



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 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 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)

Mayor's Awards 2019



The Mayor of Galway City Cllr. Níall McNelis has launched the 16th annual Mayor's Awards and has called on people in the city to nominate unpaid volunteers for their work in the community. The Mayor's Awards acknowledge outstanding people and organisations that, through their commitment to participating in community and voluntary activities, have had a significant impact on the quality of life of their communities.

Award winners will receive a specially commissioned trophy and a payment of €500. All nominees will be presented with an individually designed Mayoral Certificate at the Awards ceremony which will be held on Tuesday 16th April 2019 in the Galway Bay Hotel, Salthill, Galway. **The closing date for nominations is Friday 8th March 2019.** More details on the Mayor's Awards available from www.galwaycity.ie/community-culture/mayors-awards or from Ruth Flynn at 091 536809, email mayorsawards@galwaycity.ie

Epilepsy Ireland Events

Employment Information Session

This information session will focus on the rights of people with Epilepsy in the workplace and will take place on Wednesday 13th March at 7pm Westside Resource Centre.

Information & Support Group

Epilepsy Ireland will also host a meeting of the Information & Support Group for Adults living with Epilepsy on Wednesday 26th June at 10.30am at Westside Resource Centre.

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.



Improving Your Home

Would you like a home that is warm and cosy? Are your energy bills too high? If so **Galway Energy Cooperative** are launching a retrofit scheme that will help you. A number of people in the Westside area have already benefitted from such energy saving measures.

To learn more please join one of our Community Information Meetings on Monday 25th February at 7:00pm or on Thursday 14th March at either 10:30am or 2:30pm. Venue: Westside Resource Centre.

On Thursday 14th March we are also holding a convenient 'walk in' clinic to discuss your energy needs from 12:30pm until 2:30pm. No booking required.

WorldWide Global Schools win European Award



WorldWide Global Schools were awarded a GENE Global Education Innovation Award in October 2018. GENE – Global Education Network Europe – is the network of Ministries and Agencies with national responsibility for Global Education in European countries. The award recognises the importance of innovation in Global Education and benefits Global Education projects that bring about positive change and opens peoples' eyes and minds to the realities of the world, locally and globally. It promotes Global Education initiatives that bring about this change through creativity, participation, direct action, synergies and innovation and to ultimately inspire public policy.

As a result of the award WorldWide Global Schools have been asked to present at an international conference in Lisbon with GENE and UNESCO 'Building a World of Justice and Solidarity: Global Education in the School system'. WorldWide Global Schools are delighted to receive this award. Pictured in the group above is Director of WWGS, Aishling McGrath at the award ceremony in Brussels. Aishling is based in Westside Resource Centre and can be contacted on 01-5547449.

Genealogy and History

Are you interested in taking part in a genealogy and history project? Westside Resource Centre aims to establish such a project and would very much like to hear from people living or working in the Westside area that may be interested in taking part.

Please contact James on (091) 528325.

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.



Healthy Galway City

Healthy Ireland is holding a free six week Chair Yoga programme in Westside Resource Centre. This course is especially gentle and specifically tailored for people with limited mobility. The course begins on Friday 22nd February 2019 and will take place in the afternoon from 3pm to 4 pm.

For full details please contact Ashling on 085 8217547 or email healthygalway@gcp.ie



Westside Newsletter is supported by Galway City Partnership

Galway City Partnership

Galway City Partnership and Galway & Roscommon Education and Training Board will be providing Free Courses in Westside Resource Centre. Classes include Art; Barbering; Craft and Yoga. **Registration Day Thursday 7th Feb 10am to 2pm.** Contact geraldine@gcp.ie or donnacha@gcp.ie for more information.

Over the course of the year Galway City Partnership and GRETB will also be providing Free Training for Local Community Groups. Examples include: Committee Skills; Funding Applications; Social Media; Conflict Management and more. Contact suzanne@gcp.ie for full list and timetable.

Looking for something different to do this Valentines? Why not join Galway Integration Consortium & Galway 2020 at the Blue Teapot Theatre, Munster Ave. Thursday 14th February. Martin 'Beanz' Warde, Ade Adekeye & Friends will present "Telling Stories Sharing Cultures" an evening of Laughter, Tears and Entertainment. Doors open at 7 for a 7.30 start. Places are FREE but limited. Registration is essential! Register on 091-773466 (9.30am-3.30pm Mon-Fri.) or info@gcp.ie (anytime).

Westside Community Garden "Anois Teacht an Earraigh"

The 1st February "Lá Fhéile Bhríde" is traditionally considered the beginning of Spring in Ireland. It's the time for gardeners to plan for the coming sowing season. Time to sort out the seeds "na siolta" and chit the potatoes "na fataí".

We at Westside Community Garden will sow and learn together and there is always time for a chat and a cup of tea. If you have a little time to spare and an interest in gardening come and join us on Wednesdays from 10am to 12pm. "Fáilte roimh chách".



CODE is Diabetes Ireland's free of charge group education programme for people with Type 2 Diabetes or diagnosed Prediabetes. CODE aims to deliver general information about diabetes self-management in a local community group setting.

Topics covered include:

- Diabetes explained -Signs and symptoms
- Risk factors -Managing your glucose levels
- Healthy eating -Carbohydrate & Portion advice
- Physical activity -Personal goal setting

The aim of CODE is to help people manage their prediabetes or Type 2 diabetes. Each session will be approximately 2 hours long and includes a tea break. People who have attended the course report experiencing great support and motivation from others in a comfortable and friendly environment.

The next programme in Galway City will start Wednesday March 27th and run in Westside Resource Centre from 2:00pm – 4:30pm for 3 weeks with a follow up session in September. Prebooking is essential – phone Regina on 071 9146001 to book your place or email her on wro@diabetes.ie

Westside Community Patchers



We had a very successful year in 2018 ending it with a great Christmas Market. We are planning a very busy year ahead with trips and classes and we hope to do something special for 2020.