative programmes to Galway City. Helium Arts supports the social and emotional needs of children facing long-term health conditions through arts based projects and creative workshops.

These activities are facilitated by a trained and experienced artist and medical cover is also provided by a trained professional. The programme is free of charge for children – aged 6-18 years – with long-term health conditions.

Helium Arts' Winter 2021 and Spring 2022 programme in Galway takes place at Westside Resource Centre. For more information on Helium's work please visit www.helium.ie. Email hello@helium.ie or call 086 8389240.



Helium Arts
CREATIVITY CHANGES LIVES

Peddling Ahead With The Life Cycle Consortium

Westside Resource Centre and An Mheitheal Rothar have joined forces to bring the new "Up-cycling of Bicycles and eBikes Pilot Initiative" to Galway city... and to Westside. Earlier this year, the Department of Rural and Community Development, in conjunction with the Department of Transport, announced the introduction of a pilot initiative for the provision of high quality up-cycled bicycles and e-bikes to those on low incomes and those who are marginalised or disadvantaged. Seeing the opportunity to work together, Westside Resource Centre and An Mheitheal Rothar set about applying for the new pilot scheme - under the banner of the "Life Cycle Consortium" - and were confirmed as one of just 5 successful applicants in Ireland.

The Life Cycle Consortium will oversee this innovative new project and will work to meet the objective of the overall initiative which includes - the promotion of a shift towards cycling, the development of bike reuse and recycling enterprise, the provision of up-cycled bicycles for those on low incomes and most marginalised, the provision of employment, work placements and effective training programmes for specific disadvantaged individuals and the reduction of the number of bikes going to landfill sites etc.

The whole initiative is funded through the Community Services Programme. Westside Resource Centre and An Mheitheal Rothar have a strong track record in delivering projects which bring benefits to the community and to the environment. This exciting new programme will be up and running in the near future and will involve opportunities for people right across the community to participate in many different ways. We will keep you informed of developments...and best of luck to the new project.

Reviewing 2021 - An eye to the future... and the past

To say that 2021 has been a year of ups and downs would be an understatement. We have gone from "lock down" to "open up" to all places in between! COVID-19 continues to impact on all of our lives and yet society must carry on. We try to remain positive whilst being careful and cautious as we navigate our way through challenging times. A new year is fast approaching and it is natural that we look forward to better times. It is also fitting that we recall those who have suffered, or are suffering, serious ill health and indeed those who have lost family or friends during the pandemic.

As the year progressed, Westside Resource Centre moved with the winds of change and has continued to operate in line with the ever-changing guidelines. Many of our usual activities were simply not possible because of the public health restrictions. However, most of the community groups and voluntary organisations with whom we work have carried on in some shape or form. They are determined and eager to resume their activities as soon as possible. It is unusual for us to find the building this quiet and we have used the time to make some upgrades and enhancements that would otherwise have been very disruptive. We have created some new flexible meeting spaces and we are also working to build a larger conference room by combining two existing rooms into one.

In the times ahead, we will make better use of our outdoor spaces and extend facilities such as the children's play area. Underused spaces can be adapted to provide meeting and performance spaces for use during festivals and other public events. Some sections maybe be suitable platforms for temporary gazebos or awnings to provide shelter for open-air gatherings. We would also like to introduce more planting to enhance the area, to encourage biodiversity and to complement the work of Westside Community Organic Garden. Technology is continually advancing and we are investing in new equipment such as video conferencing, audio visual displays, computer and communications upgrades. All of these improvements will help to keep the Centre up to date and will be of benefit to all of our clients and community now and in the future.

*Westside
Resource Centre*



A turbulent 2021 is almost over. We are reminded that 1921 was also a tumultuous year in Irish history. In the month of December, exactly 100 years ago, the Anglo Irish Treaty was signed in London and there followed a cascade of events that led to the Irish Civil War. The themes of national sovereignty, borders and relationships between neighbouring jurisdictions were the order of the day. For all the passage of time, we can still hear the echoes of these distant debates in contemporary affairs, for example, as the repercussions of Brexit continue to unfold.

New challenges appear with every new year. However, there are also new opportunities. Westside Resource Centre has the privilege of working with an incredible range of active and committed organisations and community groups. We will continue to foster these relationships and open new partnerships to tackle some of the challenges facing our society. We are thankful for the support of our community, our staff & volunteers, our clients & service users and our funders. We look forward to 2022 with a clear eye... and with optimism.

Westside Resource Centre provides photocopying, faxing and laminating services to members of the public. These services are available Monday-Friday 10:00am-5:00pm.

Westside Resource Centre
Seamus Quirke Road, Galway 091-528325

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

Westside Patchers

We 'Westside Patchers' acknowledge with gratitude the funding received from Galway City Partnership Restart Grant Scheme, SICAP and Galway City Council. The grant has helped us to regroup safely while observing necessary COVID-19 restrictions. Our meetings allow us to continue our craftwork, while relieving the social isolation experienced by our members since March 2020.

Weaning Workshops

This year has proven a challenging one for all the people of Galway and there have been a lot of "small" new arrivals into our community.

Galway City Partnership along with the HSE, TUSLA and CYPSP have been running workshops on Feeding Your Baby for the last number of years. These took place in local community centres where new parents had the opportunity to meet each other in a group setting and share their experiences with a Community Nutritionist on introducing their babies to solids.

This year, like several other workshops, these took place over Zoom. The response and participation has been fantastic. We recognise that there is no replacement for meeting in person but we hope that these workshops have gone some way to supporting new parents.

Online talk
about how
to wean
your baby

Advice on
moving from
milk to solids

HSE
Community
Nutrition &
Dietetics
Service

Thursday
13
January
11am - 1pm

Tuesday
15
February
11am - 1pm

Tuesday
29
March
11am - 1pm

Tuesday
17
May
11am - 1pm

Tuesday
19
July
11am - 1pm

Tuesday
20
September
11am - 1pm

Tuesday
29
November
11am - 1pm

**BABY
FRIENDLY**

Registration Essential
Register with
Kathleen O'Connor
Galway City Partnership
earlyyears@gcp.ie
083-0274858

FREE!

Community Gardeners Show Their Mettle

Once again in 2021 the volunteer gardeners faced the COVID-19 restrictions. The intrepid few worked in twos and threes (adhering to HSE guidelines) to prepare the ground and plant potatoes and a range of vegetables; all of which grew well. Fruit trees produced beautiful apples and plums and soft fruit was saved and made into delicious jams. Great credit is due to them for their commitment.

Gardening contributes to our wellbeing; easing loneliness, stress, etc and giving a real boost to our mental health as well as the produce benefiting our physical health, especially when no pesticides are used in the growing process. The taste is superior, too.

The aim of all the community gardens in Galway City is to increase their activity and thereby contribute to the reduction of Ireland's carbon footprint, we make our own compost and don't use peat moss. We encourage pollinators by planting insect-attracting plants. Other wildlife is attracted by insects which they feed on. We observe increased bird activity also and suspect we have small mammals which forage for "leftover vegetables".

We would welcome volunteers in Spring 2022. Make it part of your New Year's resolutions. Do try it out, you might like it. The garden is open on Wednesday mornings from 10:30am. Support and training will be given and it's an opportunity to learn how to grow your own at home.

Happy Christmas to all in the community and keep safe from Westside Community Gardeners.

Social Enterprises ARISE

A collective of Galway-based social enterprises have come together to apply to a new scheme known as ARISE. This scheme is sponsored by the Department of Rural and Community Development and was established to raise awareness of social enterprise all across Ireland. In Galway City, Westside Resource Centre has joined up with An Mheitheal Rothar, Galway Community Circus, GOCOM Radio and Bounce Back Recycling to make an application. Each of these organisations is very active in their respective fields – community services, arts and culture, integration and employment, environmental work etc. – but they are also thriving social enterprises.

The Social Enterprise model has been around for many years but is now beginning to receive greater recognition. In 2019, the government launched a new policy for social enterprise in Ireland. This policy defines a social enterprise as an “enterprise whose objective is to achieve a social, societal or environmental impact, rather than maximising profit for its owners or shareholders. It pursues its objectives by trading on an ongoing basis through the provision of goods and/or services, and by reinvesting surpluses into achieving social objectives. It is governed in a fully accountable and transparent manner and is independent of the public sector. If dissolved, it should transfer its assets to another organisation with a similar mission.”

We are happy to report that the application was successful, and this group of Galway-based social enterprises will be bringing their story to a wider audience in a variety of ways – through local media, in promotional events and activities and via social media platforms in the months ahead. The idea is to shine a light on the organisations themselves and to celebrate the very positive contribution that social enterprises are making right across a whole range of sectors. The application was submitted and supported by Galway City Partnership who also provide guidance and assistance to start up social enterprises in Galway City.

*Westside
Resource Centre*



Galway City Partnership
Comhpháirtíocht Chathair na Gaillimhe

Westside Resource Centre – Many Services Under One Roof

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 Ciara on 083-0234390).

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 Kirsten on 087-7996268).

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 0818-073000).

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).

AMACH! LGBT Galway aims to reflect equally the diversity within the lesbian, gay, bisexual and transgender community by encouraging positive participation from the community. We actively advocate to achieve a solid and safe support structure for the LGBT+ community in Galway. (Contact info@amachlgbt.com).

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. Please Note: 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 Pat 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).

RISE Service Rise service is a community service which provides supports for individuals with an Intellectual Disability, Autism and/or a physical or sensory disability to be more connected, active and included in their community. (Contact Mervyn on 086-6072933 or mervyn.swords@rehabcare.ie)

Local Community Groups

The following community groups are also based in Westside Resource Centre:

- Westside Patchwork Group
- Westside Men's Group
- Westside Craft Group
- Westside Community Organic Garden

Westside Craft Group

Our craft group meets weekly. Our group leader Bernie Smith has introduced us to a variety of crafts such as knitting, Tunisian crotchet, card making, quilling to name but a few.

The onset of COVID-19 brought many restrictions for all of us. Our craft group was no exception. While we were unable to meet as normal for some time, we now meet in smaller groups while complying with all necessary restrictions.

Our social contact is very important. Meeting like minded people helps to relieve the social isolation experienced by many.

2022 we hope will be a year when we can meet again as one group, enrich our existing craft skills and learn new skills.



WANT TO LEARN TO GROW YOUR OWN VEG?

Westside Community Organic Garden

invites anyone interested in learning to grow their own veg to join their team in Spring 2022! Learn valuable gardening skills, get stuck into some physical work, and share the joy of bringing home some community grown produce!



Galway City Partnership
Comhpháirtíocht Chathair na Galillimhe

For more info contact:

Ciara on 083 023 4390 or
ciara@gcpi.ie

ARE YOU A MEMBER OF A GROUP/ORGANISATION OPERATING IN GALWAY CITY?

JOIN GALWAY CITY COMMUNITY NETWORK (GCCN)

GCCN is the Public Participation Network in Galway City, a network of community, voluntary and environmental organisations active in Galway City which:

- facilitates representation on decision-making structures
- develops policy & positions on issues of common concern
- acts as an information hub
- strengthens capacity of the community, voluntary and environmental sectors in the city.

For further details visit the Join Us page on
www.galwaycitycommunitynetwork.ie



Galway Contact



Our main aim is to ease loneliness and feelings of isolation among older people and to provide support for those caring for the elderly.

Our Befriending service is unique in that our volunteers visit an older person each week on a 1:1 basis providing company and friendship. In the current COVID environment visits have paused but our volunteers continue to maintain contact with their older friend via phone. Referrals can come from the person themselves, their family or health professionals and always with the consent of the older person. All our volunteers are Garda vetted.

Another service we provide is the Seniors Alert Scheme grant for over-65s, which covers all Galway City and County. Early detection of falls and emergencies can save lives and minimise resulting side effects.

In "normal" times we run a Friday Morning Club for older people. We provide free transport to and from this club with our wheelchair accessible bus. We also provided transport to and from a weekly Lunch & Social Club.

New Services at Westside Library

We are delighted to announce a new addition of Medici.TV to our vast array of online services that are accessed via our website www.galwaylibrary.ie with your library card.

In addition to e-Magazines, eBooks and courses we now offer Medici.TV which is the world's leading classical music TV channel. An extensive selection of concerts, operas, ballets, documentaries and master classes all free of charge with some wonderful Christmas Concerts and the New Year Concert from Vienna all streamed right to your device.

For further information, contact Westside Library on **091-509091** or follow us on Social Media.



Galway Traveller Movement



A Tree of Hope was planted at the Church of the Resurrection, Ballinfoyle in the Remembrance Garden for the Second Annual National Traveller Mental Health Day on the 8th October 2021.

#TravellerHomesNow Event



The Galway Traveller Community and Galway Traveller Movement held an Inquiry on the 23rd November 2021 highlighting the persisting accommodation inequities experienced by the Traveller community. The inquiry presented the reality of the accommodation crisis in Galway City and County. Presented were the issues and struggles in which the community faces but also their stories of resistance and resilience.

Cook Along Programme

The Cook Along programme is currently being ran by GTM's Community Health Workers in the wider community. Each week, 25 families create a new dish using the Healthy Food Made Easy recipe book. A link is sent on a weekly basis to participants.

Wishing you a Merry Christmas and a Happy New Year from everyone at Galway Traveller Movement!

One Million Stars

This year Westside supported Domestic Violence Response (D.V.R.) and the Community Response to Domestic Violence Network with their **16 Days of Action Campaign** Opposing Violence Against Women by participating in the 1 Million Star Campaign.

Healthy Relationships and Star-making workshops were hosted by Westside Arts Festival and members of Westside Craft and Patchwork groups. All the stars made are on display in the DVR offices.

If you want to be involved or would like more information please contact DVR on **087-773 7957** or **091-866740**



AMACH! LGBT+ Galway

AMACH! LGBT+ Galway and Teach Solais are delighted to announce a host of activities and classes that will be happening both online and in person over the next few weeks!

We have our Queer & Crafty arts and crafts group with Oily Foley of Sew Oily running every Monday at 7pm up to and including the 20th of December.

We also have Tuesday evening fitness classes with Donna Larkin and Thursday evening yoga classes with Lisa Berry - these are kicking off in January 2022.

Edel Swords is leading beautiful self-awareness sessions (including breathwork, mindfulness, affirmations, movement and more) via Instagram Live (@teachsolaislgbt) every Tuesday at 8am and Thursday at 8pm.

Finally we will have nutritionist Aine Coleman delivering an online workshop on the 17th December where she will be talking all things health, intuition, enjoying food, rejecting diet culture and relaxing at Christmas.

And of course our soccer team, Teach Solais Tribes, are as active as ever and always open to new members!

Spaces are limited in all of the in-person events, so please email; coordinatoramachgalway@gmail.com for bookings and questions, and keep an eye on our AMACH! and Teach Solais social media accounts.



AA Meetings

Local AA Meetings take place in Westside Resource Centre on Tuesdays at 1:00pm.

The National Helpline can be contacted on 0800-9177650 or email help@aamail.org



Youth Work Ireland Galway Westside Youth Project

As part of the Westside Arts Festival, we had fantastic participation at the **Drama Workshops** that took place on three evenings during November at the Westside Youth Project. Eight teenagers participated in a variety of engaging activities including improvisation and roleplays facilitated by Leticia. They thoroughly enjoyed the workshops and would like to return for more drama at the Westside Youth Project in January 2022. If there are other young people aged 13-17 years interested in getting involved please get in touch with Isabel (087-9141522)

We are delighted to be starting a **Dungeons and Dragons group** for 15 to 17 year olds in the New Year. D&D involves role play and character creation for players to embark on imaginary adventures and work together to problem-solve in a fantasy setting. Have you got what it takes? This will be a mix of online and in person. Contact Isabel (087-9141522)

The Irish Youth Music Awards will be back in action at the Westside Youth Project in January 2022. If you are aged between 12 and 19 and are interested in playing music, song writing, music production, music promotion etc. then don't hesitate to contact Aoibheann (087-9371619). This is a great opportunity to make new friends and collaborate with other musicians.

The Westside Youth Council are recruiting young people aged between 13 and 18 interested in making a change within their local community. Currently the group are working on Challenging Racism and Prejudice by developing a workshop for both students and teachers of secondary schools in Galway city. The group meets at the Westside Youth Project on Thursdays from 4 – 5.30pm. Contact Aoibheann (087-9371619)

Contact numbers for project workers:

Aoibheann: 087-9371619

Shannon: 087-2363021

Niamh: 087-2066190

Isabel: 087-9141522

Lisa: 086-1072019



Youth Work Ireland

Connected Hubs Network

Westside Resource Centre has become a member of the newly-established Connected Hubs network. This is an initiative by the Department of Rural and Community Development. The aim of the programme is to create an accessible network of broadband-enabled spaces throughout the country that will allow people to work closer to home by using local meeting facilities, offices and hot-desking.

The network offers a “one-stop shop” for finding and contacting hubs in your local area. You can visit our page on the Connected Hubs website to see more details at <https://connectedhubs.ie/hubs/profile/6>

Westside Resource Centre joined the network as a Community Hub and welcomes bookings from a wide range of community and voluntary organisations.

connectedhubs
#TransformYourWorkday

Westside Youth Project YOUTH COUNCIL NEEDS YOU

2021/2022

Are you 13-18 years old and want to:

Be a voice
for young
people

Raise
awareness
and Create
change

Improve our
community
for the
better

Register your interest by Call, text or whatsapp

0879371619

aobheann.westside@youthworkgalway.ie

UBU
YOUR SPACE

Thursdays 4 -5.30 pm

**WESTSIDE
YOUTH
PROJECT**

Parent Hub Galway

www.phg.ie is an online resource to provide you with advice, information and access to free supports for you and your children in your local community. You can keep up to date with events for families and children throughout Galway city and county.

Follow this online community on Facebook for daily updates. If you are a community, voluntary or statutory service in Galway, delivering services to children and families, you can apply to have your service listed on www.phg.ie.

Crime Prevention

A message from Galway Garda

Unfortunately, everyone can receive visits from bogus callers and our vulnerable persons are sometimes targeted by criminals. Information on how to identify and protect yourself from these types of crime can be found on www.garda.ie/en/crime-prevention/crime-prevention. Bogus callers will say anything to get into your home or onto your property, including producing false identification claiming to be there in an official capacity.

Take precautions –

- Do not open the door to anyone before you've checked who it is and what they want. Use your door viewer and chain/limiter.
- Check identification, where appropriate.
- Do not leave strangers unattended at your doorstep.
- Ensure your back door is locked when you answer a call at the front door.
- Keep gates to yards closed.

We advise and encourage people not to engage with such callers. Don't open your door to anyone before you have checked who it is and what they want. They can be intimidating and refuse to take no for an answer. Please pass this advice on to those in our community that may live alone or be susceptible to engaging with strangers.

REMEMBER IF IN DOUBT KEEP THEM OUT.

garda.ie/en/crime-prevention/crime-prevention

Healthy Ireland

Let's Get Set Campaign

Feeling less well and healthy over the last few months? You're not alone; many Irish people report developing unhealthy habits during the last 20 months and are left feeling overwhelmed or unsure of what to do next. A Healthy Ireland survey revealed that 92% of Irish citizens want to make a change to improve their health and wellbeing; many people report feeling overwhelmed by the amount of information available.

An easy start is to check a trusted source that will make it simple to access information and tips. Search online for "Healthy Ireland" and access advice on how to either start or help to stick to a healthy habit. Start by visiting gov.ie/healthyireland and begin your journey to better health.

Follow **#LetsGetSet**, **@hihealthyireland**, **@healthygalwaycounty** or **@healthygalway** on Facebook, Twitter or Instagram to keep up to date with reliable health and wellbeing information and resources and to stay informed on upcoming programmes.

For information, supports and resources to help you keep well, phone **085-8217547** or email healthygalway@gcp.ie or visit

healthygalwaycity.ie
galwaycity.ie/wellbeing
gov.ie/healthyireland

LET'S GET SET



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.

Croí na Gaillimhe

Croí na Gaillimhe is a Resource Centre of St Vincent de Paul based in 1 Mill Street, Galway. We provide services and support to a number of groups in the community and keep people connected through our educational programmes and club. The only criteria to join is need.

Older people: We run a lunch & social club twice a week (Mon & Wed) for isolated elderly people, offering social contact and other practical supports. We also organise a variety of classes such as art, crafting, digital literacy, creative writing, yoga, etc. We invite guest speakers on relevant health, safety, and local history topics. We participate in Bealtaine, Positive Ageing and Social Inclusion Week.

Classes for adults in the community include sewing & mending, quilting and digital literacy.

Intergenerational Group: Young Heart (Elderly People from the community and Teenagers). We run an intergenerational programme with transition year students from local schools and older adults on a Monday morning. We have covered many topics over the years: Art, Creative Writing, Drama, Astronomy, Marine Studies and the Environment.

Men's Group The core work is complemented by other activities such as group outings, guest facilitators (health topics), digital literacy classes, photography and Tai Chi.

Asylum Support Group: This programme involves supporting people in the asylum system to complete their IPO applications and prepare for interview or appeal (for refugee status).

Homework Club: for children living in direct provision; providing a quiet, supportive environment and space for children to complete their homework.

Children's Activities: We organise activities for children living in Direct Provision, which include swimming, rugby tots, dancing, and soccer.

Adults Conversational English: Failte Isteach is a weekly conversational English language class taking place from September to June for migrants, asylum seekers and refugees.

Integration-specific programmes: Weekly community choir and physical activity classes, as well as opening all our activities to all the people in the community and beyond.

For further information, contact **091 895203**.

Prevention, Partnership and Family Support Programme (PPFS)

-TUSLA family services

TUSLA continues to offer preventative family support to children and families. TUSLA Child and Family Agency has a range of supports available in your local area. Families are encouraged to avail of early help and support.

Types of support offered by services in TUSLA Family Services: Information, advice and support, parenting support and parenting programmes, 1:1 supports for children/young people, group youth activities, cookery programmes, support in crisis.

There is help nearby for you and your child.

All families face challenges from time to time. It is a normal part of life and it is important to be hopeful that you can overcome these challenges. Feeling part of your community now is more important than ever.

Our Community Outreach Drop in Service

If you are a parent or young person and wish to talk with a member of our team about any concerns or difficulties, get some advice support, or make an appointment to meet, you can do so by contacting **091 773664** or **091 877181**

-Meitheal, National Early Intervention Practice Model

"It takes a village to raise a child" as the old saying goes. Meitheal is a support, which brings people together who wish to support a child. You may already be getting help from different services but finding it hard to coordinate with them all at once. Meitheal can bring them all together. All professionals on the local Child and Family Support Network are aware of Meitheal and you can discuss with them and initiate at any time. Your family, your Meitheal plan, you decide.

Children's Colouring Page



Merry Christmas from Westside Resource Centre

Westside Events 2021

Greening
the Laneways

ROCKY ROAD



Drop into Galway City Libraries

Galway City Libraries are inviting you to drop in, relax, explore, connect, work or learn at your local library. As part of a new national campaign, libraries in Galway city are putting out a call to everyone to come visit and enjoy the library in-person again.

While buildings closed to the public during COVID-19, library services continued online with events, classes and clubs moving online and soaring loans of ebooks, audiobooks, online newspapers and magazines. In fact, many people discovered their library for the first time online during COVID.

So, whether you used to visit regularly, or you've never been, libraries are urging everyone to drop in to their local library and discover what's on offer. Please drop in and enjoy the space and services, take time out with a book or a newspaper; look into events or culture; meet friends or family; catch up on work or study, use the computers and Wi-Fi. The library has something for everyone of all ages and interests. Hopefully, once you discover what's on offer, you'll make a habit of dropping in to see us.

Some of what is on offer at your local library includes:

- Free to join and no late fees
- Borrow from 12 million items – from any library in the country – browse the national catalogue at librariesireland.ie
- Download eBooks, eAudiobooks, newspapers and magazines straight to your phone, tablet or computer
- Collections for children and young adults
- Space to study, work or research
- Computer access & Free Wi-Fi
- Meet-ups and exhibitions
- Events, classes, clubs



Westside Public Library is situated on Seamus Quirke Road, behind the Sacred Heart Church.

Galway Sports Partnership

We have been working with our colleagues in Sport Ireland (SI) and the Network of Local Sports Partnerships (LSPs) to deliver activity and exercise programmes across a wide variety of media to people of a broad range of abilities. It is vital that we keep our minds and bodies active during this time. Physical activity has a very positive effect on your mental health and we encourage as many of you as possible take up some type of activity of the coming weeks. Especially as the days get that bit darker.

Adults should be moderately active for a minimum of 30 minutes a day and children should be moderately active for 60 minutes a day. This is easier than you think. For one, the time can be broken up into manageable chunks e.g. 3 x 10mins. Moderate means that there is a noticeable increase in your heart rate and breathing, you can talk but not sing.

Galway Sports Partnership has three booklets that can be posted out to people who wish to get them.

1. *Older Adults Home Exercise Plan*
2. *Fitness for All*, a booklet developed by the network of the Sports Inclusion Disability Officers (SIDOs)
3. The "BeActive Day" booklet was designed with the National "Be Active Day" in mind.

People can get any of these booklets by emailing galwayactive@galwaycoco.ie with your name and address and we will post them out or call Jason on **091 536459**.

Galway Sports Partnership continues to work with a number of fitness experts around Galway to deliver a number of different online classes. Keep an eye on the Galway Sports Partnership Facebook Page for information.

Sport Ireland has a webpage dedicated to keeping people active, where you can find activities to suit all abilities, including various programmes that might be happening from time to time www.sportireland.ie/covid19



An Mheitheal Rothar

An Mheitheal Rothar are delighted to announce their new Local Training Initiative in Cycle Mechanics is up and running in their training centre in Liosbán. This 5-month course will provide fun, hands-on training in how all of the parts of a bike work together and how to identify and repair most common problems.

The majority of the course will be practice-based, however there are written and work placement elements also. Learners will also be supported to carry out two work placements where they will be able to practice and improve their bike repair skills in bicycle shops/workshops.

This course is primarily for those aged 18-35 who are currently unemployed; however, all ages can apply. Learners may receive a weekly training allowance depending on their circumstances. On completion, learners will receive a City & Guilds in Cycle Mechanics and complementary QQI modules such as Customer Service. For more information, please see <https://bikeworkshops.ie/local-training-initiative>

Learn to be a

Bike Mechanic

LTI in Cycle Mechanics



This 5 month training course will show you everything you need to work with bikes:

- Brakes
- Customer service
- Punctures
- Manual handling
- Gears
- IT
- Frames

You may be eligible for a training allowance

Where:

Unit 2, Adley Park,
Liosbán Industrial Estate,
Tuam Rd, Galway
H91 VW7V

Contact:

www.bikeworkshops.ie/local-training-initiative/
085 267 9045

Starts
Spring
2022



AN MHEITHEAL ROTHAR



Irish Sign Language Day December 14th

RehabCare's RISE Service in Westside wish to congratulate the Irish Deaf Society (IDS) on their 40th anniversary this year. Over the last 40 years, the IDS have campaigned tirelessly on behalf of Deaf people in Ireland to raise awareness around Deaf culture, rights and education.

The IDS also work to promote the rights of deaf people to use Irish Sign Language (ISL) and to have their language recognised as a language with its own distinct grammar, a complex linguistic structure and its own unique rules and features. On Dec 14th 2017, the IDS and the Irish Deaf Community celebrated as the "Recognition of Irish Sign Language for the Deaf Community Bill 2016" was passed by all stages of the Oireachtas. This Bill was revised and later became the "Irish Sign Language Act" which was signed into Law by the President on December 24, 2017.

This Act requires that public services are available through ISL and also outlines the need for greater access to education through sign language. Prior to the passage of the Act, there was no automatic right for deaf people to have an ISL interpreter (except for criminal court proceedings). For the Deaf community, recognition of ISL means more legal rights and better access to public services including education, healthcare, media and banking. This day has become a very special day within the Deaf Community and Dec 14th this year marks the fourth year since the passing of the Act.

For more information on ISL or the Deaf community in Ireland visit The Irish Deaf Society on <https://www.irishdeafcommunity.ie> or Chime on <https://www.chime.ie>

Season's Greetings!

from all at the Galway City Partnership

Wishing you and your loved ones good health, peace, joy, and prosperity this season and all seasons to come.



The National Advocacy Service

The National Advocacy Service (NAS) is a service funded and supported by the Citizens Information Board (CIB). Advocacy is provided through four regions and our National office is in Dublin. Regional Manager Anne Feehily leads the Western Region. Advocates in the Western region cover Donegal, Sligo, Leitrim, Mayo Roscommon, Galway, Clare and Limerick. The Galway office is based in Westside Resource Centre.

NAS provides a free, professional and confidential advocacy service to people with disabilities. Our vision for society is one where people can make their own choices, exercise their rights with dignity, autonomy, equality and independence at the core. We recognise the capacity of persons with disabilities to make their own decisions equally with others in accordance with the United Nations Convention on the Rights of People with Disabilities (UNCRPD).

Should a person experience difficulties in asserting their rights/views, this can lead to limited choices and little control over their lives. An advocate can help address this by meeting with the person, gathering information, assessing suitability for our service, working together with the person to develop an advocacy plan in accordance with the person's wishes. NAS advocates work with people in a person-centred way to ensure the person's voice is heard and considered by the relevant services and ensuring their rights are safeguarded.

During these uncertain times of the COVID-19 pandemic, NAS advocates are continuing to offer advocacy services in line with public health guidelines. If you would like to find out more about the national advocacy service, please visit our website www.advocacy.ie or phone our national line on **0818-073000** or email info@advocacy.ie



Westside Resource Centre



This project is supported by the Department of Rural and Community Development and Pobal through the Community Services programme.



Rialtas na hÉireann
Government of Ireland



pobal

government supporting communities

Supports for Social Enterprises

Galway City Partnership's aim to work with groups and communities to tackle disadvantage and long-term unemployment takes many different forms. Social enterprise is an approach that several existing community groups use, and new groups are exploring it to create a social impact and include those from their communities whilst trading as a business. GCP aims to provide support to a vibrant, dynamic and sustainable social enterprise sector through the following supports:

- One-to-one mentoring support for start-up and growing of social enterprises
- Training especially designated for social enterprises
- Limited grants for specific funding needs
- Networking opportunities for social enterprises
- Resources on best practices for social enterprises

This year has seen further challenges in responding to needs in communities through using a social enterprise approach. Social enterprises are increasingly building their skills and developing innovative ways to address social issues generating sustainable employment, wealth generation and alternative means of communication in communities they work and reside in.

Galway City Partnership is offering social enterprises training on identified skills development such as Branding, Digital Marketing, HR, Procurement, Marketing and Going Online to name a few. Individual mentoring is also on offer by request. This is funded by The Departments of Rural and Community Development through The Social Enterprise Regeneration Programme (SERP).

For further information please contact Fiona
fiona@gcp.ie or **086-7709919**

Access for All

Access For all is a network of individuals who have direct lived experiences of disabilities and local disability organisations, that focus on continually improving the accessibility of the local built environment. This year has proved extra difficult for people with disabilities as many of the adaptations that took place in our public spaces ended up excluding those with disabilities. These included lack of access to public bathrooms provided by the hospitality services, illegal parking and shops introducing traffic light systems that excluded those with visual impairments.

Accessibility matters to us all and this has been at a time when disabled people have experienced additional exclusions as a result of restrictions. Despite these restrictions, Access for All have sought to champion the rights of disabled people to have their voices heard in conversations about "opening up the city" and "mobility plans". The group has met with the Galway City Council Mobility Team, called on our own elected city councillors and contacted city businesses through Galway Chamber.

Each year International Day of People with Disabilities is celebrated on 3rd December and Access for All wants to be included in the conversation and contribute to solutions around our local environment so we can all be in a better position to access it.

Members of Access for All have been involved in creating an Audio Mapping Project. This will be finalised with an audio piece and a mapping pamphlet. The audio piece will be put on various social media platforms including: Access for All Facebook Page <https://www.facebook.com/AccessforAllGalway> Galway City Partnership Facebook Page, Galway City Community Network Facebook Page and Galway City Council Facebook Page.

The group have also created a mapping pamphlet around access issues in Galway City. This pamphlet is A5 in size but opens up to an A2 poster.



Galway City Partnership
Comhpháirtíocht Chathair na Gaillimhe

Classes and Courses

We would be very happy to welcome people back to the local Resource Centres at Westside, Ballinfoile and Ballybane. However, we must remain vigilant and abide by the government guidelines.

Throughout the year at Galway City Partnership, in conjunction with the Galway Roscommon Education and Training Board (GRETb), we provide several unaccredited courses to the unemployed and underemployed. All of these are free of charge but participants must register their interest with Galway City Partnership and GRETb. The courses generally take place in the local Resource Centres around the city, i.e. Ballinfoile, Ballybane and Westside. Examples of some of the unaccredited courses are Art, Yoga and Photography. In the main, they begin at 10am and finish at 12 noon, although we also have a cookery class that begins at 3 in the afternoon. They take place one day per week over an eight-week period, i.e. eight classes. They are designed as taster programmes for individuals who are considering a return to education.

GCP also provide a range of free accredited courses to those who register their interest and who are unemployed or underemployed. The accredited courses are QQI certified at levels 3 to 6. Examples in the past have been Healthcare, HACCP (Handling Food Hygienically - which is required for all those working around food) and Special Needs Assistant courses. GCP collaborate with several educational providers around the city and information regarding individual specific requirements is freely available. These accredited courses can last for anything from two full days in the classroom (e.g. HACCP QQI Level 3), to three months (e.g. Special Needs Assistant Course (SNA) QQI Level 6). Other courses on offer include Safe Pass, Manual Handling, Interview Skills & Start Your Own Business. Interested learners can register with Donnacha at Galway City Partnership **091-773466**

The Local Employment Services (LES)

Do you want to return to work, education or take up that training course? Make this the year you do it! The Local Employment Service are based in Ballybane, Bohermore and Westside. We can give you the support and guidance you need. We are here to help you get back into employment through one-to-one career guidance, by giving you information on training and education options and employment opportunities that suit YOU.

If you are ready to take the next step on the road to work, education or training, why not call us today to register. The Service is free, confidential and community based.

Local Employment Service Offices:

Ballybane Resource Centre,
Ballybane Rd. Galway.
Phone: 091-768304
email: mcarr@gcpl.es.ie

108 Bohermore, Galway
Phone: 091-566617
email: ben@gcpl.es.ie

Westside Resource Centre,
Seamus Quirke Rd., Galway.
Phone: 091-581955
email: pat@gcpl.es.ie

The Local Employment Service is under the umbrella of Galway City Partnership and is funded through the Department of Social Protection



Keep Well
Advice and Information for Older Adults

during the **Coronavirus COVID-19** pandemic

Stay Active
Stay Connected
Switch Off
Eat Well
Mind Your Mood

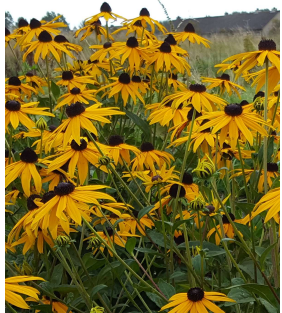
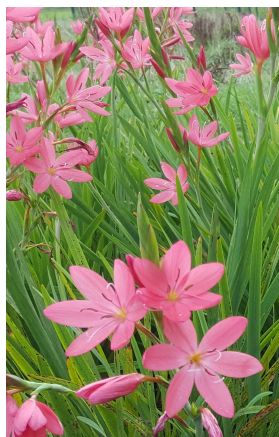
Saolta, NUI Galway, and other partners.

Copies of the HSE information booklet "Keep Well" are available from Reception at Westside Resource Centre.

Child and Family Support Network

No matter where you live in Galway, you will live in a Child and Family Support Network area. These are networks of community, voluntary and statutory service providers working together. We are fortunate to have Ballinfolle Castlegar Neighbourhood Centre as our base. We aim to work closely with families, other agencies and professionals so that we can respond quickly to the needs of children. We have a mixed group of supportive practitioners from local primary and secondary schools, Foróige, TUSLA, HSE, Galway City Partnership, Galway Traveller Movement, Galway City Council and Ballinfolle Castlegar Neighbourhood Centre. If anyone in the community has a query/feedback for us please contact us and we will get back to you!

Áine Shanahan: 087-4001604 or aine.shanahan@tusla.ie
For further information contact Vernice Murray on 086 8392621



a tide for change
an taidé ag ceadh

Galway City Partnership
Comhpháirtíocht Chathair na Gaillimhe



Galway
Chamber
Ag cothú gnó le chéile

Inclusive Pathways To Employment



Specialist Support to help participants overcome
Physical, Sensory, or Emotional barriers to Employment

Personalised One to One Mentoring
and Supports

CV Preparation

Skills Training

Vocational Guidance and
Information

Links to Employers

For more information contact Lisa
on 083 097 3213 lisa@gcp.ie

ciste na
gcuntas díomhaoin
the dormant
accounts fund



An Roinn Coimisce Sóisialaí
Department of Social Protection



pobal
government supporting communities

"This project was approved by Government with support from the Dormant Accounts fund"

Let's Get Galway Growing

Let's Get Galway Growing (LGGG) is a network of eight community gardens and gardening projects in Galway City. The network members come together to share information, learn from each other, chat about the challenges they may be facing and, most importantly, share the successes they have achieved.

Over the last year the gardens have used their spaces as a resource where communities could come together in the outdoors. A number have been busy creating spaces that are partially covered to include all members of the community. The gardens have reimagined their spaces to include a focus on wellbeing and connections with nature. They continue to support each other through online training and meetings where the learning and sharing from members is always forthcoming.

LGGG, through all the community gardens, led a city-wide bulb planting initiative in November 2021. Watch out for the blooms in 2022! LGGG continues to grow and welcomes any community gardens who would like to share their learning and seek the support of others.

Contact fiona@gcp.ie for more information or visit facebook.com/LetsGetGalwayGrowing



a tide for change
an taoide ag casadh

Galway City Partnership
Comhpháirtíocht Chathair na Gaillimhe

Wellbeing with Wally



These continue to be anxious times for us all, not least some of the younger members of our families. Galway City Partnership has produced a number of videos for children to help reduce fears and anxiety. The videos feature Wally, a child-sized puppet with the message that all children can be 'Covid Superheroes'

The videos can be viewed at www.gcp.ie



EUROPEAN UNION
Investing in your future
European Social Fund



Rialtas na hÉireann
Government of Ireland



The Social Inclusion and Community Activation Programme (SICAP) 2019-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employment, Innovation and Learning (PEIL) 2014-2020



Art, Craft and Educational Classes

Meetings, Seminars & Social Gatherings



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

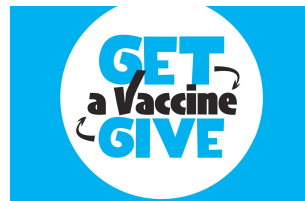
Westside Resource Centre
Seamus Quirke Road

091-528325

Get A Vaccine Give A Vaccine

Over the past few months, Westside Resource Centre ran a local collection to support the UNICEF Ireland "Get a Vaccine, Give a Vaccine" campaign. We are delighted to announce that our collection raised just over €1,000 and we have forwarded a cheque to UNICEF to support their work in providing vaccines.

Thank you to all of those individuals and organisations who contributed to this Westside initiative. Our local collection is now complete but any person who wishes to make a further donation can do so directly via UNICEF Ireland's website at www.unicef.ie



Art For Sale

Westside Resource Centre received a number of paintings from a generous anonymous donor. These original pieces of art are for sale to support the work of the Resource Centre. Please contact 091-528325 for further details.

New Community Development Project Officer

Hi, my name is Ciara Coy and I am the new Community Development Project Officer with Galway City Partnership. I am delighted with my new role and look forward to getting to know you and your community group!

A little bit about me... A Loughrea woman, I qualified with a Masters in Community Development in 2011 from NUIG and from then worked in Community Education & Youth/Adult Education with the GRETB. I am passionate about creating positive social change in my work and love to get stuck into community work in my personal life too. I have been a committee member with Loughrea Arts Recreation & Culture, who recently secured funding to restore Loughrea Town Hall and I was a board member of Gaelscoil Riabhach in Loughrea. Currently, I am a member of the Parents Committee for Galway Educate Together NS in Newcastle. I also love to sing and have really enjoyed being a member of a multicultural choir in the city, Sonke. In my Community Education role, I helped set up the Westside Community Choir who put on some great performances a number of years ago!

Do give me a call or arrange to pop in for a (socially distant!) chat if you have ideas for your community group, need help with grant applications or would just like to say hi! You can reach me on

083-0234390
ciara@gcp.ie

Warm regards,

Ciara Coy



a tide for change
an taoide ag casadh

Galway City Partnership
Comhpháirtíocht Chathair na Gaillimhe

Manual Handling and Safe Pass Courses



For more information
contact David on 091
773 466 or email
david@gcp.ie



FREE ENGLISH CLASSES

Classes for all levels from beginners to advanced

For more information call Stephen
on 086 008 0570 or email
stephen@gcp.ie



Rialtas na hÉireann
Government of Ireland



Westside Age Inclusion Ltd Your local laundrette



Unit 13 Westside Enterprise Centre
Behind Dunne's Stores Westside

WASH & DRY FROM €10 TO €14

DRY ONLY €7 PER LOAD

QUILTS : DOUBLE €10

Single €8

VALUE FOR MONEY

WESTSIDE AGE INCLUSION LTD
091 589861

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. ★

Bicycle Repair Unit at Westside Library

As part of the ongoing commitment to supporting bike use around the city Galway City Council and Westside Library have installed a Bicycle Repair Unit which is located near the bike racks on the plaza area of the Library.

Feel free to use with all the equipment you need to make minor repairs to your bicycle. Check it out when you are passing. It's getting really good use already!



Galway City Museum - Treaty 100 Project

To mark the centenary of the signing of the Anglo Irish Treaty, Galway City Museum is engaging with five local groups to explore ten influential figures, with connections to Galway, who supported or opposed the Treaty, and the reasons for their historic decision. The figures will include Galway's seven Sinn Féin TDs (Pádraic Ó Máille, Liam Mellows, Brian Cusack, Frank Fahy, Joseph Whelehan, George Nicolls, and Patrick Hogan), Ada English (NUI), Alice Cashel (Galway Co. Co.) and Thomas Gilmartin (Archbishop of Tuam), five of whom supported the Treaty and five of whom opposed it. Having explored the personalities and examined their contribution to the Treaty debates or in the local press, the groups will create a short illustrated biography of each individual, distilling their arguments on the Treaty. The project output will form the basis of an add-on element to the Museum's Revolution in Galway, 1913-23 Exhibition and an online exhibition.

For information contact Brendan McGowan,
Education & Outreach Officer by emailing
brendan.mcgowan@galwaycity.ie

músaem
museum

Bulbs for bees

"Bulbs for Bees" is a national initiative aimed at protecting bees as a way to maintain biodiversity and combat climate change. The project has been created by Gaisce - The President's Award.

To celebrate their 35th anniversary, Gaisce have created a very special 'Gaisce Challenge', one that everyone can get involved in. Simply put, we were all invited to plant pollinator-friendly bulbs to flower next spring.

Westside Arts Festival, Westside Resource Centre and Galway City Partnership will also be supporting other bulb-planting projects in the near future... Watch this space.



BULBS for BEES

A GAISCE AWARD CHALLENGE

Le Chéile

Community Employment Scheme

One to One Computer Classes

Printing / Photocopying

Internet Access

Le Cheile Westside Co Ltd

☎ 091 582146 ✉ info@lecheilewestside.ie

Le Cheile, Unit 1, Westside Enterprise Centre





Galway City COVID-19 Community Call Helpline

This service which is being led and coordinated by Galway City Council continues to provide a dedicated community response helpline to ensure that all vulnerable members of our community are appropriately supported as we move through the response to COVID-19.

The Helpline is operational from 9am to 5pm, Monday to Friday. Outside of normal working hours, including weekends, calls/requests will automatically route to our out-of-hours call service and are dealt with accordingly.

A key purpose of the Helpline is to ensure that older people and those who are vulnerable in our community have access to very practical supports such as groceries, meals on wheels, medication collection and social supports/engagement. The Helpline has dealt with over 1,100 requests to date and the importance of a local response in this regard is essential.



COVID-19

**Galway City Council
Community Call Helpline**

Freephone: 1800 400 150

Email: covidsupport@galwaycity.ie



**Comhairle Cathrach na Gaillimhe
Galway City Council**



**Galway City Partnership
Comhpháirtíocht Chathair na Gaillimhe**

Sincere thanks to the Local Community Development Committee of Galway City Council and Galway City Partnership for funding the printing and delivery costs of this newsletter.



**Rialtas na hÉireann
Government of Ireland**



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020.