

Organisations based at Westside Resource Centre

Galway City Partnership - Westside Project

Galway City Partnership - Westside Project coordinates and supports community work and participation in the Westside area. The project is actively engaging with numerous individuals, agencies and service providers in the area to ensure the needs of the community are being met and to empower local people for positive change. Activities are supported by Galway & Roscommon ETB, HSE West and Galway City Council. (Contact Vernice on 091-528325 or 087-9303468).

Epilepsy Ireland

Epilepsy Ireland provides a professional information service to support and empower people with epilepsy and their families, who have problems coming to terms with the condition and its implications. (Contact 091-587640).

MEAS Garda Youth Diversion Project

The GYDP is a community based and supported youth development project which seeks to divert young people from becoming involved (or further involved) in anti-social or criminal behaviour. These projects facilitate personal development and promote civic responsibility. (Contact Ruairi or Anthony on 086-7741623 or 091-554421).

OBAIR – Local Employment Service Network

The Local Employment Service Network (LESN) provides a free and confidential service to people who are unemployed and in receipt of a Social Welfare payment. If you are unemployed and in receipt of a Social Welfare payment the LESN staff can assist you with information and guidance to explore your options for work, education or training. We can also provide assistance with CV preparation, application forms and interview preparation. (Contact Mary or Pdraig on 091-581955)



Community Workers' Cooperative (CWC)

We are the leading national membership organisation that promotes and supports community work to address poverty, social exclusion and inequality. Our work includes developing and influencing policy as it affects communities living in poverty, research, campaigning on issues that affect communities experiencing poverty and inequality and supporting our members in their work for social justice at grassroots and national level. Email info@cwcc.ie www.cwcc.ie Ph: 091-528325/087-2998619/087-9326467

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).

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).

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 Rebecca on 091-528325).

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).



WESTSIDE NEWSLETTER



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

Volume 5, Issue 1
Spring 2015

The Open Door

Community Social Gathering

First Tuesday of Every Month @ 10:30am

Westside Resource Centre

☆ All Welcome ☆

Set up in mid-2014, The Open Door is a social space where people can drop in for a cup of tea and a chat. The Open Door runs on the first Tuesday of every month and each event includes a short talk on a topic of general interest. To date, speakers have included the local Community Garda, a member of the Galway City Partnership – Westside Project and a HSE representative.

Introducing Galway City Community Network

As part of the Local Government Reform Act 2014, all local authorities are to establish a Public Participation Network (PPN) in their area. After public information and consultation, Galway City Community Network (GCCN) was established as the PPN here in Galway City. GCCN will act as the representative, collective voice of community, voluntary and environmental organisations.

GCCN facilitates and supports the representation of the community, voluntary and environmental sectors on the local authority and other decision-making structures, creating the conditions for more informed policy making and implementation. Working collectively, those groups who are members of the Network can make their voices heard at local authority level.

Westside Resource Centre Welcomes New Arrivals

We are delighted to announce that the Community Workers' Co-operative have just opened their national head office in Westside Resource Centre.

Established in 1981, the Community Workers' Co-operative (CWC) is the leading national membership organisation that promotes and supports community work to address poverty, social exclusion and inequality.

Their work includes developing and influencing policy as it affects communities living in poverty, research, campaigning on issues that affect communities experiencing poverty and inequality and supporting members in their work for social justice at grassroots and national level.

International charity Gorta-Self Help Africa has recently entered into partnership with Alan Kerins Projects. To accommodate the new arrangement, Gorta-Self Help Africa have taken on additional office space in Westside Resource Centre.

Over the years, the Alan Kerins Project has worked closely with Gorta-Self Help Africa staff and the new departure will see Gorta-Self Help Africa supporting existing Alan Kerins Projects' work in Zambia.

We welcome these new arrivals to Westside Resource Centre and wish them well in their work.

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Westside Resource Centre

Visit Us Online

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www.westsideresourcecentre.ie

www.facebook.com/westsideresourcecentre

For full details on courses and events.

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Westside Library - Spring 2015

One Book One Galway 2015

Meet Eithne Massey in Westside Library. 13 March 2015. Class groups only.

Art Workshops with Midi Corcoran

11 and 18 March 2015. Class groups only

Inter-generational Book Club in Westside Library

– times and dates to be confirmed.

Westside Library's Lá Glas

13 March 2015. Traditional arts & craft session/bi-lingual storytime/wear something green.

Westside Library Activities

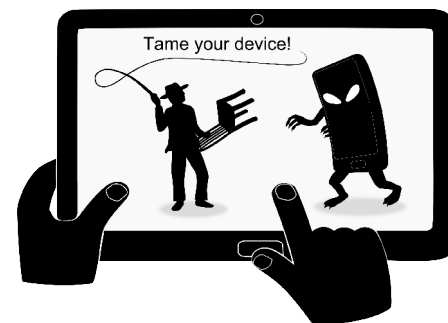
Reading Groups – There are two morning reading groups at 12.00 and they meet on the first and fourth Wednesday of the month, the third is at 6.30 pm on the second Wednesday of every month.

Reading Aloud Groups – Staff in Westside Library are running two reading aloud groups where quality literature is shared with groups who are not reading themselves.

Story-time With Mary – Fridays at 3.30pm.

Westside Library, Seamus Quirke Road, Westside, Galway. 091-520616.

Smartphones & Tablets Beginners Courses



Do you get frustrated with you device? Do you find it hard to get it to do what you want it to? We have a beginners course catering to the needs of Android smartphone and tablet users starting on Wednesday 25 February at 7pm and running for three weeks. The beginners Apple iOS course for iPhone and iPad starts on Wednesday 25 March. Drop in to Westside Resource Centre to register or call us on 091-528325 for more information.

Grateful thanks to our volunteers and distributors

Westside Newsletter is hand delivered by a group of local volunteers. We would like to express our sincere thanks to all the volunteers for their assistance. A special mention also to our colleagues at St. Joseph's Community Centre for their help in distributing the newsletter throughout the Shantalla area.



GALWAY CITY COMMUNITY NETWORK
LIONRA POBAIL CHATHAIR NA GAILLIMHE

For more information on becoming a member organisation, have a look at the website www.galwaycityforum.ie or contact Galway City Community Network on 087-9326467 or info@galwaycityforum.ie

WESTSIDE MEN'S CLUB 1995 - 2015

Congratulations to Westside Men's Club on their 20th anniversary. It is fantastic to see this local community group going strong and we look forward to their continued success.

(Please turn to Page 2 for more details.)

Teamwork in Action

Every year Westside Resource Centre hosts a wide range of educational classes and courses. Many of these are organised by Galway City Partnership's 'Westside Project' in conjunction with Galway Roscommon Education & Training Board. This collaborative approach is proving to be an excellent method for delivering classes that respond to the needs of the community. The fact that such classes are delivered in a community setting makes them all the more accessible to people living locally.

Youthwork Galway Westside

The JIVE Youth Café is open 7-8.30 pm on Wednesday and Thursday evenings. We have pool, Xbox, internet and loads of activities for people aged 14-18 years. Hang out and enjoy the free tea, coffee and hot chocolate.

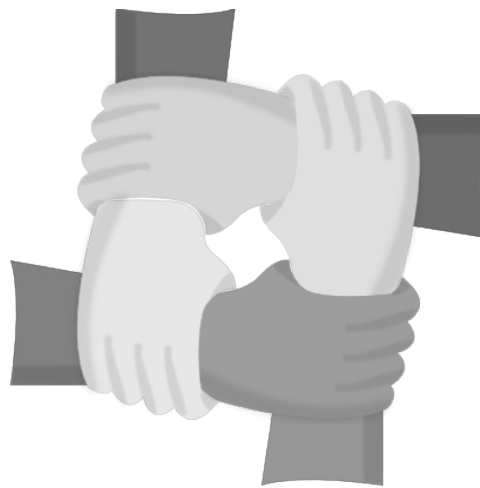
We are located in Westside Family Services (what used to be known as the NYP-Family Services building), beside the yellow community centre in Westside.

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 Bowry 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 Ragoon", which showed life in the Ragoon 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 inappropriately 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.



Getting Ireland Online

A series of Internet for Beginners courses is being run in Westside Resource Centre at the moment under the Government's Benefit 4 "Getting Ireland Online" scheme. The course covers the basics of email, browsing and online transactions. The course costs €20 and runs for two hours one afternoon per week for four weeks.

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

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

Foroige'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.



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.