



Galway City Partnership Newsletter

Spring 2025 | Issue 2



Welcome!

Welcome to the second 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!



Welcome to Galway City Partnership's Spring Newsletter!

Spring brings a sense of renewal and fresh possibilities. As the days grow longer, it's a good time to refocus, plan ahead, and take on new challenges. Change is always happening, and with it comes the opportunity to strengthen our communities and work towards a more inclusive and supportive Galway.

As we step into spring, we're excited to share that we'll soon be launching our brand-new website! This new platform will make it easier to access our services, stay updated on our projects, and connect with us. We've been working hard to ensure it reflects the needs of the communities we support, providing clear information on our programmes, events, and opportunities to get involved.

We're delighted to welcome new a team member to Galway City Partnership! Nicole Breslin has joined our Administration team. We are also recruiting for TUS Supervisor Positions and a Community Link Worker as the teams with Galway City Partnership continue to expand.



In the meantime, our team continues to work across Galway city, supporting individuals and communities to access education, employment, and community development supports. Keep an eye on our social media for updates, and we look forward to sharing more with you soon!

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).

Goal 1: Supporting Communities

Supporting community groups and social enterprises in Galway city

The Goal 1 team works with community groups and social enterprises to support collective community engagement and the development of sustainable, stronger communities. It aims to empower communities to play a greater role in addressing social inclusion and equality issues and works with communities using community development, bottom-up approaches.

The team is based in three key areas of the city: Ballinfoile-Castlegar, Ballybane and Westside.

So far this year, the team has focussed on:

- ➔ Supporting community groups and social enterprises to get back up and running!
- ➔ Supporting groups with grant applications
- ➔ Putting forward nominations for the Mayor's Awards
- ➔ Planning International Women's Day events
- ➔ Engaging with new individuals, groups and social enterprises across the city...and lots lots more!



Westside Social Club back up and running this spring with weekly bingo!

Community Development

Supporting community groups in Galway city

Below is a sample of recent work carried out by our Community Development team across the city.



The new **Westside Community Arts** group pictured on their return to the group in January. The group formed in 2024 after a need was identified for people in Westside with an interest in creative work to feel less isolated as they work on their art. This group supports people to work together on their individual projects and creates a regular social outlet for members. The group were supported to apply for Galway City Council's Local Enhancement Programme fund to purchase equipment and support the running of their group.



Ballybane Pavee Beoirs on their first night learning sewing machine skills in The Ballybane Community Resource Centre. The group are supported by the Community Development Team in Galway City Partnership and Galway Traveller Movement. They recently secured funding from the Community Education section of GRETB and the Galway City Council Creative Communities Fund. The women are working on the creation of a Tapestry depicting Traveller Culture and hope to be able to exhibit their work at the Eastside Arts Festival in the autumn.



The **Ukrainians in Galway Network** is a new network we are delighted to support. The network brings together representatives from the various Ukrainian community groups in the city and will serve as a way for the groups to collaborate on projects and events throughout the year, such as St. Patrick's Day, Ukrainian Independence Day and Commemoration Day, to share skills and resources and to work together to meet the needs of the people they support. We look forward to supporting this network going forward!

Community Development

Supporting community groups in Galway city



The **Westside Community Organic Garden** group pictured at their recent AGM. The group has been running for over 12 years and was supported by the community development worker in Westside to apply for a number of grants including Galway City Council's Local Enhancement Programme fund and the GRETB Community Education Scheme. The group plan to upgrade their fencing, host volunteers in mid-March, hold an Open Day during the Westside Arts Festival and run courses for new and existing members on how to grow your own fruit and veg!



There are **two new men's groups in Ballinfoile** encouraging men living in the Ballinfoile community to keep fit and active. These groups are supported by Galway Sports Partnership, Healthy Galway City and Galway City Partnership. The groups are taking part in Strength and Conditioning Training, Walking Soccer and Boxercise classes. Both groups meet twice a week in the evening time. If you are interested in getting involved, please contact Vernice on 086 8392621.



Access For All Galway (pictured left) at their AGM in January in The Connacht Hotel. The network, supported by Galway City Partnership, aims to make Galway a disability friendly city. Two new members were recruited to their Steering Group at the AGM. The network recently finished filming a short educational documentary about life as a disabled person in Galway, the challenges that exist and the solutions that are available.

Community Development

Celebrating International Women's Day 2025

To mark International Women's Day 2025, we held two interesting and lively events in Westside and Ballybane where together we shared stories of inspiring women and took a moment to recognise the great work of women in our communities and wider society, highlighting their resilience and achievements. Together, we celebrated the strength of women, encouraging each other to use our voices to make a difference in our homes and beyond.

We were also delighted to share free reusable sanitary products provided by Healthy Galway City.

Many thanks to Amblessed Njideka Favour, a passionate filmmaker and storyteller for her input at the Ballybane gathering!





Galway City Partnership
Comhpháirtíocht Chathair na Gaillimhe
a tide for change
an taoide ag Casadh

Community Development

Supporting Net Zero Cities

Through the Net Zero Cities project, we are empowering communities with knowledge and resources to make their homes more energy-efficient, comfortable, and sustainable.

By raising awareness, providing support, and connecting people with retrofit opportunities, we are working towards a greener and more inclusive future for all.

Through our collaboration with the Warm Home Hub, we are actively engaging communities in this initiative. We have participated in recruiting participants for the Retrofit Rigs at the University of Galway, helping individuals access energy-efficient home solutions and training opportunities for a greener future.

NET ZERO CITIES

EU MISSION PLATFORM
CLIMATE NEUTRAL AND SMART CITIES



To find out more contact Amina on 0834 497870 or email amina@gcp.ie.

Outreach Centres

Our community development workers are based in centres around the city. A number of regular free activities are run in these areas by our community development team. Other activities also run throughout the year. To find out about activities in each of the centres, see below.

Westside Resource Centre



See list of regular free activities in Westside below. 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.



FREE ACTIVITIES IN YOUR AREA
Community Development Service, Galway City Partnership

WESTSIDE



Westside Coffee Morning

Fridays
10.00am-12.00pm
Westside Resource Centre
H91 C1KX



Westside Walking Group

Thursdays
11.15am-12.30pm
Meet outside Westside Library, H91 Y067



Westside Community Singing Group

Wednesdays
2.00pm-3.30pm
Westside Library
H91 Y067



Westside Social Club
for older adults
Call 091 589861 to book
Wednesdays
2.00pm-4.00pm
Westside Resource Centre
H91 C1KX



Westside Parent & Toddler Group

Thursdays
10.00am-11.30am
Westside Community Centre, H91 R853



Westside Community Organic Garden

Volunteer roles re-start early March
Wednesdays
10.00am-12.00pm
Next to Westside Resource Centre, H91 C1KX



Westside Arts Group

Mondays
4.00-6.00pm
Westside Resource Centre
H91 C1KX
For artists to work on own art projects as part of a group

FOR MORE INFORMATION CONTACT CIARA ON CIARA@GCP.IE OR 083 0234390



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SICAP
Social Inclusion and Community Activation Programme



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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.

Outreach Centres

Ballybane Community Resource Centre



See list of regular free activities in Ballybane below. Other activities also run throughout the year.

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



FREE ACTIVITIES IN YOUR AREA

Community Development, Galway City Partnership

BALLYBANE

Ballybane Coffee Morning



Thursdays
10.30am-12.00pm
Ballybane Community
Resource Centre

Eastside Walking Group



Tuesdays
11.00am
Ballybane Community
Resource Centre

Older Person's Group



Wednesdays
11.00am-1.00pm
Ballybane Community
Resource Centre

Ballybane Community Singing Group



Thursdays
7.30-9.00pm
Ballybane Community
Resource Centre

Eastside Community Drama Group



Wednesdays
7.30-10.00pm
Ballybane Community
Resource Centre

Ballybane Men's Group



Wednesdays
7.30-8.30pm
Ballybane Community
Resource Centre

**FOR MORE INFORMATION CONTACT IMELDA ON
IMELDA@GCP.IE OR 086 0227821**



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Social Inclusion &
Community Activation
Programme



government supporting communities



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Outreach Centres

Ballinfoile Castlegar Neighbourhood Centre



See list of regular free activities in Ballinfoile below. 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.



FREE ACTIVITIES IN YOUR AREA

Community Development Service, Galway City Partnership

BALLINFOILE

Baile An Chóiste Women's Group



Monday 10am to 12 noon
50 Baile An Chóiste

Ballinfoile Walking Group



Tuesdays 10.00am-11.30am
Meet outside Ballinfoile Castlegar
Neighbourhood Centre, H91 PN50

Ballinfoile Parents of Teenagers Group



Tuesday 7pm to 9pm
Ballinfoile Castlegar
Neighbourhood Centre
H91 PN50

Ballinfoile Parent, Baby & Toddler Group



Wednesdays 9.30am - 11.00am
Ballinfoile Castlegar
Neighbourhood Centre, H91 PN50

Ballinfoile Community Singing Group



Wednesdays 7.00pm-9.00pm
Ballinfoile Castlegar
Neighbourhood Centre,
H91 PN50

Ballinfoile Mór Community Garden



Wednesday 11am to 2pm
Saturday 11 am to 2pm
Lus Leana, Headford Rd, Galway

Ballinfoile Men's Activities Programme



Thursdays 6.30PM-8.30pm
Ballinfoile Castlegar
Neighbourhood Centre,
H91 PN50

FOR MORE INFORMATION CONTACT VERNICE ON
VERNICE@GCP.IE OR 086 8392621



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Ballinfoile Youth Activities Project

A new project going from strength to strength

2024 saw the exciting launch of our new project, Ballinfoile Youth Activities Project, and what a year it was! We hosted a variety of engaging and impactful weekly events designed to support and inspire the children and young people (aged 5-16) in our community.

From creative workshops to sports activities, cookery sessions and community outings including the International Arts Festival for Children with Baboró, each activity has been a step towards fostering connection, skill-building, and fun among the youth of Ballinfoile and the Castlegar area.

These achievements would not have been possible without the generous support of our funders. We extend our heartfelt gratitude to the Galway City Council LCDC, Tusla, Galway Roscommon ETB (GRETB), CYPSC, Healthy Galway City and the City North CFSN. Your commitment to our community has been instrumental in making this project a success.



Special Thanks

As we move into spring, we'd like to take a moment to acknowledge the ongoing support of the BCNC team and the many young people, families, and community members who have engaged with our programs. Your participation and commitment have been key to our progress.

Looking ahead, we're excited to continue expanding our initiatives and welcoming even more young people throughout 2025. Thank you for being part of this work—we look forward to the months ahead!



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

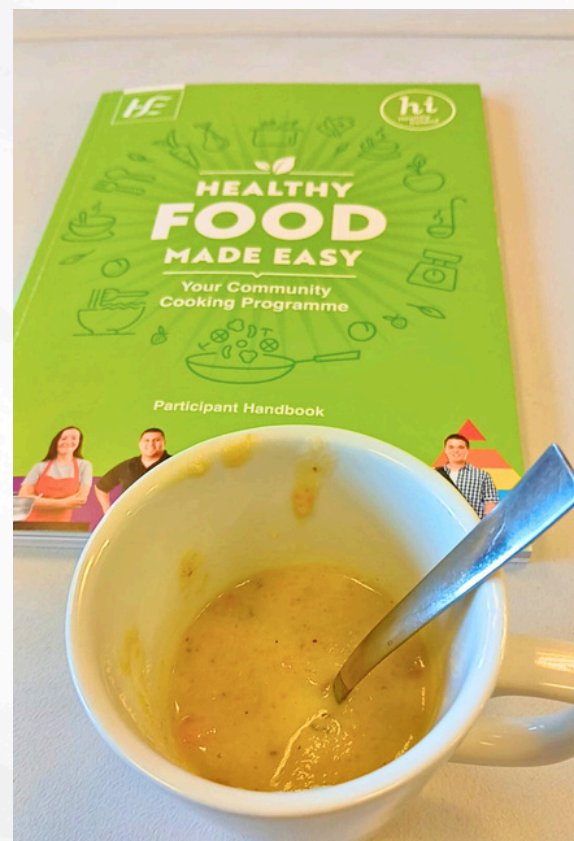
Supporting New Arrivals

Cooking Skills for New Communities



Our New Arrivals Support team are currently supporting new communities in Galway to engage in a Healthy Food Made Easy course in Westside.

The Healthy Food Made Easy Course is more than just cooking, it's also about connection! It teaches healthy eating while bringing people under International Protection and Temporary Protection together to share stories, make friends, and feel part of the community.



To find out how you can be supported by our New Arrivals team please contact Imelda on 086 0227821 or email imelda@gcp.ie.

Social Enterprise

Helping businesses who help the community



Pecha Kucha: A Novel Climate Action Event

Our Social Enterprise Officer Deirdre Cunningham is pictured here supporting the launch of a 'Giob Geab' (Chit Chat) evening on Wednesday 26th of March at 8pm, in the Mick Lally Theatre, Druid Lane. The event welcomes community groups, social enterprises and businesses to take part in a novel climate action event.

Participants will take part in rapid-fire 'Pecha Kucha' presentations on their climate or environmental projects, with music, an MC, and prizes to be won!

For more information or to sign up, contact Climate@GalwayCity.ie

The event is organised in partnership with Galway Tidy Towns, Galway City Community Network, Galway City Partnership and Galway Volunteer Centre.

**To find out about Social Enterprise Supports please contact
Deirdre on 083 3794136 or deirdre@gcp.ie**

SICAP Goal 2

Supporting Adults, Children and Families in Galway city

The SICAP Goal 2 Team works to support individuals, children and families to progress their education both formal and through Lifelong Learning, to progress into employment/self-employment and to foster their wellbeing.

Support with Employment and Education

The SICAP Goal 2 Team is here in our main office on the Headford Road to assist individuals with accessing education, employment supports, and training, English Language Classes, self-employment and specialised migrant supports.

We provide a **'Form Filling Clinic'** by appointment every Wednesday from 11am to 3pm. Assistance can be provided with Medical Card Applications, HAPP and Housing Applications, DVLA Applications and Passport Applications.

This year the SICAP team continues to deliver **ESOL (English Language Classes)** at all levels, Labour Market and Industry Training and Lifelong Learning supports and opportunities.



Pictured above is Elizabeth Peter our 'Student of the Year' for 2024. Elizabeth, through the SICAP Lifelong Learning Action, with guidance from Project Officer Donnacha Minton completed a QQI Level 6 Special Needs Assistant SNA with merit and is already exploring more learning opportunities.



To find out more about our SICAP Goal 2 supports please contact Mary McHugh on 091 773466 or email marymchugh@gcp.ie.

SICAP Goal 2

Supporting Adults, Children and Families in Galway city



New Coordinator for English Classes

"Hi, I'm Rory Scanlon, and I recently joined Galway City Partnership as a SICAP Project Officer. My role involves organizing and supporting English tuition for non-native English speakers , as well as running conversation groups to help students practice their language skills. I work alongside a fantastic team of volunteer tutors, and since joining, I've truly appreciated the supportive and caring environment within the GCP staff. The work we do is incredibly valuable, as it helps empower individuals to integrate into the community and opens up opportunities for personal and professional growth."

Rory can be contacted on rory@gcp.ie.



Form Filling Clinic!

Location: Galway City Partnership Plaza Office 3

Start Date:

Wednesday 20th November

Time:

11 Am to 3 pm.



BY APPOINTMENT ONLY

Please ask at RECEPTION to make a booking



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Anna chomhchistiú ag
an Aontas Eorpach
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Clár Gníomhaíochtaí Páirtí
Agairt Comairteach



government supporting communities

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.

For appointments for the Form Filling Clinic please contact Galway City Partnership Plaza Office on 091 773 466 or email Mary McHugh the SICAP Programme Coordinator on marymchugh@gcp.ie.

Tús Placement Scheme

A Community Employment initiative

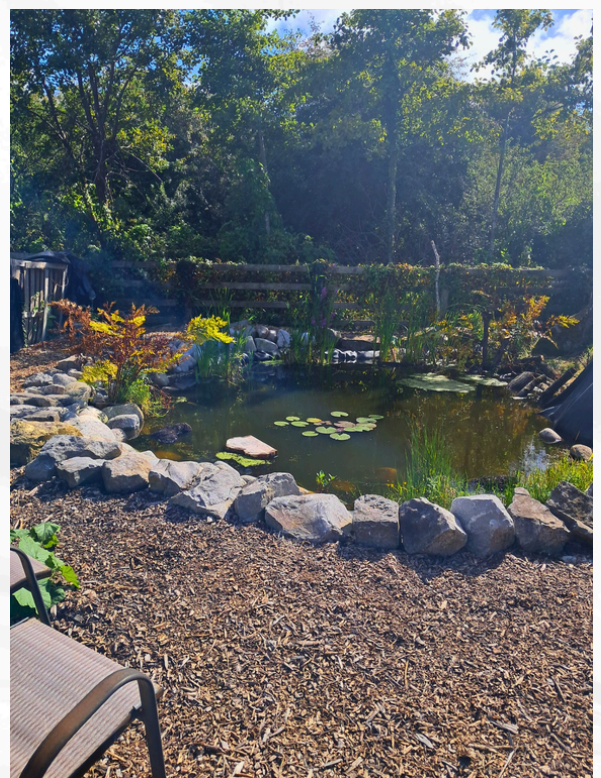
The Tús community employment initiative offers short-term, working opportunities for long-term jobseekers. Work experience includes retail, maintenance, clerical and environmental positions which are provided by local community, voluntary and not-for-profit organisations. Tús employment contracts are part-time for 12 months.

Expanding our Team

One of our longest serving Tús supervisors, Tony Buckley, moved from Tús to another opportunity in January. His dedication to inclusion, through social and ecology projects, has laid a solid foundation from which to further serve these intertwined themes. Tús will shortly be seeking to **expand our community gardening team** and to facilitate the development of GCP's new ecology project, **a new roof-top garden**. The new garden reflects a core GCP interest in supporting community horticulture and other forms of ecological development.

Our new garden will be supported by Tús personnel who will have access to horticultural training. Expressions of interest are welcome from long-term jobseekers who have an interest in gardening.

The pictures on the right are from **Ballinfoile Community Garden** which is currently supported by members of our Tús community gardening team.



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.

Recent Integration Work

Since the start of the year, we have registered **over 100 new participants** with the BRIDGE project, providing them with vital assistance in areas such as employment, education, and community integration.

The BRIDGE team recently hosted three **CV workshops**, equipping 34 participants with essential job-seeking skills and helping them gain confidence in their career journeys.

In addition, we have been working closely with Galway Traveller Movement and are supporting 21 individuals to take place in '**Give Racism the Boot**' event on the 15th of March. This initiative uses sports as a powerful tool to bring people together, break down barriers, and promote inclusion and equality among diverse communities.

We have supported 14 participants in joining AMDAF's **capacity-building course**, which focuses on personal and professional development, equipping them with essential skills for future opportunities.

We continue to support **Homework Club** for children residing in IPAS accommodation, where over 30 children are actively engaged in receiving academic assistance and overcoming challenges they may face in their studies.



If you would like more information on the BRIDGE Project, please contact:

Cathy 086 0433376 cathy@gcp.ie
Tara 083 3335659 tara@gcp.ie

BRIDGE Project



Upcoming Initiatives

We have several exciting initiatives on the horizon! We are referring individuals to **'Manage Your Money' workshops**, taking place on March 14th and 21st, which will provide valuable financial skills to help participants budget and plan effectively.

Additionally, we are strengthening **mental health support** by referring individuals to counselling services through our newly established link with HSE Drugs and Alcohol Services.

We are proudly supporting individuals in their participation in the **'Walk the Talk'** event on March 22nd, which offers an exciting day trip to Coole Park.

Our **One Stop Shops** continues to take place twice a month, offering tailored guidance and support. We also continue to host regular information sessions in the IPAS centres ensuring residents have access to key resources and services.

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

LAES

Supporting those who are long-term unemployed

The Local Area Employment Service (LAES) works with clients that are referred 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.

Core Services:

- ✓ **Initial One-to-One Meeting** – 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 client's existing skills, competencies, and interests and 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.



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.

LAES

Supporting those who are long-term unemployed

Manual Handling Training in January

The **Ballinasloe LAES team** were delighted to host a Manual Handling training session in the Ballinasloe Study Centre on January 28th, facilitated by our erstwhile training partner, John McCullough. The training was provided to assist our local clients with gaining a valuable certification in their preparation for entering employment. The training was a great success, with all participants successfully completing the training.



New Office Space!

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.

Social Prescribing

Improving health and wellbeing through links to community supports

A free support service for adults over 18 providing short-term support (6-8 sessions) that enables people to transition to the local supports and/or activities they may need. The Social Prescribing Coordinator works in collaboration with the individual person using a person-centred and co-production approach. This service is funded by the HSE and provided by Galway City Partnership.

Community Wellbeing Calendar

Last year, the service launched a Community Wellbeing Calendar to help sign post people to supports in their communities throughout the year.

Community events were held this year in Westside, Ballybane and the city centre to distribute the free calendars and help people learn more about local services. Each of these events were very well attended and all of the calendars are being put to good use!



WorkAbility: Inclusive Pathways to Employment



Supporting people with disabilities to access meaningful employment

The WorkAbility: Inclusive Pathway to Employment programme is a comprehensive initiative that provides progressive pathways into employment, including self-employment, for people living with disabilities in Galway city. Our goal is to establish a barrier-free environment for hiring individuals with disabilities. Our aim is to support people with disabilities in securing and sustaining employment. We also ensure that organisations employing our participants receive the necessary assistance to foster successful employment outcomes.

Peer Support Group

The Peer Support Group for the WorkAbility: Inclusive Pathways to Employment programme is led by two people with lived experience of disability. These meetings take place twice a month in a structured environment that is safe for our participants to share their challenges. The group consists of people with physical disabilities, mental health issues, or invisible disabilities.

The group provides our participants with **emotional and practical support** for those facing challenges in finding meaningful employment. Through guided discussions they can share job leads, training opportunities, CV tips, and other resources to help each other in their job search, as well as discussing online up-skill courses which are a great training source for those who want to expand their knowledge on different issues.

New Employer's Toolkit

On **28th March 2025** we are launching our Employer Toolkit for WorkAbility: Inclusive Pathways to Employment. We will have the Lord Mayor of Galway City launch it and Minister Hildegard Naughton, Minister for Disability, will also attend.

The purpose of the launch is to provide employers with the **resources, guidance and best practices** needed to create an inclusive pathway for individuals with disabilities or other barriers to Employment. Our aim is to empower employers with the knowledge and tools to implement inclusive hiring, retention as well as career development.



Social Prescribing

Improving health and wellbeing through links to community supports



This year GCP is celebrating **Social Prescribing Day** by reflecting on the service and hosting several small events across the city promoting connectedness.



A Wellness Café & Quiz Night

Thursday 20th March

6.30-8.30pm

Croi Na Gaillimhe, 1 Mill St.

Enjoy refreshments, win prizes and gain wellbeing tips!

There will also be special celebrations at two local Coffee Mornings:

Ballybane Coffee Morning

10am-12pm

Thursday 20th March

Ballybane Community Resource Centre

Westside Coffee Morning

10am-12pm

Friday 21st March

Westside Resource Centre



Everyone is welcome! Please register as places are limited.

**For more information or to register please contact Suzanne on
Email: suzanne@gcp.ie or Mobile: 083 196 9370**

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.

The garden groups have been supported to apply for grants to help develop their gardens and are very grateful to see the finer days coming at last!



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

Other Supports

Supporting Galway City Older People's 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.

So far this year, the group have worked with Galway County OPC to feed into the Galway Age Friendly Strategy (pictured below).



The group have also held their AGM and elected a new chairperson, Eavan Schmidt-Bleek. The group bade farewell to Joan Kavanagh who served as chairperson for the past two years.

One of the group's key projects this year will be helping to make University College Hospital Galway an Age Friendly Hospital.



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.



Galway City Partnership
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a tide for change
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a tide for change
an taoide ag Casadh



Comhairle Cathrach
na Gaillimhe
Galway City Council

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





Galway City Partnership
Comhpháirtíocht Chathair na Gallimhe
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Building bridges, not barriers!

By standing together against racism, we strengthen our communities and create a more inclusive future for all. Galway City Partnership is proud to work with Galway Communities Against Racism and Discrimination. On this International Day Against Racism, the 22nd of March, we reaffirm our commitment to equality and collective action and welcome everyone to join us for March to the Arch!



**GALWAY COMMUNITIES
AGAINST RACISM & DISCRIMINATION**
BUILDING COMMUNITY SOLIDARITY

GALWAY COMMUNITIES STAND TOGETHER March to the Arch

Saturday 22nd of March



Meeting at the **Cathedral at 2pm**, we will march to Spanish Arch for warm drinks, music and speeches from community representatives. **We are also delighted to be joined on the day by Bernadette McAliskey.**
Bring signs, energy and colors!



Galway City Partnership
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Comhairle Cathrach
na Gaillimhe
Galway City Council



Comhairle Chontae na Gaillimhe
Galway County Council



COPE Galway



Galway City Partnership
Comhpháirtíocht Chathair na Gaillimhe
a tide for Change
an taoide ag Casadh



Do you know someone who is active, engaged and inspiring in older age?

Would you like to celebrate
them during Positive Ageing
Week 2025?

Nominate someone
you know today!



For more information:



To contact Galway City Council
T: 091 536461 agefriendly@galwaycity.ie



To contact Galway County Council
T: 091 509128 agefriendly@galwaycoco.ie





Galway City Partnership
Comhpháirtíocht Chathair na Gallimhe
a tide for change
an taoide ag casadh

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

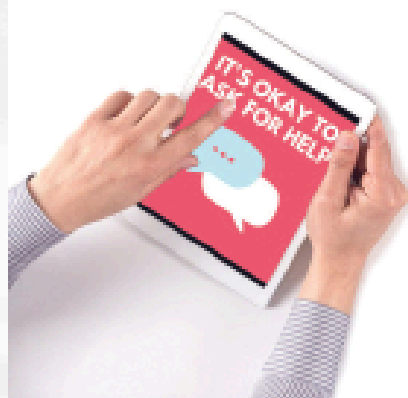


A free, anonymous, 24/7 messaging service
providing everything from a calming chat
to immediate support
for people's mental health
and emotional wellbeing.

www.textaboutit.ie



For more information:
www.westbewell.ie



**your
mental
health.ie**
Information | Support | Services
1800 111 888
www.yourmentalhealth.ie



SCAN ME



MENTAL HEALTH SUPPORT
Galway, Mayo & Roscommon
www.westbewell.ie



Connecting for Life
Galway, Mayo and Roscommon



Galway City Partnership
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Happy Spring!

As we welcome warmer days and blooming flowers, we're excited for the season of renewal and growth. Here's to fresh starts, new adventures, and the joy that spring brings. Enjoy every blooming moment!

Thank you to our funders



Rialtas na hÉireann
Government of Ireland



Có-mhaoinithe ag an
Aontas Eorpach
Co-funded by the
European Union



Social Inclusion &
Community Activation
Programme



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.

Galway City Partnership is co-funded by the Government of Ireland, through the Department of Rural and Community Development, and the European Union. #EUinmyRegion



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



Cúram Sláinte Phobail, Iarthar
Community Healthcare West