



Galway County – In This Together



Comhairle Chontae na Gaillimhe
Galway County Council

An Information and Activities Booklet for Cocooners, Carers and Stay-at-Homers

Galway County Council COVID-19 Community Response Forum

A helpdesk will respond to the needs of
vulnerable members of our community

Call **1800 92 88 94** (Freephone)
Lines Open 9.00am to 5.00pm (Monday to Sunday)
Email covidsupport@galwaycoco.ie



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Galway County Council



Rialtas na hÉireann
Government of Ireland

A chairde

For most of us, getting out and about is an essential part of our daily or weekly routine, however, due to the Covid-19 pandemic, many older or vulnerable individuals have had to cocoon at home, and have had to rely on the many wonderful volunteers in their communities to bring them shopping and other essential items. Almost 2,000 individuals have signed up to volunteer in the County during this time, either with their local Clubs or as individuals, which is evidence of the truly amazing community spirit we are lucky to have in our County.

Galway County Council, in partnership with our colleagues in other public services and the community & voluntary sector on the Community Response Forum, have been working hard to keep everyone safe and supported during this time. In recognition of the fact that many people have been at home for much longer periods of time than they would normally, we have put together this Booklet in partnership with our Age Friendly Programme and Healthy Ireland Programme, as a source of information, advice and entertainment! It is aimed at all who have been cocooning, or caring for those cocooning, and as a celebration of the togetherness which has been shown by all in preventing the spread of Covid-19. We are aware that not everyone has access to computers or technology and have therefore made the booklet available in hard copy and soft copy.

We hope you will find the information and links to other service useful and that you enjoy the various feel-good activities, information, challenges and quizzes which we have designed to be as much about our beautiful County as possible. Please remember to enter our **Competitions** by **30th June** and you could win prizes or become part of the County's collective memories of this unique time in our history.

Cathaoirleach of the County of Galway, Cllr. Jimmy McClearn, has added the following message to you all:

"As a result of Covid-19 restrictions, we have a new way of life which has been challenging for many, but which is essential if we are to remain safe. It is important that we look after our health and wellbeing and in that regard, hopefully there is something for everyone in this booklet. Please reach out for help if you need it and know that your community and services in County Galway are here to help."

Take care and stay safe.

Andrew McBride
Healthy Ireland Co-Ordinator



Mary McGann
Community Department



Comhairle Chontae na Gaillimhe
Galway County Council

Linda Potter
Age Friendly Co-Ordinator



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Galway County Council

Tips for minding your Physical Wellbeing

*Take care of your body:
Be Active, Eat Well, Get Outdoors, Rest*

Exercise regularly:

Physical activity helps us to feel calm, centred, energised and empowered.

Eat healthily:

Good nutrition has a positive impact on your mood, while boosting your energy and immunity.

Avoid stimulants and sedatives:

Caffeine, nicotine, and alcohol can make anxiety symptoms worse.

Access nature when you can:

Nature can have a healing effect on your mind, body and soul.

Have or create a good bedtime routine:

Planning your bedtime routine will help you to switch off and rest easier. For more sleep advice, visit www.hse.ie

Source: HSE - Minding your Wellbeing during Uncertain Times

How can we help?

Stay Active!

Galway Sports Partnership combines several agencies and sports bodies to coordinate planning and delivery of sport and recreation for all at local level. Healthy Ireland is also an inter-agency approach which aims to create a society where everyone can enjoy physical and mental health, and where wellbeing is valued and supported at every level of society. Galway Sports Partnership and Healthy County Galway have joined forces to help those who have been cocooning to ease back into physical activity. We recognize that if you have been cocooning, you may have gotten little or no exercise up to now, so we've got just the things to help you on your way again and improve your physical and mental health in the process.



SPÓRT ÉIREANN
SPORT IRELAND



• Simple Stretches!

We have enclosed a Leaflet which has been developed by HSE Physio Services with 8 simple stretching exercises designed to keep your primary joints and muscles flexible and strong. There is a handy 4-week schedule for you to tick off twice daily as you do the exercises, by which time you will hopefully have made this healthy habit part of your daily routine! The leaflet is included separately in this Pack so you can keep it in a visible location as a reminder to get active – your body will thank you! The leaflet is also available online at the following link if you like it and want to recommend it to a friend:

https://agefriendlyireland.ie/wp-content/uploads/2020/05/Healthy-Galway-Simple-Exercises-Booklet_web-version.pdf.

• Stress ball

It's important to keep flexibility in your hands and fingers as they are areas which can be prone to arthritis. Stress balls are small balls or objects filled with malleable gel or clay that you can hold in the palm of your hand. Squeezing a stress ball will activate the muscles in your hand and wrist and help to improve your grip strength – try holding the ball in the palm of your hand, squeeze it tightly and release – complete 3 sets of 10 repetitions. You can also place the ball on a surface and press your fingers into the ball to release tight or aching joints or muscles. If you have any injury or current conditions, be sure to check with your GP or Physical Therapist before doing any exercises. And

yes, 'like it says on the tin', the act of repeatedly squeezing the stress ball also helps to relieve overall tension and stress, so you're also looking after your mental health!

● Pedometer

The National Guidelines on Physical Activity for Ireland indicate that older people should aim to be active for 30 minutes a day on 5 or more days a week with a focus on aerobic activity, muscle-strengthening and balance. The reality is that many people, young and old, are missing this mark, but why not use a pedometer to keep a diary of how many steps you are walking and aim to increase the number of steps you take each day. And remember that your steps in all your household chores, gardening, cooking, etc., all count towards your daily total. Pedometers have been found to be effective in increasing physical activity levels in adults and they're also cost-effective as walking is free!

Get Fit!

Galway Sports Partnership is funded by Sport Ireland and run a variety of national programmes aimed at increasing participation in sport and recreation across all ages, for example Buntús Start, Be Active after Schools, Couch to 5k, Men on the Move, Fit Towns, Disability Swimming Programmes, Go For Life, and many more aimed at all abilities and ages. While our programmes are not operating as normal due to the Covid-19 restrictions, we are still offering a programme of online courses with Instructors helping you exercise direct from your home. Science has proven that staying active keeps your body younger and your mind happier - exercise keeps you sharp, and best of all, it cheers you up and boosts your energy so why not sign up to one of our free online courses:

- We are sharing live links to Age & Opportunity's Movement Minutes Sessions on their Facebook or if you cannot take part in the live sessions, we are also sharing the links to their YouTube uploads.
- Try our online Women on the Move, Couch to 5k, or Step Challenge.
- If you're not into sport, why not try a dance workshop!
- Or if you just want some family-friendly fun, drag in the family and try some home exercise challenges and you might even win some prizes.



**Call Galway Sports Partnership on 091 509 572 or 091 509 219
or e-mail galwayactive@galwaycoco.ie**

Visit our website at www.galwayactive.ie or connect with us on Facebook

Get Growing Stuff!

We have all heard of the benefits of gardening on our physical and mental health and the healing effects of nature, and many people have been using this unprecedented amount of time at home to enjoy their gardens and sow, grow, cut and tend to all of the things they might not have time for previously! Tidy Towns Groups are at the heart of an appreciation of nature, native plants, and pride in their place all across the County, and right now would have been carrying out clean-ups, planting projects, and getting ready for the summer judging for the National Competition. With the cancellation of the National Competition, we are all back to basics in our own gardens but ultimately that is what is at the heart of Tidy Towns – for instance, did you know that Tidy Towns Judges increase the marks of our Groups for the beautiful individual front gardens that they mention glowingly as they take their trip around the various towns and villages?



• Virtual Tidy Towns Project

The Council has come together with our Tidy Towns Groups and all in our communities to share what we are doing in our own gardens, on our front doorsteps and windowsills, in containers or tubs, or at our front walls! Williamstown Tidy Towns led the way by starting a Virtual Tidy Towns Facebook Group for their area to provide a platform for everyone to share what they were planting or tending to in their front gardens, or what they were seeing on their daily walks. They now have 200 followers and snapshots of everything from flowers, vegetables, weeding, people enjoying nature in bloom on their beautiful Bog Walk, and even a fox, a snipe, and the sound of the cuckoo captured on video! We are now calling on all communities to share with your local Tidy Towns Facebook Page or the County Facebook Page what you are doing in your own green spaces in these challenging times, whether it be planting a tree, shrub, clipping the hedge, feeding the birds, or just sweeping up or segregating your waste! Share it in whatever format feels right for you, whether that be a photo, a video, a poem, a story or even paint your own picture! Check it out at:

Williamstown Galway Virtual Tidy Towns Facebook
County of Galway Virtual Tidy Towns Facebook
E-mail Galwayvirtualtt@gmail.com

Eat healthy!

A Healthy Weight for Ireland is the National Policy on addressing obesity in Ireland, as in the last 2 decades, levels of overweight and obesity have doubled and now only 40% of us have a healthy weight – to detail this further, 6 in 10 adults and 1 in 4 children are overweight or obese. This in turn places an increased burden on individuals and society through an increase in chronic diseases and pressures on our health system. One of the ways to tackle this is through diet and nutrition, by making the healthy choice the easy choice and this is a core part of our Healthy County Galway Programme. With the recent report by Supervalu showing flour sales up by 200% and olive oil up by 80%, clearly everyone is doing more home cooking and baking during the Covid-19 restrictions. To help you make healthy eating choices and reduce food waste, we are giving you some information on initiatives in this area.



Healthy
Galway

• Healthy Food Made Easy!

Healthy Food Made Easy (HFME) puts the national healthy eating guidelines into practice in an easy, relaxed and fun way, and brings them out into our communities by training up members of the community to deliver the course in their own area. It is not a traditional course where the cooking is taught or demonstrated – instead the 8-10 participants per course cook healthy recipes together guided by Handbooks, and then eat and enjoy the food they have cooked. In this way, the programme, which is run through 2.5-hour sessions over 6 weeks, provides practical information on healthy eating and improves the skills of the participants to provide healthy, nutritious, low-cost meals and snacks for themselves and their families. This initiative was being run on a joint basis between Galway City and County and 22 individuals had just finished training to deliver the courses in community venues when Covid-19 struck, so until we come to a venue near you and advertise for you to sign up, here are a few “Healthy Food Made Easy” recipes to whet your appetite!



Farmhouse Vegetable soup

Serves: 6
Preparation time: 15 minutes
Cooking time: 30-35 minutes

Ingredients

2 small onions
2 large carrots
1 large parsnip
2 medium potatoes
Half a cauliflower
Medium stem of broccoli
1 clove of garlic
1150ml (2 pints) of vegetable stock (1 stock cube dissolved in 1150ml (2 pints of boiling water)
A few mixed herbs and black pepper
Wholemeal, wholegrain or granary bread

What to do

1. Wash, peel and chop the vegetables. Finely chop or crush the garlic, cut the cauliflower and broccoli into florets and roughly chop the remaining vegetables into chunks.
2. Place the onions and garlic in the saucepan with a little water and cook gently for about 5 minutes or until soft.
3. Add the carrots, parsnips and potatoes and cook gently for another 5 minutes.
4. Add the stock and bring to the boil
5. Stir in the cauliflower and broccoli
6. Simmer for 10-15 minutes or until the potatoes are soft.
7. Once cooked, liquidise the mixture using a blender.
8. Return the blended soup to the saucepan and reheat without boiling.
9. Season with the mixed herbs and black pepper. Serve with wholemeal, wholegrain or granary bread.

Baked potatoes with fillings

Serves:	2
Preparation time:	5 minutes
Cooking time:	1-1 ½ hours

1. Pre-heat the oven to 220°C or 425°F or gas Mark 7.
2. Wash 2 large baking potatoes carefully and prick them all over with a fork.
3. Bake in a pre-heated oven for 1 ½ hours or until the inside is tender (test with a fork or a skewer).

Handy Hint: to speed up cooking time, par-boil the potatoes in their jacket for 20 minutes, then prick them and bake them for a further 15 minutes. Cooking time will also depend on the size of the potato – larger potatoes will take longer than smaller potatoes. Old potatoes are more suitable for baking than new potatoes.

Filling 1 - Bacon and Sweetcorn

Ingredients

6 dessertspoons tinned sweetcorn, drained
4 back rashers, remove rind and visible fat before cooking
Black pepper

What to do

1. Grill the bacon and cut into small pieces.
2. Cut the potato in half. Carefully scoop out the centre of the potato and place in mixing bowl.
3. Mix the potato with the sweetcorn, bacon and black pepper.
4. Return the mixture to the potato skins.
5. Place in a hot oven and bake until warmed and through and golden.

Filling 2 - Tuna Melt

Ingredients

200g (7oz) can of tuna
85g (3oz) low fat cheese
Black pepper

What to do

1. Open the tinned tuna and drain. Grate the cheese
2. Cut the potato in half. Carefully scoop out centre of the potato and place in mixing bowl.
3. Mix the potato with the tinned tuna and add some black pepper to flavour.
4. Return the mixture to the potato skins and top the potatoes with grated cheese.
5. Place in a hot oven and bake until the cheese has melted, and the potatoes are warmed through.

Apple crumble / Rhubarb crumble

Serves: 6

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients

3 large cooking apples or stalks of rhubarb

Water

A little sugar

110g (4oz) plain flour

2 flat dessertspoons brown or white sugar

50g (2oz) polyunsaturated or monounsaturated margarine

½ tsp ground cinnamon (optional)

Handful porridge oats (optional)

Handful chopped nuts such as almonds (optional)

What to do

1. Pre-heat the oven 190°C or 375°F or gas mark 5
2. Peel and slice the cooking apples or the rhubarb. Add a sprinkle of sugar to taste.
3. Cook in the microwave or on hob. If using microwave, add 3 – 4 tbsp water, cover and cook for 4-5 minutes on high power. You will need more water to cook the apples in a pot on the hob. Gently bring to the boil and simmer until apples have softened.
4. Meanwhile, sieve the flour. Mix flour, sugar and margarine in bowl and rub in with your fingertips until it looks like breadcrumbs.
5. Add cinnamon, porridge oats or chopped nuts if you wish.
6. Sprinkle this mixture over cooked apples and bake in the pre-heated oven for 20 minutes or until just golden brown.

Tip

This dish is delicious served with low fat yoghurt or low-fat custard.

Variations

Other options include apple and plum crumble with cloves, pear crumble and gooseberry crumble. Use around 675g (1 1/2lb) of fruit for 4 servings.

You can use wholemeal flour instead of white flour for added fibre.

Sprinkle lemon juice on top of the fruit for extra tang!

• Loving Leftovers!

It stands to reason that if we are cooking more, then we are going to have more food waste, so we would like to introduce you to “Loving Leftovers”, an award-winning initiative by Belmont and Milltown National Schools in partnership with their Heritage Group. This is a collection of recipes written by the children from both schools including dishes using popular food leftovers – it won the National Heritage Award in the National Tidy Towns Competition 2018. A sample of the recipes are included overleaf, and you can check the full collection out at

<https://milltown.galwaycommunityheritage.org> - you might also like to check out their Food Heritage Project where the schoolchildren gathered 92 stories and recipes from generations past. The collection was so well received that it was accepted by the National Folklore Collection in Dublin as a distinctive record of food culture in Ireland.

Tadhg McDonagh’s Rascal Rice

Ingredients: leftover boiled rice, leftover chicken, peas, pineapple, peppers

Method: Add cooked leftover chicken into cold rice and add to pan, fry until hot, then add peas, peppers and pineapple for a few minutes for extra taste.

Matthew’s Mouth-Watering Banana and Chocolate-Chip Bread

Ingredients: 3-4 overripe bananas, 2 tablespoons of honey, 2 eggs, 100g butter, 225g self-raising flour, 100g milk chocolate chips

Method: Place the flour and butter into a large bowl and mix together until crumbly. Add the chocolate chips and sugar and stir. Whisk the eggs and honey together and then combine well with the flour mixture. Mash the bananas and stir in. Grease a loaf tin and add the mixture and bake at 180 degrees for 1 hour. Allow to stand for 15 minutes and serve with a little whipped cream.

Andrew’s Chicken Stock

Ingredients: 1-2 chicken carcasses, 1 litre of water, 2 cloves of garlic, 200g onion + carrot + celery roughly chopped, 4 peppers, 2 sprigs of rosemary, parsley and thyme.

Method: Place all the ingredients into a large deep bottomed pan and bring to the boil. Skim the surface and then turn the heat down to simmer and continue to simmer for 3-4 hours, skimming as necessary. Pass the stock through a fine sieve and allow to cool for about half an hour and then refrigerate. Once the stock is cool, it should look clear and slightly amber in colour. Use it as a base for soup or divide it into small plastic containers and freeze.

Sheridan's Spagilli

Ingredients: leftover spaghetti Bolognese, 2 spoonful's of chilli powder, 1 can of chilli beans.

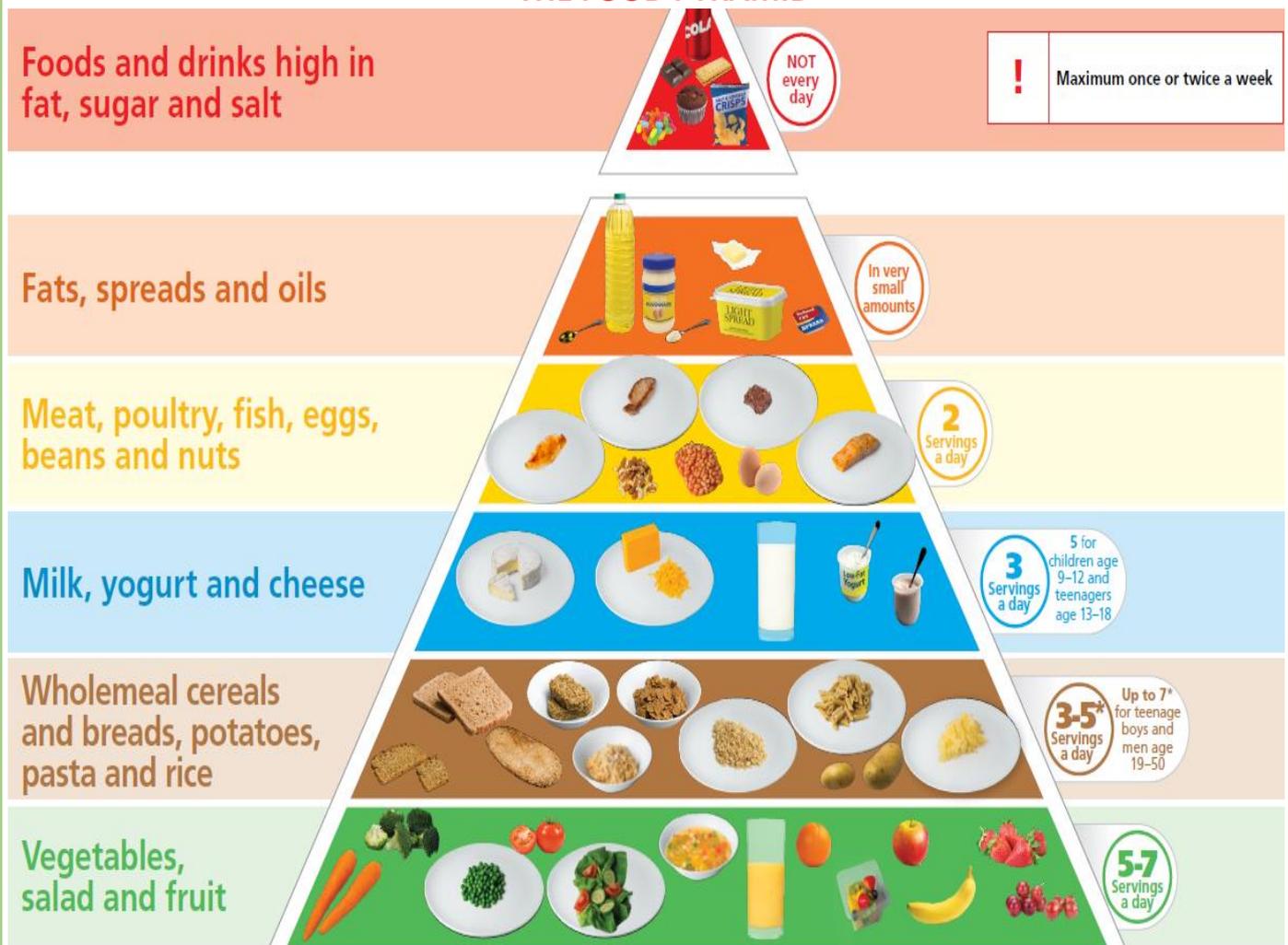
Method: Heat the Bolognese on a low temperature, add 2 spoonfuls of hot chilli powder and stir together. Put the tin of chilli beans into the mixture and stir again, simmer for 15-20 minutes, serve and enjoy!

Stephanie's Superb Lamb Croquettes

Ingredients: Leftover roast lamb, leftover mashed potato, leftover bread crusts crumbed, 2 tbsp of cheddar cheese grated, 1 tbsp curry powder, 1 egg beaten, salt and pepper, oil, butter.

Method: Rip the lamb into chunks and mix with mash and grated cheese in a bowl. Shape them into a cylinder shape. Mix the curry powder with flour and add a pinch of salt and pepper. Beat the egg and put it and the breadcrumbs in 2 separate bowls. Dip the cylinder shapes into the flour mixture, then the egg, then wrap it in the breadcrumbs, and repeat until all the cylinders are done. Put them in the fridge for 15 minutes before cooking. Heat a frying pan, add the oil and butter, and fry until crispy and golden, then eat and enjoy because its tasty!

THE FOOD PYRAMID



Tips for Staying Connected

When we're together, everything is better.

Keep in touch:

Reach out to those you feel connected to who have a positive impact on your wellbeing. Use video calls to connect when you can.

Talk to someone you trust:

A chat with a close colleague, friend or family member can help you to feel supported and better able to manage any challenges.

Keep your sense of humour:

Laughing with others strengthens relationships, feels good, and helps keep things in perspective.

Source: HSE - Minding your Wellbeing during Uncertain Times

How can we help?

Take time to talk!

During this pandemic, know that you are not alone in experiencing stress and anxiety – as human beings, it is not normal for us to be socially isolated. There are many supports out there and we are encouraging Community Groups and Individuals to reach out at a local level and:

- T** Take the time to chat – together we can get through this
- A** Ask your neighbour how they are doing
- L** Let your neighbour have your contact details
- K** Keep in regular contact by telephone or video call

• Community Response Helpline

Galway County Council is coordinating a Community Response Helpline to assist individuals who are cocooning with any practical supports such as linking in with a local Group to collect and deliver your shopping or prescription, link you to a local Meals on Wheels, or arrange transport to an essential non-Covid medical appointment for you. We have received and dealt with over 700 calls since the Helpline launched in March and the Community Response Forum would like to remind you that anyone who needs help or is experiencing loneliness can call our Community Response Helpline at **1800 92 88 94** from 9am to 6pm any day of the week.

• Other Supports and Helplines

There are a number of Helplines and Advisory Support Services operating nationally to help you maintain your wellbeing and these include:

- ALONE, the Organisation which supports older people, are operating a national support line in collaboration with the Department of Health and HSE and can provide a daily call to give you comfort and reassurance or provide advice or referral to HSE services for anyone experiencing mental or physical distress. Call ALONE on **0818 222 024** (Mon-Fri 8am – 8pm) if you have concerns about your own wellbeing, or the wellbeing of an older person you know. Further information can be found on www.alone.ie
- Senior Line is a Helpline run by older people for older people, who can provide callers the most up-to-date guidance and health advice on Covid-19 from their trained volunteers who are updated daily. SeniorLine is a FREEPHONE service which callers can access on **1800 804 591** between 10am to 10pm every day.
- A new HSE webpage to provide easy access to Covid related information for people with disabilities and their families is now live at

<https://www2.hse.ie/wellbeing/supporting-someone-with-special-needs-during-covid19.html>. For people with disabilities, family members, friends and carers, there are almost 100 local support groups and organisations available to offer advice and help you find additional supports you may need. The Disability Federation of Ireland has an interactive map of all the care services available in each County and you can access the County Galway list of services at the following link: <https://www.disability-federation.ie/membership/county/galway/> or call Lisa Fenwick on 086 467 0810 or Cathy McGrath on 086 384 7440 to find the organisation to support any disability specific queries you may have.

- For anyone who is experiencing severe mental distress, anxiety, depression or other mood-related conditions, please remember that there is support out there for you. If you need help to cope, contact your GP or contact any of the following services directly for help:
 - ❖ Samaritans – freephone **116 123** every day 24 hours a day
 - ❖ Pieta House – freephone **1800 247 247** every day 24 hours a day
 - ❖ Aware – freephone **1800 80 48 48** 10am to 10pm every day
- Situations of domestic abuse can be heightened during this time – being at home shouldn't mean being at risk so if you are experiencing domestic abuse, please reach out and call COPE's 24-hour confidential helpline at 091 56 59 85.
- The Citizens Information Board provides free independent advice and advocacy across a range of social and public services, including advice on dealing with financial issues and debt. You can request a callback on <https://www.citizensinformation.ie/en/callback.html> or telephone **0761 07 4000** (Monday to Friday 9am to 5pm).

● GAA Legends 'on call'

For many, the GAA is a huge social outlet and its absence is felt every day both at club and County level. Paul Byrnes, former Executive Editor of GAA with RTE Sport and a native of Oranmore has come up with an initiative to make a difference. For the duration of the lockdown period, a number of Galway hurling and football legends including 3-time All-Ireland winning manager **Cyril Farrell**, All-Ireland winning captain **Ray Silke** and 2-time All-Ireland winning manager **John O'Mahony** have all very kindly made themselves available to talk to GAA fans over the next few weeks who are cocooning. If you would like to arrange a call on behalf of a family member or friend who is cocooning, just contact Brendan Mulry, Galway City Community Champion, on 087 2194243 or brendan@equalireland.ie who will arrange the calls over the coming weeks for individuals in the City or County.



Get Connected!

While it is great to talk, those who are online have many more options open to them such as accessing online classes in arts and crafts, exercise options such as dance and yoga, as well as interacting with others through video calls using their smartphones or computers. This has never been more evident than during this period of cocooning and can help to ease feelings of loneliness and isolation.

• Get Online!

Age Action have created a Getting Started KIT (Keeping in Touch) as a learning initiative to help people improve their digital literacy skills so that they are connected, informed and supported. It is made up of a number of guides on setting up e-mail, video calls, using zoom or downloading apps, with a video tutorial presented by Mary Kennedy, in order to support older people to learn, use, and be confident using smartphones and applications. You can find all the How to Guides and the video on www.ageaction.ie – if you require hard copies, you can also call **Age Action on 01 8730372**, leave your name and address and Age Action will post the Guides to you within 10 days. To encourage those you are not online, we are going to run a competition for those of you who are not online but would love to open up this new world – check out our **Competition** Section to see how you can win an Acorn Tablet, specially designed for older first-time users.

• Join the Library!

Our libraries may not be open, but there is still a treasure trove of materials at your fingertips so why don't you join up by clicking on the following link and follow the steps to become a temporary member (you will have to call into your nearest library when it is safe to do so to present ID and collect your Library Card to become a full member) - [join online](#)

Our virtual library provides thousands of online resources, all for free, at the click of a mouse on www.galwaylibrary.ie:

- **Online Newspapers and E-Magazines:** you can access top newspapers and magazines from more than 120 countries, download and save titles to read offline whenever wherever, and with the press of a button, translate foreign language content in up to 18 languages.
- **E-Books and E-Audio:** we provide an e-book and e-audio service through *Borrowbox*.
- **E-Learning Courses:** choose from over 400 online courses on topics from crafts & hobbies, personal development, parenting, pet care to DIY!



- **Language Learning:** choose from free language courses in over 100 languages. **IrishCentral.com** have also put together a guide on how to learn the Irish language for free online no matter where in the world you are. Check it out <https://www.irishcentral.com/culture/education/how-to-learn-irish-for-free>
- **Audio books for visually impaired:** The Audiobook Postal Service delivers books on CD to people's homes for free. Its aim is to enrich the lives of the visually impaired by providing them with a direct delivery of audiobooks to and from their own home. The service operates from Ballybane Library in partnership with An Post.



Our Library Staff love to talk about all that is available through our Libraries!

If you would like to connect with them to discuss book choices and recommendations, courses and clubs, quizzes or classes, give them a call at **091 509 094 or 091 509 388.**

• Join the Heritage Community!

Galway Community Heritage is a digital archive of inspiring collections of local history and heritage materials including photos, documents, articles and



personal stories. These are due to the great work of the heritage communities of county Galway in gathering these materials and the digitizing of the records was done on a partnership basis between Galway County Council, the National Museum of Ireland and the Heritage Council. Check it out on <https://galwaycommunityheritage.org/>

• Connect with Our Heritage!

Galway Beo is a new digital heritage initiative connecting the people and heritage of County Galway. Heritage is all around us, in old buildings and graveyards, streets and country lanes, rivers and coastlines, hedgerows and gardens, stories and songs. Galway Beo aims to highlight and share



the rich heritage of the County of Galway. The website has an interactive map and short videos are produced weekly highlighting the content received from members of the public and these can also be viewed on the Galway Bay YouTube channel. They are asking people to send in a photograph, drawing, poem or story to help celebrate the wonderful heritage of the County of Galway. You can email you contribution to GalwayBeo@gmail.com or go to our website at:

<https://heritage.galwaycommunityheritage.org/content/category/places/galway-beo-project>

● Connect with Your Heritage!

Did you know that the 1901 and 1911 Census records can be viewed online for free at the National Archives of Ireland website and you can discover where your relatives lived at the time of the census and who else lived in the house, what they did and what ages they were – check it out at <http://www.census.nationalarchives.ie/> - you will need to know the townland they lived in so if you need help accessing this information, try our records at -

<https://heritage.galwaycommunityheritage.org/content/category/places/townlands-of-county-galway> - this can be an exciting project once you get stuck in so if you want to extend your search check out information sources on our website at <http://www.galway.ie/en/services/library/researchingyourfamilytree/>

● Connect with Our Archives!

Galway County Council Archives preserve the archives of the local authorities of Galway and acquires and preserves archives of local interest. The Archives' website contains a wealth of information and amazing resources at www.galway.ie/archives

- You can browse its [online catalogue](#) to explore its holdings and identify interesting documents you might wish to access and research.
- The [Digital Archives](#) holds an extensive variety and quantity of collections to explore and research from the comfort of your own home, dating from 1765-2014, for example, Minutes from several Poor Law Union Boards of Guardians (c.1840-1921) which relate primarily to the administration of workhouses, but the Boards also had various other powers and functions. There is a story in nearly every page! Other important and interesting collections available on the Digital Archives are minutes from Galway Infirmary and Hospital (1802-1922) and Galway County Council (1899-2014).
- The [Burial Ground Database](#) has over 40,000 transcribed and indexed entries from the Archives' burial ground registers collections, dating from 1882. This could be a very useful resource if you are conducting some family history research.
- There are also several online [exhibitions](#) to explore too. These highlight various archive collections and relate to different periods and / or aspects of County Galway's history.
- The publication [For the Record, The Archives of Galway's Rural District Councils](#) contains a wealth of information relating to the Councils, which were the first democratically elected bodies in Ireland, along with County Councils, and operated from 1899-1925.

If you are interested in exploring archive collections from further afield, then why not check out the [Irish Archives Resources](https://www.iar.ie/) portal at <https://www.iar.ie/>, which can link you to archive collections throughout the island of Ireland. Enjoy!

Tips to look after your mental health

'You can't stop the waves, but you can learn to surf'

Manage challenging emotions:

- Acknowledge what you are feeling and notice any sensations in your body, slow down, pause, take a breath and ground yourself.
- Take time to respond rather than react

Remember to breathe:

Place one hand on your stomach and one hand on your chest and as you breathe normally in and out through your nose, count 10 full breaths.

Find ways to relax:

Take a bath, go for a walk, read a book, write in a reflective journal; allocate time for whatever works for you.

Practice Mindfulness:

Focusing on the here and now can help us to notice and value the moment.

Practice gratitude regularly:

- Write down 3 good things about each day
- Share a positive story
- Say thank you to a colleague or loved one

Acknowledge and appreciate your strengths:

You are powerful beyond measure.

Need Help?

Freephone 1800 111 888 (any time, day or night) or visit www.yourmentalhealth.ie

Source: HSE - Minding your Wellbeing during Uncertain Times

How can we help?

Take time to create!

We are going through an unprecedented time in our history and each stage of the restrictions brings its own anxieties and stresses regarding how to cope. It is more important than ever to be kind and gentle with yourself and prioritise things you can do for your wellbeing and mental health.

- **Find a relaxing hobby and create something:**

Galway Public Libraries Facebook Page has loads of content and a wealth of classes, for example, Flower arranging with Marie, Healthy Ireland at your Library presentations, Marie from Tea Cosies Ireland on how to start knitting, Step by step on how to access online resources, Call-Out for memories and photos on the mobile library service which is celebrating 60 years this year, online exhibitions, a wealth of archival resources plus #lockdown reads which give numerous book recommendations.

- **Create a face covering:**

As restrictions are lifted and people have to move about in public over the coming weeks and months, both the HSE and National Government have recommended that people wear a face covering in situations where it is difficult to practice social distancing, e.g. in shops or on public transport. If you want to make your own as an alternative to buying one, use cotton or silk in 2 layers and try the following no-sew option.

Make one with a Sock & Scissors:

1. Take the sock and cut off the heel and the toe.
2. Make a cut on the sides of the ends of the sock that are about $\frac{1}{2}$ – $\frac{3}{4}$ of an inch, about halfway up the sock. These will make the straps that go over your ears.



3. Pull on the straps so you can see the mask shape.



4. Use a piece of paper towel, kitchen roll or coffee filter as an additional filter for your mask. Place it over the mask and fold over the edges until it is of a size that will fit into the pocket of the mask. Try on your mask and admire your work!



How to wear a face covering:

A cloth face covering should cover the nose and go under the chin and:

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include at least 2 layers of fabric
- allow for breathing without restriction

How to wash a face covering:

- Wash daily in a hot wash over 60 degrees with detergent.
- If using a washing machine, you should be able to wash and machine dry it without damage or change its shape.
- You do not need to sterilize cloth face coverings. Wash it in a washing machine or by hand as you would any other item of clothing.
- Wash hands before and after use.

How to wash your hands correctly:

Use soap and water or alcohol rub to clean your hands regularly.

- Wet your hands with warm water and apply soap.
- Rub your hands together until the soap forms a lather.
- Rub the top of your hands, between your fingers and under your fingernails.
- Do this for about 20 seconds.
- Rinse your hands under running water.
- Dry your hands with a clean towel or paper towel.

• Create a memory with your grandkids:

Grandparents are missing the interactions with their grandkids at this time, but why don't you use a telephone call or video call over a cup of tea to have some fun with your grandkids and create a memory in the process, by having them interview you – try these questions and they might learn some interesting things!

Where were you born?	
Were you named after a family member or does your name have a special meaning?	
Did you have a nickname when you were young?	
How did your family spend time together when you were young?	
What was your favourite subject or teacher at school?	
What did you want to be when you grew up?	
Did you ever get in trouble as a child or teenager?	
How did you meet Granny / Grandad?	
What was your marriage proposal like?	
What was your first job?	
What could you tell me that I would be surprised to learn about you?	
Tell me about the day my Mam/Dad was born?	
What is your favourite memory of your children?	
What is your favourite thing about being a grandparent?	
What is the most important lesson that you have learned in life?	
What is your dream for your children and grandchildren?	
What makes you happy?	

Competitions

1. Win an Acorn Age-Friendly Smart Tablet

Would you love to access the online world but don't have the confidence to handle a smartphone or computer? We would love to help you along the way by providing a number of these specialised Tablets as prizes as they are easy to use and make accessing the internet simple and rewarding for even the most inexperienced user. The Acorn has 6 key areas, a Calendar, Photos, Talk, Explore, News, and Help and other features such as an Alarm Clock and a Weather Feature which could come in handy! You will be able to use Skype to contact any family living abroad just by them downloading the Companion App onto their smartphone. It's simple to enter – we want you to write a letter to Linda, our Age Friendly Coordinator, telling us why you would like the Acorn, what you would use it for and how it could change your life for the better, and tell us anything else you think we should know such as what you use at the moment, if you have tried to get online before and failed, or if you have someone to help you along the way at home.



Post your letter to:

- Acorn Tablet Competition, Galway County Council, Prospect Hill, Galway, H91 H6KX
– just make sure you get it to us before **30th June 2020** which is the closing date.

Note: if you win, the prize will include telephone support and internet data for the first year, however, please note you will have to arrange this yourself thereafter, either independently or through the existing Service Provider.

2. Win a selection of prizes to celebrate our gardens

Do you love your garden and would like to invite even more colour and life into it by adding features such as Bird Tables and Feeders, Wildflowers, or native shrubs and trees? If so, you should take our challenge on nature & biodiversity and if you win, it might even give you some ideas on what to do in your Garden with our range of prizes from vouchers to Wildflower Seeds to books! Simply complete the Form attached and post it to:

- Nature & Biodiversity Competition, Galway County Council, Prospect Hill, Galway, H91 H6KX – again, just make sure you get it to us before **30th June 2020** which is the closing date.

3. Memories on a Postcard Competition

We all have a story to tell about our experiences during this unique time in our history, whether that be how it has made you feel, how you have coped and passed your time, if you have learnt things during this time and what you might be looking forward to once it's over. You can submit your story on the Postcard in this pack and a Judging Panel will select their top ten who will win prizes. However, as this is a unique time in our history, we will be keeping all entries to form part of an exhibition when we can all look back on this as the past, and they will also form an important part of our archives about this time. So, if you want to record your experiences for the future, please get those creative juices flowing and submit your entries by **30th June 2020**.

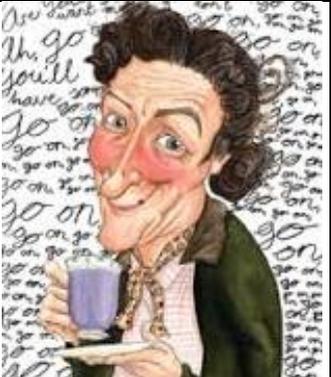
If you're looking for ideas on an entry, see the poem written by Joan Kavanagh, Chairperson of Galway's Older Persons Council, which was published in the National Age Friendly Newsletter. Well done Joan!

Activities and Challenges

It's good to keep your mind fit and active and well as your body, so the remainder of this Pack is aimed at testing your knowledge in a fun way, or just to give you a smile or a laugh. If you have never tried some of these activities, we urge you to give them a try, or as somebody from a fictional Craggy Island off the Galway coastline would say....

All solutions at the back page – no peeking though!

<p>Galway Quiz</p>	<p>So, you live in Galway but how well do you know all things Galway - take our Quiz and find out! If you get less than 5 correct though, we might have to insist you head back to Mayo! (We're joking of course dear neighbours!)</p>	
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<p>Irish Quiz</p>	<p>For most of us reading this, it might be a while since we did our School Irish but back in the day, they even learnt their maths tables through Irish so we bet you can recall these words and phrases - Maith thú!</p>	
<p>Dingbats</p>	<p>Dingbats are visual word puzzles which identify a well-known saying or phrase. They are challenging but lots of fun – just say what you see out loud whether it be numbers or letters inside, over, under or within other words or numbers, and you’ll be amazed what you come up with!</p>	
<p>Word Search</p>	<p>Word Search is a visual word puzzle where you must find selected words that are hidden in a grid. Here’s a few tips:</p> <ul style="list-style-type: none"> - Use a finger or your pencil to guide your search by scanning back and forth along each row or up and down each column. - Search for uncommon letters or the first letter in a word. - Cross out the words as you find them, on the grid and the list below. 	
<p>Proverbs</p>	<p>We’ve tested your Irish Proverbs so now it’s time for some common English ones – just fill in the missing words. To celebrate the unique wit and wisdom of the Irish, also enjoy these words of advice, blessings and observations on life!</p>	
<p>Songs</p>	<p>Galway County is fortunate to have some of the best traditional songs and songwriters in Ireland. Here is a selection and the background to each of the songs which can be sometimes heart-warming and heart-breaking when it comes to Irish Songs. It’s well known that singing is good for your mental health so all you have to do here is sing the song out loud as if no one is listening (even if they are!)</p>	

'COVID 19' By Joan Kavanagh

In my mad new world of COVID19
On a mad decluttering spree, I've been
You can't imagine, the amount of stuff
I filled plastic bags, which weren't enough.
Books that travelled the world with me
But now, there's no world to see
They've locked down 70s and more
Our life of yore is no more.

I've now been down memory lane
Sorting photos and trying to name
People and dates so long ago
Remembered and not forgotten so.

Decluttering the clothes is a chore
The wardrobes can't take any more
The Charity shops need to open again
For all the clothes not worn in ten.

Cookery and Yoga on YouTube I've taken
Cakes got burnt, I forgot were bakin'
Stress Control advice will help me too
When I've got little more to do.

This lockdown mullarkey is a lesson
To take the positives, forget what's missin'
To celebrate when and where we can
Take what we can and forget the ban.

Easter Sunday with a glass of wine
To celebrate with family of mine
We enjoyed the craic on Zoom!
And banished the gloom and doom.

We moaned when the storm came our way
We didn't know what was on the way
A far more sinister little monster named
COVID19, which they aptly blamed
The world's biggest party pooper
Has put the kibosh on parties, shindigs, super
But our continued existence on this earth
Is the most important since our birth.



How well do you know 'all things Galway'?

1.	What river in Galway is one of the shortest in Europe?	
2.	Galway City is known as the City of the Tribes but how many Tribes were there?	
3.	In which town in County Galway was the first Supermacs opened?	
4.	Which Galway Bay FM DJ finished in second place in the 1997 Eurovision Song Contest with his song "Mysterious Woman"?	
5.	What is the first name of the person whose story is told in "The Fields of Athenry"?	
6.	Alice Perry, a Galway Girl, became the first woman in Britain or Ireland to be awarded a degree in which area of study?	
7.	The Claddagh Ring is a symbol of 3 things – what are they?	
8.	What part of the Twelve Bens is the tallest mountain in County Galway?	
9.	Which building in Galway City is the oldest building in Ireland in daily commercial use? (besides during Covid-19 restrictions!)	
10.	Galway has the largest Gaeltacht in Ireland but how many other Counties have Gaeltacht areas?	
11.	What was the original name given to NUIG when it was founded in 1845?	
12.	Before vehicles in Galway were assigned G under the new motor vehicle registration system, what was the 2-	

	letter identification assigned to all vehicles registered in County Galway?	
13.	How many other Counties is Galway joined to?	
14.	Which current Galway T.D. has performed with the RTE Concert Orchestra and collaborated with Sean Keane?	
15.	Which award- winning journalist moved from 'The Tuam Herald' to RTE, in due course becoming their longest-serving regional news correspondent?	
16.	What was the name of the 2 pilots who made the first transatlantic flight and landed in the bog at Derrygimlagh, near Clifden?	
17.	What was the official name given to Eyre Square in 1965?	
18.	What group of people call Kylemore Abbey home?	
19.	What is the largest island on Lough Corrib and is well known for its holy sites?	
20.	Galway was the finish line for which round the world yacht race in 2012?	
21.	Name any of the 3 inhabited islands of Lough Corrib which are connected to the mainland via bridge / causeway?	
22.	Which Galway runner claimed a world's best for running 7 marathons on 7 continents in fewer than 7 days in 2009?	
23.	What was the final tune played for the father of the damsel in "The Galway Shawl? "I played the Blackbird and the Stack of Barley; Rodney's Glory and ..."	

24.	In what year did Pope John Paul II visit Ireland?	
25.	Who managed the last Galway Football Team to win the Sam Maguire Cup?	
26.	Which one of Ireland's native horse breeds is Galway bred?	
27.	Who managed Connacht Rugby to Pro14 glory in 2015/2016?	
28.	How many All Ireland Senior Hurling Titles have Galway won?	
29.	What was the naughty-sounding traditional fishing boat used in the strong seas off Galway Bay which is also depicted on the County's crest?	
30.	Which Galway football legend from their 3 in-a-row (1964-66) was nicknamed "The Master" and included in the GAA Team of the Century?	
31.	What Galway Village has got top marks in Galway County for the last 5 years in the National Tidy Towns Competition?	
32.	What is the more common name for the junction between the R336 and R59?	
33.	Which band formed in Tuam had their first Irish No. 1 with the song "I Useta Lover"?	
34.	Which constituency did Michael D. Higgins represent as a T.D.?	
35.	The Keane family, a musical dynasty comprising Rita and Sarah, aunts of singers Dolores, Sean and Matt, hail from where in County Galway?	
36.	In what month is Ballinasloe Fair traditionally held?	
37.	What was previously on the site of Galway Cathedral?	

How well do you remember your School Irish?

Can you fill in the gaps below?

Dún an _____ (close the door!)

Oscail an _____ (open the window!)

Lig amach an _____ (let the dog out!)

Téim _____ gach lá (I go walking everyday)

Tá an _____ dúnta (The shop is closed)

Tá na _____ blasta (The sweets are tasty)

Ná bí _____ (Don't be cross!)

What are these common Irish phrases about the weather:

Tá sé ag cur báistí **It is** _____

Tá an ghrian ag taitneamh **The** _____ **is** _____

Tá sé gaofar agus fuar **It is** _____ **and** _____

Complete these common proverbs (seanfhocail):

An rud is annamh is _____
(What's rare is wonderful).

Níl aon tintéan mar _____
(There's no place like home).

Ní neart go cur _____
(There is strength in unity).

Is fearr an tsláinte ná _____
(Your health is better than wealth).

Mol an óige agus _____
(Praise the young and they will get there).

Ar mhuin na _____
(On the pig's back).

Do you remember the months of the year in Irish?

January _____ July _____

February _____ August _____

March _____ September _____

April _____ October _____

May _____ November _____

June _____ December _____

A **Dingbat** is a visual word puzzle where you say what you see to identify a phrase, e.g. "BACK" is written in 5 x MINUTES = Back in 5 Minutes!

MINUTES
MINUTES
MINUTES
MINUTES
MINUTES
BACK
TESSES
TESSES
TESSES
TESSES

1st.
Q

roforkad

Waether

An
JOB

1

GOOD

BISHOP

cover
cop



GOOD
NIL
NIL
NIL
NIL

STAND
I

Bend
Backwards

INJURY + INSULT

SOMEWHERE
RAINBOW

YYY MEN

WINTER



SPRING

SUMMER



AUTUMN



LITTLE
LITTLE

LATE
LATE



Word Search 1

Find and cross out all the words listed below. The words may go horizontally, vertically, diagonally and backwards. Good luck!

A	Z	E	W	E	S	I	C	R	E	X	E
S	A	M	E	N	T	A	L	S	R	J	B
D	C	H	L	K	O	D	T	C	Q	S	S
U	T	A	L	K	M	I	L	M	A	T	S
D	P	H	B	O	L	E	R	S	A	R	E
P	L	H	E	A	R	T	R	A	T	E	N
E	I	M	I	A	L	C	L	S	E	N	I
E	T	C	N	B	L	E	R	O	M	G	P
L	O	Y	G	I	O	T	E	R	T	T	P
S	W	J	C	N	G	O	H	P	A	H	A
H	E	M	E	N	E	R	G	Y	H	T	H

Find these words about Health and Fitness

Wellbeing	Mental	Heartrate
Strength	Diet	Social
Sleep	Energy	Exercise
Health	Talk	Happiness



Word Search 2

Find and cross out all the words listed below. The words may go horizontally, vertically, diagonally and backwards. Good luck!

B	R	S	Y	C	A	M	O	R	E
A	G	P	C	S	F	H	I	L	T
B	L	A	C	K	B	I	R	D	U
I	A	R	M	A	G	P	I	E	N
R	N	R	O	C	A	W	M	N	T
C	Z	O	X	A	R	K	I	O	S
H	A	W	M	T	K	B	T	W	E
H	Z	I	V	B	O	M	F	P	H
C	H	S	U	R	H	T	R	O	C

Find these words about Birds and Trees

Sycamore	Chestnut
Blackbird	Oak
Acorn	Robin
Sparrow	Thrush
Magpie	Birch



Can you complete these Proverbs?

1. You can't teach an old dog new _____
2. A change is as good as a _____
3. You are what you _____
4. Laughter is the best _____
5. A problem shared is a problem _____
6. Absence makes the heart grow _____
7. What's good for the goose is good for the _____
8. Cold hands, warm _____
9. There's no place like _____
10. You can lead a horse to water, but you can't make it _____
11. Don't throw the baby out with the _____
12. Necessity is the mother of _____
13. Too many cooks spoil the _____
14. Where there's smoke there's _____
15. Two's company, three's a _____
16. The best things in life are _____
17. All is fair in love and _____
18. The early bird gets the _____
19. A chain is only as strong as its weakest _____

Irish Wit and Wisdom

Irish sayings and proverbs go back hundreds if not thousands of years, yet many are just as relevant today as when they were first thought up. Here are our favourite combinations of unique Irish wit and wisdom for every occasion!

Advice:

- A good laugh and a long sleep are the two best cures.
- God is good but never dance in a small boat.
- Lie down with dogs and you'll rise with fleas.
- Never scald your lips with another man's porridge.
- Perseverance is the mother of good luck.
- Two people shorten the road.
- You'll never plough a field by turning it over in your mind.
- You've got to do your own growing, no matter how tall your father was.
- No matter how many rooms you have in your house, you're only able to sleep in one bed.
- The best things in life are the people we love, the places we have been, and the memories we make along the way.

Blessings:

- May the roof above you never fall in and those gathered beneath it never fall out!
- May you get all your wishes but one, so that you will always have something to strive for!
- May your heart be light and happy, may your smile be big and wide, and may your pockets always have a coin or two inside!
- May you have the hindsight to know where you've been, the foresight to know where you are going, and the insight to know when you have gone too far!

Observations:

- A friend's eye is a good mirror.
- Every man is sociable until a cow invades his garden.
- Everyone is wise till he speaks.
- It is often that a person's mouth broke his nose.
- It's no use carrying an umbrella if your shoes are leaking.
- It's not a secret if it's known to three people.
- Men are like bagpipes; no sound comes from them until they are full.
- Wisdom is the comb given to a man after he has lost his hair.

Galway Bay

If you ever go across the sea to Ireland
Then maybe at the closing of your day
You will sit and watch the moon rise over Claddagh
And see the sun go down on Galway Bay
Just to hear again the ripple of the trout stream
The women in the meadows making hay
And to sit beside a turf fire in the cabin
And to watch the barefoot Gossoons at their play
For the breezes blowing o'er the seas from Ireland
Are perfumed by the heather as they blow
And the women in the uplands diggin' praties
Speak a language that the strangers do not know
For the strangers came and tried to teach us their way
They scorn'd us just for being what we are
But they might as well go chasing after moonbeams
Or light a penny candle from a star
And if there's going to be a life hereafter
And somehow I am sure there's going to be
I will ask my God to let me make my Heaven
In that dear land across the Irish Sea

Did you know:

This song was written by **Dr. Arthur Colohan**. He was born in Enniskillen in 1884 but was brought up in Galway and graduated as a doctor there. He attended St. Josephs College Galway (The Bish) and University College Galway and began his medical career in the County Infirmary in Prospect Hill, before moving away and eventually settling in Leicester where he spent the rest of his career as a neurology specialist. He wrote several songs conveying the longing for home of the emigrant, and this one was recorded and made famous by Bing Crosby and used in the film "The Quiet Man".

Dr Arthur Nicholas Whistler Colahan, of Prebend Street, Leicester, composer of the well-known song, "Galway Bay," died in Leicester Royal Infirmary yesterday. He was 67.

A native of Galway town, he wrote the song after a brother had been drowned in Galway Bay, but it was 20 years before it was published.

After serving in the R.A.M.C. in the first world war he went to Leicester as a nerve specialist.

For generations Dr Colahan's family have been doctors. He was not an accomplished musician, and until just before the last war his verses and melodies had been sung and hummed by him for his own pleasure.

It was while on holiday in Galway in April 1939 that he was introduced to Mr Turner Huggard, a well-known Dublin musician, at the home of a friend.

After Mr Huggard had heard the doctor recite some of his verses as he accompanied him on the piano, he insisted that they should be written down and properly scored.

Several weeks later they were broadcast for the first time over Radio Eireann. They were an immediate success, and after the war he jumped to fame with the success of "Galway Bay."

Anne Shelton was said to have received 600 letters after singing it.



(My Own Dear) Galway Bay

'Tis far away I am today from scenes I roamed a boy
And long ago the hour, I know, I first saw Illinois
But time nor tide nor water wide, can wean my heart away
Forever true, it flies to you, my own dear Galway Bay

My chosen bride is by my side, her brown hair silver-grey
Her daughter Rose as like her grows, as April dawn to day
Her eldest son, his mother's joy, his father's pride and stay
With gifts like these, I'd live at ease, were I near Galway Bay

Oh grey and bleak by shore and creek, the rugged rocks abound
But sweeter green the grass between than grows on Irish ground
So friendship fond, all else beyond, and love that live always
Bless each dear home beside your foam, my dear old Galway Bay

Had I youth's blood and hopeful mood, and heart of fire once more
For all the gold that earth could hold, I'd never leave your shore
I'd live content whate'er God sent, with neighbours old and grey
And lay my bones 'neath churchyard stones, beside you Galway Bay

The blessing of a poor old man be with you night and day
The blessings of lonely man whose heart will soon be clay
'Tis all the heaven I ask of God, upon my dying day
My soul to soar forever more, above you, Galway Bay

Did you know:

This is the earlier and lesser known of the two 'Galway Bay's' and this one was composed by **Francis Fahy** (1854 – 1935). It was originally sung to the air of another song called "Skibbereen" but is now better known sung to the air by Tony Small. Francis Fahy was born on 29 September 1854, in Kinvara. He took a Civil Service exam and emigrated to England in 1873. In London, he helped found the Southwark Literary Club, to engender a love of Irish culture among the children of Irish Emigrants. This became the Irish Literary Society, later known as the Irish Texts Society, and was addressed by the likes of Yeats and Shaw. In 1886, he became president of the emerging Conradh na Gaeilge in London, a position he held until 1908. He retired from Civil Service life at 65, and died in 1935, aged 81. He wrote a number of other poems and songs about his native Kinvara, with this song getting a new lease of life when recorded by Galway's own Dolores Keane.

Dan O'Hara

Sure it's poor I am today for God gave and took away
And left without a home poor Dan O'Hara
With these matches in my hand in the frost and snow I stand
So it's here I am today your broken hearted
In the year of sixty-four, we had acres by the score
The grandest land a man could pull a plough through
But the landlord came you know, and he laid our home to low
And here I am today your broken-hearted

*Chorus: Cushla grá mo chroí, won't you buy a box from me
And have the prayers of Dan from Connemara.
Sure I'll sell them cheap and low, buy a box before you go
From the broken-hearted farmer Dan O'Hara.*

And for twenty years or more did misfortune cross our door
My poor old wife and I were sadly parted
We were scattered far and wide and our children starved and died
But here I am today your broken-hearted.

Chorus

Tho' in frost and snow I stand beneath the shadow of God's hand
It lies warm from the brow of Dan O'Hara
And so soon with God above I will meet the ones I love
And find the live I lost in Connemara

Chorus

Did you know:

Dan O'Hara lived with his wife and 7 children in a cottage in Connemara. The family was self-sufficient on an impressive 8 acres of land and lived a simple but happy lifestyle. This came abruptly to an end when he made the fatal mistake of increasing the size of the windows in his house around 1845, leading to increased rent demands by his landlord which he failed to make leading to eviction. They were forced to emigrate and he arrived in New York a broken man as his wife and 3 of his children died on the harsh sea journey in the so-called "coffin ships", and left penniless and destitute, he was forced to put his remaining children into an orphanage. He spent the remainder of his days selling matches on the New York streets far from his beloved Connemara. **Delia Murphy** from Claremorris, who gathered and recorded many old songs, wrote this song and set it to music and Finbar Furey released his own unique version of the song in recent years. The cottage where Dan O'Hara lived was restored in 1992 and now forms part of the Connemara Heritage Centre.

The Fields of Athenry

By the lonely prison wall, I heard a young girl calling
"Michael, they are taking you away,
For you stole Trevelyn's corn,
So the young might see the morn
Now a prison ship lies waiting in the bay."

Chorus:

Low lie the fields of Athenry
Where once we watched the small free birds fly
Our love was on the wing
We had dreams and songs to sing
It's so lonely round the fields of Athenry.

By a lonely prison wall, I heard a young man calling
"Nothing matters Mary when you're free
Against the famine and the crown,
I rebelled, they ran me down.
Now you must raise our child with dignity."

Chorus

By a lonely harbour wall, she watched the last star falling
As the prison ship sailed out against the sky
Sure she'll wait and hope and pray, for her love in Botany Bay
It's so lonely round the fields of Athenry.

Chorus

Did you know:

Although 'The Fields of Athenry' is set during Ireland's Famine years, it was actually only written in in the 1970's by **Pete St. John**. It tells the story of a fictional man named Michael from County Galway who has been sentenced to transportation to Botany Bay, Australia, for stealing food for his starving family. His crime was that he stole 'Trevelyan's corn' which is a reference to Sir Charles Edward Trevelyan, a senior British Civil Servant at Dublin Castle who infamously said that "the judgement of God sent the calamity to teach the Irish a lesson". Pete St. John is a multi-award winning singer songwriter and has written other well-known songs such as 'The Rare Oul' Times' and 'The Ferryman' and the greatest compliment which can be given is that is hard to believe that they are contemporary compositions and not traditional songs of long ago. The Fields of Athenry most successful release was by Paddy Reilly in 1982 when it remained in the charts for 72 weeks, although it has been released on the terraces of sporting venues many times over since!

SOLUTIONS TO CHALLENGES

How well do you know 'all things Galway'?

1. River Corrib
2. Fourteen
3. Ballinasloe
4. Marc Roberts
5. Michael
6. Engineering
7. Love (heart), Loyalty (crown) and Friendship (hands)
8. Benbaun
9. Lynchs Castle
10. Six – Donegal, Mayo, Kerry, and small parts of Cork, Meath and Waterford
11. Queen's College Galway
12. IM or ZM
13. Five – Mayo, Roscommon, Tipperary, Offaly, Clare
14. Ciaran Cannon
15. Jim Fahy
16. Alcock and Brown
17. John. F. Kennedy Memorial Park
18. Benedictine Nuns
19. Inchagoill Island
20. Volvo Ocean Race
21. Inchaquinn, Inishmacatreer, Inisdoorus.
22. Richard Donovan
23. The Foggy Dew
24. 1979
25. John O'Mahony
26. Connemara Pony
27. Pat Lam
28. Five (1923, 1980, 1987, 1988 & 2017)
29. The Galway hooker
30. Sean Purcell
31. Milltown
32. Maam Cross
33. The Saw Doctors
34. Galway West
35. Caherlistrane
36. October
37. The City Gaol / Prison



How well do you remember your School Irish?

Fill in the gaps:

- Doras
- Fhuinneog
- Madra /
Gadhar
- Ag siúl
- Siopa
- Milseáin
- Crosta /
Cantalach

The Weather:

- Raining
- Sun is Shining
- Windy & Cold

Seanfhocail:

- Iontach
- Do thintéan
féin
- Le chéile
- Na táinte
- Tiochfaidh sí
- Muice

Months / Mí:

- Eanáir
- Feabhra
- Márta
- Aibreán
- Bealtaine
- Meitheamh
- Iúil
- Lúnasa
- Meán Fómhair
- Deireadh
Fómhair
- Samhain
- Nollaig

Dingbats

First in the Queue

A bad spell of Weather

Hole in One

Archbishop

Good for Nothing

Bend over Backwards

Somewhere over the Rainbow

No Spring Chicken

Fork in the Road

An Inside Job

Good-looking

Undercover Cop

I Understand

Add insult to injury

Three Wise Men

Too Little Too Late

Proverbs.

1. Tricks
2. Rest
3. Eat
4. Medicine
5. Halved
6. Fonder
7. Gander
8. Heart
9. Home
10. Drink

11. Bathwater
12. Invention
13. Broth
14. Fire
15. Crowd
16. Free
17. War
18. Worm
19. Link



Word Search – Health & Fitness

A	Z	E	W	E	S	I	C	R	E	X	E
S	A	M	E	N	T	A	L	S	R	J	B
D	C	H	L	K	O	D	T	C	Q	S	S
U	T	A	L	K	M	I	L	M	A	T	S
D	P	H	B	O	L	E	R	S	A	R	E
P	L	H	E	A	R	T	R	A	T	E	N
E	I	M	I	A	L	C	L	S	E	N	I
E	T	C	N	B	L	E	R	O	M	G	P
L	O	Y	G	I	O	T	E	R	T	T	P
S	W	J	C	N	G	O	H	P	A	H	A
H	E	M	E	N	E	R	G	Y	H	T	H

Word Search – Birds & Trees

B	R	S	Y	C	A	M	O	R	E
A	G	P	C	S	F	H	I	L	T
B	L	A	C	K	B	I	R	D	U
I	A	R	M	A	G	P	I	E	N
R	N	R	O	C	A	W	M	N	T
C	Z	O	X	A	R	K	I	O	S
H	A	W	M	T	K	B	T	W	E
H	Z	I	V	B	O	M	F	P	H
C	H	S	U	R	H	T	R	O	C



LINKS TO FURTHER SUPPORTS

One of the primary goals of the Healthy Ireland Programme is to increase the proportion of people who are healthy at all stages of life so here are some links to additional information on all aspects of healthy living:

Keep Active

[Government of Ireland Staying Active During Covid-19](#)

[Sport Ireland Train At Home Programmes](#)

[Get Ireland Active](#)

Eat well

[Government of Ireland Eating Well During Covid-19](#)

[RTE Operation Transformation](#)

[HSE How To Eat Well](#)

If you wish to avail of a **Meals on Wheels** service, here is a listing of some of the services available throughout County Galway:

Organisation Name	Areas Served	Contact:
Ballinasloe Meals on Wheels	Ballinasloe, Cappataggle, Kilconnell, Ahascragh, Lawrencetown	Kay at 087 232 5163
Ballygar/ Toghergar/ Newbridge Meals on Wheels	Ballygar, Toghergar, Newbridge	Dominica at 087 637 7057
Cairdeas, Forbairt Chonamara Láir Teo	Caiseal, Carna & Cill Chiaráin	Máirín at 087 329 4478 or Eileen at 087 972 2419
Forum Connemara CLG	North West Connemara	Geraldine at 095 41116 or 087 963 3253
Cope Community Catering	Galway City and County, Aran Islands	091 700 800
Muintearas Teo.	Bealadangan to Lettermullan	091 519532
North Galway Community Meals on Wheels	Ballyglass, Milltown, Kilconly and Kilbannon areas	Matilda at 087 978 3524
Oughterard Meals on Wheels	Oughterard	Mary at 087 41 01 805
Solas Family Resource Centre	Headford, Clann, Caherlistrane, Kilcoona, Shrule, Glencorrib	John or Maura at 093 36446
Tearmann Éanna	South Connemara	Siobhan at 091 505540

Stop Smoking

Freephone 1800 201 203

Freetext QUIT to 50100

[Quit Smoking](#)

Mind Your Mental Health

[Government of Ireland In It Together](#)

[Mental Health Supports](#)

[Your Mental Health](#)

Freephone 1800 111 888 (any time, day or night)

Mental Health Supports for Young People

Left Tab

Youth Work Ireland Galway's counselling service is now operating online!

Our Team of amazing and fully accredited counsellors are here to listen and support young people over the phone and online.

Are you aged 12 - 21 years, or do you know someone who might benefit?

To enquire about an appointment, contact our Counselling Service Coordinator Aisling by Phone at 086 024 7763 or E-mail aisling.dermody@youthworkgalway.ie

**LET'S
CHAT
ABOUT
YOUR
MIND**

Worried about exams?
Questions about the future?
Need tips to keep focused?
Just want to have a chat?

#LetsChat Zoom Calls
#TuesdayTips #WednesdayAsks

   @YouthInfoCo.Galway

Exam Support

 **Transition Programme**
from primary to Secondary school

Online support and workshops for young people, parents and schools!

Topics covered:

- New Opportunities
- Organisational skills
- Managing a Time of Change
- Mind yourself, Mind your Mind
- Supporting young people

For more information email: info@youthworkgalway.ie

School Support



Reduce Alcohol intake

Be aware that its easy to overuse alcohol when spending a lot of time at home and when we're out of our normal routine. Overuse of alcohol can bring negative consequences for our physical and mental health so stay within the weekly low-risk alcohol guidelines, i.e. 11 standard drinks for women, 17 standard drinks for men. Drinks should be spread out over the week and have 2-3 alcohol-free days per week. You can find more information at this link [Drugs and Alcohol Information and Support Freephone](#) 1800 459 459 (Mon-Fri 9.30-5.30) or e-mail helpline@hse.ie

Mind Your Sexual Health

For support, information and advice, go to <https://www.sexualhealthwest.ie/> Sexual Health West (formerly AIDS West) are a charity working in the area of HIV and Sexual Health who aim to encourage and develop openness and honesty around HIV and sexual health issues in Ireland. During Covid-19 restrictions, they have launched a new Condom & Lubricant postal distribution service to promote and support sexual health and wellbeing and protect against STI's and unplanned pregnancies – e-mail info@sexualhealthwest.ie or contact via Facebook @shwestireland

Mind your long-term Health Condition

People with long-term health conditions need to take extra care to protect themselves from Covid-19, as well as managing their existing condition. The HSE leaflet included in this booklet gives excellent practical advice on self-managing your condition as well as links to national support services for various conditions. Other local supports include:

- The Disability Federation of Ireland has an interactive map of all the care services available in each County and you can access the County Galway list of services at <https://www.disability-federation.ie/membership/county/galway/>
- Croí, the charity supporting individuals with heart disease or stroke, have launched 'Heartlink West' in response to Covid-19, to support people who may be concerned about their heart health or afraid to visit their doctor or hospital. Heartlink West includes free support from their specialist health team of nurses, dieticians, physios and exercise specialists which you can access FREE by telephoning 091 544 310, e-mail healthteam@croi.ie, visit <https://croi.ie/>
- Meals4health is a Social Enterprise operated by COPE Galway which can provide meals designed specifically for people with underlying health issues or specific dietary requirements such as texture modified meals. For more information, telephone 091 354 000 or visit www.meals4health.ie
- The National Cancer Control Programme is aware that patients are worried about going to hospital for cancer treatment (chemotherapy and radiotherapy) and want to re-assure patients that cancer services have adapted to provide safe services during Covid-19. See their video at [Your cancer treatment during COVID-19](#)



Self-management
Support



Minding Your Long-Term Health Condition During Coronavirus (COVID-19)

Asthma & COPD



Diabetes



Heart Disease



Stroke



People with long-term health conditions may be more at risk of serious illness if they get coronavirus. You need to take extra care to protect yourself from coronavirus.

During this time of uncertainty, our daily lives have changed a lot. If you have a long-term health condition you still have to do the things that help you stay well.

- Set a daily routine. Get up, get dressed and get moving.
- Continue to monitor your condition.
- If your condition worsens call your GP or hospital to get the advice you need.

This guide is to help you self-manage your long-term health condition during this time.

Some people who have a long-term health condition need to cocoon. Cocooning means you should stay at home at all times and avoid face-to-face contact. People who are cocooning should minimise contact even within their own home. People who need to cocoon include people over 70 and people with severe asthma or severe COPD. For more information check www2.hse.ie/conditions/coronavirus/cocooning.html You can also talk to your GP or call HSE Live: 1850 24 1850



Cúram Sláinte
Phobail, Iarthar
ag freastal ar Ghailtímh,
Magheo agus Ros Comáin

Community
Healthcare West
serving Galway, Mayo
and Roscommon



Comhairle Chontae na Galltímh
Galway County Council

Minding your long-term health condition during coronavirus (COVID-19)



Coronavirus
COVID-19
Public Health
Advice

MONITOR YOUR CONDITION

Continue to monitor your condition as you usually do. For example, note your symptoms, check your blood glucose (sugar), track your peak flow, etc. Be aware of how you are feeling.



Plan a daily routine which includes your checks. Responding to changes quickly helps keep your long-term health condition under control. Follow your care-plan if you have one.



If your condition worsens contact your GP or hospital immediately to get the advice you need. Dedicated helplines can also provide support and advice.

Asthma advice line: 1800 44 54 64 | www.asthma.ie

COPD advice line: 1800 83 21 46 | www.copd.ie

Diabetes Ireland helpline: 01 842 8118 | www.diabetes.ie

Irish Heart Foundation heart and stroke helpline: 01 668 5001 | www.irishheart.ie

Croí Heart and Stroke Centre: 091 544 310 | www.croi.ie

TAKE YOUR MEDICATION

Keep taking your regular medications. Make sure you do not run out of any medication. Talk to your GP or pharmacist if you have any concerns. Order your medication over the phone so that it is ready for collection.



Make a list of your medicines. This is important information to give to health workers if you become sick. Ask your pharmacist for a copy of your medications or you can get a medication list on www.safermeds.ie which you can complete or ask someone to help you.



Many pharmacies offer a delivery service. Or you can ask someone you trust or phone your Community Call helpline if you need help to collect your medication.

MIND YOUR MENTAL HEALTH

Being stressed about COVID-19 is normal and not unexpected. Stress and worry can make your underlying condition worse. There are things you can do to help you get through this time. Plan your day, include some nice activities, eat healthy foods that you enjoy and keep active.



Make a daily routine which includes chatting with someone at least once a day. If you need advice talk with people you respect and trust such as your family, friends or your healthcare team.



If you need help to cope contact your GP or go to HSE website www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html

You can also call ALONE on 0818 222 024 for support or a listening ear.



Minding your long-term health condition during coronavirus (COVID-19)



Coronavirus
COVID-19
Public Health
Advice

EAT WELL

Remember to eat well. Ensure your routine involves regular healthy meals through out the day which includes some fresh food.



Plan ahead and do a weekly shopping list or discuss having meals brought in to you.



Call your Community Call helpline if you need help with collecting your shopping or meals. You can find useful information about healthy eating and exercise here. www2.hse.ie/wellbeing/healthy-eating-for-families.html and <https://www.safefood.eu/Home.aspx>

KEEP ACTIVE

It is still important to keep yourself active by getting up and moving around as much as possible. If you have a garden or balcony, spend time outside to get fresh air and vitamin D from the sun.



Include being active as part of your daily routine. Check with your usual healthcare provider for advice about exercise suitable for you.



Go to www2.hse.ie/file-library/health-eating-active-living/chair-based-exercises-for-older-adults.pdf.

STOP SMOKING

There are lots of good reasons to stop smoking. The health benefits of quitting start right away. You will also be protecting your family from second-hand smoke.



Talk to your GP or pharmacist about aids to help you quit smoking



Call the Quit Line on: 1800 201 203 or visit Quit.ie

REDUCE ALCOHOL INTAKE

Cut back on alcohol and you will feel better physically and mentally.



Try to have some alcohol free days every week.
Talk to your GP if you are worried about the amount you are drinking.



For Drug and Alcohol Supports call the helpline on 1800 459 459 or visit askaboutalcohol.ie



Coronavirus COVID-19



Know the signs



High Temperature



Shortness of Breath



Breathing Difficulties



Cough

If you have symptoms, self-isolate
to protect others and phone your GP.



Wash



Cover



Avoid



Clean



Stop



Distance

If you need to go to hospital as a result of getting coronavirus, prepare a single hospital bag. This should include your next of kin or emergency contact, a list of the medications you take (including dose and frequency), any information on your planned care appointments and things you would need for an overnight stay (pyjamas, toothbrush, medication etc.). If you have a care plan, please bring it with you. Keep your EIRCODE near your phone in case you need to call 999 or 112 if you become very unwell.

Community Call

Your local Authority has set up a COVID-19 Community Call service in your area. The Community Call service has a phone line available 7 days a week. The phone line is for high risk people or those asked to cocoon. You can ring the phone line to get help with deliveries of shopping, food, medicine and fuel.

Galway City Council:	1800 400 150	covidsupport@galwaycity.ie
Galway County Council:	1800 928 894 and 091 509 390	covidsupport@galwaycoco.ie
Mayo County Council:	094 906 4660	covidsupport@mayococo.ie
Roscommon County Council:	1800 200 727	covidsupport@roscommoncoco.ie

More information and contact for other councils: https://www.citizensinformation.ie/en/health/covid19/community_support_during_covid19.html



Protection from coronavirus.
It's in our hands.



Rialtas na hÉireann
Government of Ireland



Comhairle Chontae na Gallímhíne
Galway County Council



COVID-19 Home Crime Prevention Advice



Keep lights on inside and out.



Do not keep large amounts of cash at home.



Keep valuables & keys out of sight.



Be alert to online and telephone scams.



Do not share personal or financial data.

Visit www.garda.ie for more crime prevention advice
Visit www.hse.ie for factual health information and advice

Help prevent coronavirus



Wash your hands



Cover mouth if coughing or sneezing



Avoid touching your face



Keep surfaces clean



Stop shaking hands and hugging



Keep a safe distance