



Galway City Partnership Newsletter

Winter 2024 | Issue 1



Welcome!

Welcome to the first edition of the Galway City Partnership newsletter! Here you will find information on all of the services we have to offer the community and how to get in touch. We hope you enjoy it!



A Year of Connection

Dear Friends,

As we approach the festive season, I am delighted to share with you the very first Christmas newsletter from Galway City Partnership. This year has been one of connection, collaboration, and commitment to supporting the people and communities of Galway City and beyond. It is truly inspiring to see how, together, we have continued to address challenges, foster inclusion, and create opportunities for growth and empowerment.

This newsletter is a celebration of all that we've achieved in 2024. It highlights the incredible work of our dedicated staff, the impact of our programmes, and the stories of resilience and hope from the communities we serve. It's also an opportunity to look forward, sharing updates on our plans for the year ahead and how we aim to deepen our commitment to making Galway a city of equality and opportunity for all.



I want to express my heartfelt gratitude to all our staff, volunteers, partners, supporters and funders. Your contributions make our work possible and remind us of the power of community to create meaningful change. On behalf of everyone at Galway City Partnership, I wish you and your loved ones a peaceful and joyous Christmas and a hopeful start to the New Year.

Warm regards,
Linda Sice Brogan, CEO, Galway City Partnership



Social Inclusion &
Community Activation
Programme

The **Social Inclusion and Community Activation Programme (SICAP)** provides funding to **tackle poverty and social exclusion** through local engagement and partnerships between disadvantaged individuals, community organisations and public sector agencies.

The Programme is structured over two goals:
Goal 1: Supporting Communities (Community Development)
and Goal 2: Supporting Individuals (Education and Training).

Community Development

Supporting community groups in Galway

The Community Development team work with community groups in three key areas of the city: Ballinfoile-Castlegar, Ballybane and Westside. This year the team has focussed on:

-  Increasing opportunities for social connection
-  Improving mental, physical and emotional wellbeing
-  Engaging with more men in the community
-  Doing Anti-Racism and Discrimination work
-  Increasing Disability Awareness in the community
-  Increasing Climate Change Awareness



Supporting Access For All Disability Awareness Training session in Westside



A new men's group for Ballybane

Community Development



Supporting Galway City Council's Galway Climate Inspiration Festival



Men's group completing DIY training in Westside



Inclusion for all: Eastside Welcomes All established earlier this year



Launch of Community Wellbeing Calendar supporting mental, physical and emotional wellbeing

To find out about SICAP Community Development supports please contact Imelda on 086 0227821 or imelda@gcp.ie.



Social Dancing for older people in Ballinfoile

Social Enterprise

Helping businesses who help the community

During the year GCP supported a number of Social Enterprises across Galway city. Social enterprises are businesses that work primarily to improve the lives of people. Their core objective is to achieve a social, societal, or environmental impact. They frequently work to support disadvantaged groups such as the long-term unemployed, people with disabilities, Travellers, etc., or to address issues such as food poverty, social housing, or environmental matters. Some of the social enterprises we support include:

- ◆ An Mheitheal Rothar
- ◆ GOCOM Community Radio
- ◆ Galway Community Circus
- ◆ Westside Resource Centre
- ◆ Café Link
- ◆ Bounceback Recycling
- ◆ Westside Age Inclusion
- ◆ Umbrella Le Chéile
- ◆ Meals4Health
- ◆ Galway Simon Coffee Van
- ◆ Hinterland
- ◆ Venture Out



A Social Enterprise Networking event earlier this year

A new Social Enterprise Network was set up in 2024 and monthly events were held throughout the year to support these social enterprises. A number of training courses were also provided as well as support with accessing grants.

On the 29th of November the network had a stand for Social Enterprise Galway at the Black Box Christmas Fair which was very successful.



Umbrella Le Chéile and Café Link at and preparing for the Black Box Christmas Fair

Education and Training

Supporting Individuals, Children and Families

It has been another exceptionally busy year for the SICAP Education and Training team in the Galway City Partnership Headford Road Office. We have continued to work with individuals, children and families from all sections of the community including schools, people seeking new skills and educational opportunities, the unemployed, those newly arrived to our city, people looking to establish their own businesses and those seeking assistance with a myriad of other enquiries around day-to-day issues.

During the year people have completed courses in Labour Market Training including Safe Pass, Manual Handling, Nail Design and Care. Lifelong Learning courses in Special Needs Assistant, and HAACP (Food Hygiene). Wellbeing and Resilience Workshops and ESOL(English Language) classes .



We have been delighted to collaborate with a number of partner organisations from across the city, these include Music Generation Galway City, the GRETB, local schools, Galway Rape Crisis Centre and the Eastside Schools Completion Programme to name but a few.



Participants on various courses throughout the year

To find out more about Education and Training opportunities please contact Mary on 091 773466 or email marymchugh@gcp.ie.

Education and Training

Energy Awareness Video for Local Schools

Sue Doherty, Home School Community Liaison (HSCL) Coordinator and Mary McHugh, SICAP Programme Coordinator recently joined children and teachers to watch the Be Energy Smart video in Scoil An Chroí Íosa.

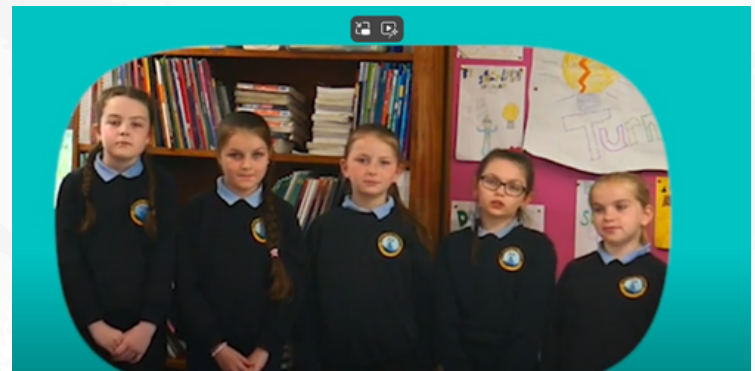
Galway City Partnership produced the video in collaboration with children from Radharc na Mara (Mervue Primary School), Scoil An Linbh Íosa (Mercy Primary School) and Scoil An Croí Íosa (Presentation Primary School).

We would like to congratulate all those involved and thank the Principals from each school for their support with the project.

📺 Click here to watch the video:
https://www.youtube.com/watch?v=XpBaekv_8Eg&t=12s



Mary McHugh showing the video at Scoil An Chroí Íosa



Participants from the three schools taking part in the video



To find out more about Education and Training opportunities please contact Mary McHugh on 091 773466 or email marymchugh@gcp.ie.

Supporting New Arrivals

Health Awareness for New Communities

This year, the New Arrivals team ran multiple initiatives to promote health inclusion and access to accurate information for Ukrainians and Asylum Seekers who have arrived in Galway City in the last two years.

The team, working in collaboration with the Marie Keating Foundation, translated materials on breast, cervical and prostate cancer awareness into Ukrainian to ensure that educational health information is accessible to all members of the community.



The team also partnered with Croí Heart and Health Foundation in the Autumn to run four health days focused on heart health and healthy living. The workshops provided information and health checks and also allowed participants time and space to speak one-to-one with health professionals whilst introducing the community to the services offered by Croi.



Beneficiaries and staff at the various events for new arrivals this year.



Supporting New Arrivals

Upcycling Skills for New Communities



The New Arrivals Team also partnered with Roscommon Women's Network this year to deliver training in Sewing and Upcycling to new communities in Galway City.

CycleUp Textiles by Roscommon Women's Network, is a circular economy social enterprise that provides textile upcycling training that creates unique, upcycled items using pre-loved and unwanted textiles. Their main objective is to empower individuals through upcycling education and skills development while addressing the issue of textile waste.

The course was six weeks long with a focus on sewing skills, upcycling and on how CycleUp developed as a social enterprise thus providing participants with lived experience learning from the trainers on how to develop a social enterprise.



Participants taking part in the Sewing & Upcycling course

The course catered for 10 participants. However, the interest in the course was immense and such skills are very popular amongst new communities.

To find out about you can be supported by our New Arrivals team please contact Iryna 085 1390574 or iryna@gcp.ie or Elvira 085 2881107 or elvira@gcp.ie.

Tús Placement Scheme

A Community Work Placement Scheme

The Tús initiative is a community work placement scheme providing short-term, working opportunities for long-term jobseekers. Placement types include retail, maintenance, clerical and environmental work which are provided by community and voluntary organisations. Tús is managed by local development companies for the Department of Social Protection, which has overall responsibility for the scheme. Participants work 19 ½ hours a week and placements last for 12 months. GCP manages Tús in Galway City.



In addition, Tús at GCP operate a Clean Coast project. Participants from many different countries and backgrounds operate individually and as a group to survey and record information regarding biodiversity in Galway, clean up beaches and shore areas.

If you are interested in finding out more about Tús, please contact Sean at slynch@gcp.ie.

BRIDGE Project

Supporting inclusion and integration in Galway

The BRIDGE project seeks to promote the effective delivery of reception and integration supports (including advocacy and capacity building interventions) to asylum seekers and third country nationals living in Galway city and county.

Schools of Sanctuary in Galway

To develop schools as places of sanctuary for children from diverse backgrounds, particularly those seeking international protection, the BRIDGE team have been working to support the rollout of the Schools of Sanctuary (SOS) initiative www.sosi.ie in Galway. This programme encourages primary and post primary schools to foster a sense of belonging, understanding and respect by creating a welcoming and safe environment for students from diverse backgrounds. At present, Scoil Bhride and Galway Educate Together Secondary School have been designated Champion Schools of Sanctuary in Galway.

To roll out the programme to more schools, representatives from the Schools of Sanctuary initiative, University of Galway, Uni4U and the BRIDGE team met with St Patrick's National School, Galway Educate Together National School and Claddagh National School on December 4, 2024. The purpose of these meetings was to present an overview of the SOS programme and outline the process involved, which centres on a whole school approach to becoming a safe place of sanctuary for all students. Further meetings will take place in the New Year.



If you would like more information on the BRIDGE Project, please contact Cathy on 086 0433376 or cathy@gcp.ie or Tara Dawson on 083 3335659 email tara@gcp.ie.

Christmas Vouchers



The BRIDGE Team sought funding from the St Stephens Green Trust whereby each child living in an IPAS Direct Provision Centre in Galway city and county would receive a €20 voucher for Christmas. The application was successful, and Galway City Partnership was awarded €8,780 enabling the distribution of 439 €20 vouchers to children, whose families are seeking international protection. Families with 4 children, for example, will receive €80 in vouchers. Prior to Christmas, the BRIDGE Team were actively distributing these vouchers across the County, the purpose of which is to provide a little treat for each child this Christmas.

BRIDGE Project

Creative workshops for children with Baboró

Creative art workshops for children living in the Dominick Street and Centrepont IPAS (direct provision) centres were organised involving a collaboration between the BRIDGE team and Baboró (International Arts Festival for children).

The workshop for the Dominick Street centre took place on the 7th of December and the children in Centrepont attended one on the 14th of December.

With a large number of new residents in both centres having little or no English, registration for the workshops proved particularly challenging and involved circulation of promotional flyers via WhatsApp groups, linkage with centre management and a follow up pre-registration in advance of the workshops.

The 2-hour relaxed workshops with Baboró included drawing, painting, collaging and refreshments aimed at children developing weird and wonderful images from their inner creative worlds.

CREATIVE ART WORKSHOP with BABORÓ



12pm-2pm, 7th December
Dominick Street,
Ages 8+, Free

***Places limited, to register email Mika@gcp.ie / Tel: (087) 9303468.**

***Registering parents need to bring photo ID (TRC/IRP/Passport) the morning of the workshop.**



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An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

**If you would like more information
on the BRIDGE Project, please
contact Cathy on 086 0433376 or
cathy@gcp.ie or Tara Dawson on 083
3335659 email tara@gcp.ie.**

LAES

Supporting those who are long-term unemployed

The **Local Area Employment Service (LAES)** works with clients that are referred to us by the Department of Social Protection. The service is managed by the Galway City Partnership. The LAES offer a client-centred career guidance service to support long term unemployed clients into work, training, self-employment or options that would best suit their circumstances. Our service delivery is in line with Galway City Partnership's operational practices, services and supports, and is guided by the core ethos of tackling disadvantage and social exclusion.

Our Core Services include:

- ✓ **Initial One-to-One Meeting** with our Clients –clients are welcomed to the service and offered the range of supports available to them.
- ✓ **Development of Personal Progression Plan** – this will define client training and employment goals and work towards overcoming barriers to employment
- ✓ **Exploring Education, Training and Work Experience** that build upon clients existing skills, competencies, and interests. Accessing funding to support client training.
- ✓ **Job Search Skills** –CV preparation, interview skills and using job search websites and digital tools effectively
- ✓ **Job Placement and In-Employment Supports** –We will continue to provide In-Employment Supports for our clients during their initial employment period.
- ✓ **Review Meetings** – we conduct review meetings with our clients every month to assess progress being achieved in relation to our clients training and employment goals.

The Local Area Employment Service has recently moved the head office to Floor 2, The Plaza, Headford Road, where we ensure a welcoming atmosphere and meet with our clients in a private office space. We also have offices in Westside and Ballybane, as well as Galway County.



If you feel that you could benefit from the support of the LAES, please contact your local Intreo Office to be referred to our 52 week program. Or if you would like further information, please contact us on 091-566617.



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WorkAbility: Inclusive Pathways to Employment Programme

Supporting people with disabilities to access employment



The Workability Inclusive Pathways to Employment initiative aims to enhance the employability of individuals with mental health issues, people with disabilities or diverse needs. Workability creates inclusive workplaces that value diversity and promote equitable opportunities by fostering collaboration between employers, educators, and community organisations.

Mentoring and Peer Support

Our Mentors can provide guidance, encouragement, and networking opportunities that help build skill sets. They can work one-on-one with participants and discuss each person's goal in detail which can then give them the confidence to pursue their career goals.



Participants (below) on the WorkAbility programme took part in a 6-week **Healthy Food Made Easy** where they gained skills in nutrition and learned lots of new recipes to try out at home!



Education and Training

Earlier this year, participants completed Manual Handling training. They are pictured on the left receiving certificates from coordinator of the Workability Inclusive Pathways to Employment programme, Maggie Woods.



If you feel that you could benefit from the support of the WorkAbility: Inclusive Pathways to Employment Programme please contact Maggie on 083 087 3213 or maggie@gcp.ie or Amy on 083 108 0780 or amy@gcp.ie.

Social Prescribing

A new service for Galway City Partnership

We were delighted to launch our new Social Prescribing Service this year!

Social Prescribing aims to reduce social isolation and improve people's health and wellbeing by linking people with activities in their local area. Research indicates around 20% of visits to a GP are for social not medical reasons.

This HSE funded service operated by Galway City Partnership is:

- ◆ A FREE Support Service for anyone aged 18+
- ◆ A short-term support that enables people to connect with on going supports and activities they may need.

This year our Social Prescribing coordinator has worked with over 150 individuals across the city through one-to-one support and group activities.

People can self-refer to avail of this service or may be referred by their GP.



Participants in Social Prescribing group activities this year



Staff attending the Social Prescribing Launch event in March this year



Outreach Centres

Our community development workers are based in centres around the city. To find out about activities in each of the centres, see below or contact the community worker in that area.

Westside Resource Centre



A number of regular free activities are supported by the community development worker in Westside. Other activities also run throughout the year.

For more information you can contact Ciara on 083 0234390 or email ciara@gcp.ie. To contact the centre directly call 091 528325.

Mondays 2-4pm

Westside Community Singing Group

Westside Sacred Heart Church

Thursdays 11.15am

Westside Walking Group

Meet outside Westside Library

Mondays 4-6pm

Westside Arts Group

Westside Resource Centre

Thursdays 10am-11.30am

Westside Parent & Toddler Group

Westside Community Centre

Fridays 10am-12pm

Westside Coffee Morning

Westside Resource Centre

Ballybane Community Resource Centre



A number of regular free activities are supported by the community development worker in Ballybane. Other activities also run throughout the year. All activities below are run in Ballybane Community Resource Centre.

For more information you can contact Imelda on 086 0227821 or email imelda@gcp.ie. To contact the centre directly call 091 768300.

Monday-Thursday 3-6pm

Ballybane Afterschool Club

1st-6th class children

ff

Tuesdays 11am

Eastside Walking Group

Thursdays 10.30am-12pm

Ballybane Coffee Morning

Wednesdays 11am-1pm

Ballybane Contenders Older Person's Group

Thursdays 7.30-9pm

Ballybane Community Singing Group

Outreach Centres

Ballinfoile Castlegar Neighbourhood Centre



A number of regular free activities are supported by the community development worker in Ballinfoile Castlegar. Other activities also run throughout the year.

For more information you can contact Vernice on 086 8392621 or email vernice@gcp.ie. To contact the centre directly call 091 429620.

Wednesdays 9.30 -11am

Ballinfoile Parent & Toddler Group

Ballinfoile Castlegar Neighbourhood Centre

Wednesdays 9.30am

Ballinfoile Walking Group

Ballinfoile Castlegar Neighbourhood Centre

Wednesdays 7-9pm

Ballinfoile Community Singing Group

Ballinfoile Castlegar Neighbourhood Centre

Ballinfoile Youth Activities Programme

2024 saw the exciting launch of the Ballinfoile Youth Activities Programme. The team provides a variety of engaging activities week, designed to support and inspire young people in the Ballinfoile community.

Activities include include music, arts and crafts, sports, cookery sessions as well as community outings including the International Arts Festival for Children with Baboró. These activities are for children between 5 and 16.

For more information contact Hannah on 086 2005557 or Milma on 086 2005558.

ff



Other Supports

Let's Get Galway Growing

Let's Get Galway Growing is a dynamic network that connects seven community gardens across Galway City, fostering development through the exchange of information, knowledge, and capacity building. The network focuses its work on sharing learning in relation to climate change actions, sustainability and community engagement.

In 2024, four out of seven of the network's organic gardens contributed vegetables, fruits, flowers, and herbs for the first climate change festival dinner, which hosted around 150 attendees. the garden groups also completed First Aid training, attended a field trip to Portumna Castle and Gardens and hosted a number of open days across the city.



To find out about more about Let's Get Galway Growing please contact Faozia on 083 4708536 or faozia@gcp.ie.

Supporting Galway City Older People's Council



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Comhairle Cathrach
na Gaillimhe
Galway City Council

We are delighted to support the work of Galway City Older People's Council (OPC) in partnership with Galway City Council and Age Friendly Ireland.

The OPC represents the needs of older people across the city and feeds into local and national programmes to help solve issues affecting older people in our city.

This year, the group helped create an Age Friendly Space at Galway City Library. The new space has higher seating and faces the large-print books. Readers can also borrow a pair of reading glasses at the desk if they have forgotten to bring their own. The group also produces a quarterly newsletter.

If you would like to get involved in the Galway city OPC or receive their newsletter please contact Ciara on 083 0234390 or ciara@gcp.ie.

HAVE YOUR VOICE HEARD

Join Galway City's Older People's Council

Welcoming older people from Active Retirement Groups, Women's Groups, Men's Sheds, people from the Traveller Community, LGBTQ+ community, Migrants, Older People with a Disability, Older Carers and all walks of life!

FOR INFO CONTACT CIARA ON 083 0234390 OR CIARA@GCP.IE





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NUMBERS IF YOU NEED THEM



If it's an emergency, Dial 112 or 999

SAMARITANS

TALK IT THROUGH,
WE'RE HERE TO LISTEN

jo@samaritans.ie www.samaritans.org

116 123



1800 247 247

TEXT HELP TO 51444

info@pieta.ie

Pieta supports people and communities in crisis by providing freely accessible, professional services to all.

Galway Centre: 091 502921 Tuam Centre: 093 25586

Athlone Centre: 090 642 4111

www.pieta.ie

Childline by ISPCC

Reach out for any reason, anytime.
Childline is always here
for every child and young person.

1800 666 666

Instant messaging service
available on

www.childline.ie

spunout

text about it

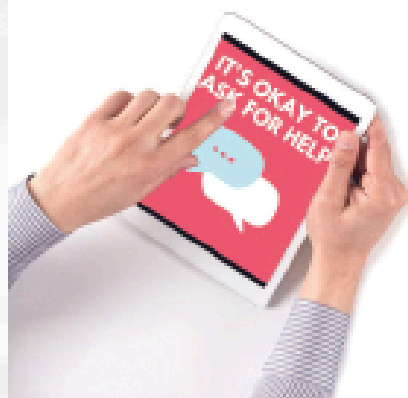


A free, anonymous, 24/7 messaging service
providing everything from a calming chat
to immediate support
for people's mental health
and emotional wellbeing.

www.textaboutit.ie



For more information:
www.westbewell.ie



**your
mental
health.ie**
Information | Support | Services
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SCAN ME



MENTAL HEALTH SUPPORT
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Connecting for Life
Galway, Mayo and Roscommon



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Merry Christmas and HAPPY NEW YEAR



from all of us in Galway City Partnership

Thank you to our funders



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Social Inclusion &
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pobal
government supporting communities



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The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.



Intreo | Partner



An Roinn Coimirce Sóisialaí
Department of Social Protection
Helping you build a better life

