

**Galway City Partnership - Westside Project**

We 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**

We 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).

**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).

**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).

**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**

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 Robert 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).

**RehabCare**

RehabCare 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)

**WESTSIDE NEWSLETTER**

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



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**Westside Resource Centre Welcomes RehabCare**

We are delighted to welcome RehabCare, who have recently taken office space in the building. We are looking forward to working with their staff in the months ahead.

RehabCare supports more than 3,000 people throughout Ireland and provides a wide variety of responsive health and social care services to people of all ages and from all walks of life.

Contact details for RehabCare and all of the other organisations based in Westside Resource Centre are available on the back page of this newsletter.

**The Open Door**

Brian MacGabhann of Galway Astronomy Club, was the speaker at February's Open Door. He gave a talk on the topic of astronomy and space exploration.

The Open Door takes place on the first Tuesday of every month from 10:30am. Drop in for a cup of tea and a chat and an informative talk by our speaker of the month. Topics vary from month to month and the event is free of charge.

**2018 - European Year of Cultural Heritage**

2018 has been designated European Year of Cultural Heritage. The aim is to inspire people to get involved with heritage activities and events in their communities. The theme is "Make a Connection" Westside Resource Centre will be involved in a number of heritage events in the coming year, the first of which – a St. Brigid's Cross workshop in conjunction with Galway City Museum – was a great success.

**Healthy Days Ahead**

**Healthy Ireland** (A Framework for Improved Health and Wellbeing 2013-2025) is the national framework for action to improve the health and wellbeing of Ireland over the coming generation.

Galway City Partnership is working on behalf of the Local Community Development Committee to promote the Healthy Ireland initiative and has recruited Nicole McGuigan as a coordinator to oversee the Healthy Galway City project. We look forward to working with Nicole on a number of projects to promote health and well-being in Westside over the coming months.



**Healthy Galway City**

The first project, "Healthy Food Made Easy" is a free 6-week cooking course aimed at men living in Westside and surrounding areas. The course will start on Thursday 15<sup>th</sup> February a 7:30pm.

If you or someone you know is interested in taking part, please contact Westside Resource centre on 091-528325



## Westside Community Garden Wins Tidy Towns Prize

The results of the Galway City Tidy Towns and Garden Competition were announced in November. The best community group project category winner was the Westside Community Garden. We would like to congratulate the volunteers on their achievement.



The extension to the garden is under construction and will give a big increase in area, allowing the volunteers to expand their activities and perhaps install a polytunnel to give them an opportunity to grow crops year-round. Volunteers are always welcome, especially now that the garden is bigger. Come along on Wednesday mornings between 10am and noon.

## Galway Dyspraxia Support Group

The Galway Dyspraxia Support Group holds morning coffee meet ups for parents and adult family members of children and teens with DCD in Westside Resource Centre on a monthly basis. Email [daigalway@gmail.com](mailto:daigalway@gmail.com) for more information.

## Westside Age Inclusion

Westside Age Inclusion Ltd are excited to announce that we will be extending our laundry service to areas surrounding Westside. From October 2017 we will also be opening later two days a week so people will be able to avail of our service in the evening.

### New Opening Hours for Winter 2017

Monday 8:30am to 5pm  
 Tuesday 8:30am to 5pm  
 Wednesday 8:30am to 8pm  
 Thursday 8:30am to 8pm  
 Friday 8:30am to 4pm

### Laundry Service Price List

Wash and Dry: €7 per 10.5kg load  
 Dry Only: €5 per 10.5kg load

### Garden Service

This on-going service is offered to people over 55 in the Westside and surrounding areas of Galway city. Services provided to clients are Lawn Cutting, Hedge Cutting, Weeding, Guttering and general tidy up of front and back gardens. Please phone 091 589861 for further information. **New hours available to clients in the afternoon from 1pm to 5pm**

Grass Cutting: €10-€20  
 (Price depends on garden size)  
 Hedge Cutting: €10-€15  
 (Price depends on garden size)  
 Guttering: €30 (Fixed price)

**All garden jobs priced on garden size**

Westside Age Inclusion Ltd. **091-589861**  
[info@westsideageinclusionltd.ie](mailto:info@westsideageinclusionltd.ie)

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.

## Looking Back at a Busy Autumn 2017

The last quarter of 2017 proved to be a very busy few months for Westside Resource Centre. The centre hosted a number of events in October to mark Social Inclusion Week. On October 19th we hosted a "Silver Screen and Social Supper" event in conjunction with Westside Age Inclusion. The night kicked off with a Screening of The Classic comedy "The Producers" and the film was followed by the audience sitting down to a social supper. The evening proved most enjoyable by all.



"Westside International" was the next event to be held at the Resource Centre for Social Inclusion Week. It was comprised of an exhibition of paintings based on the United Nations Sustainable Development Goals and created during the "Painting the Planet" community Art Project during September 2017. The launch of the Bridge Project (Building a Receptive and Integrated Galway of Equals) and the launch of Galway Integration Consortium Facebook page also took place on the night and the evening finished with musical performances and cuisine from around the world.

We ran a series of workshops entitled "Green Horizons" during November. Funded by Galway City Council's Green Leaf initiative, they were based around the topics of "Resource Efficiency", "Biodiversity and Land Use", "Green Economy and Jobs" and "Climate Action". Participants learned about the local and global contexts of the topics and this enabled them to raise awareness in their own families and in the community generally.

As part of Science Week in November, Curam (Centre for Research and Medical Devices) NUIG, ran a series of Workshops at Westside Resource Centre. The project was facilitated by award-winning artists Anne Cleary and Dennis Connolly. Researchers from CURAM were also on hand during the workshops to talk about their work.

Westside's annual Christmas Market and Family Day took place on Friday 8th December. This ever-popular event showcased the wonderful items produced by Westside Community Patchwork Group, Westside Community Craft Group and Westside Community Garden - among others - and also included seasonal songs, stories and a straw craft workshop. The official opening was performed by Jeffrey Lynskey, manager of the victorious Minors hurling team, who brought along some silverware to be admired.



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

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

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