

JANUARY 2021

GALWAY COUNTY PPN NEWSLETTER



Galway County
**Public
Participation
Network**

Líonra Rannpháirtíochta Phoiblí
Chontae na Gaillimhe

Welcome PPN members to our
first Newsletter edition of 2021!

We wish you all a very Happy
New Year!

The PPN has some events coming
up in January that you won't want
to miss!

IN THIS ISSUE:

PPN News

Have Your Say!

**News from the
Departments**

Funding

Training

Events

Workshops

Supports



@GalwayCountyPPN



@GalwayCoPPN



WHAT IS THE PPN?

The **Galway County Public Participation Network (PPN)** is a new platform on which the local community can engage with the **Galway County Council**. It forms the link between the Voluntary & Community, Social Inclusion and Environmental sectors and the local governing body.

Established in 2014 through the *Local Government Reform Act 2014*, the PPN ensures that the public can have their say on local government decisions. The Galway County PPN currently has 998 member groups. A Directory of our members is available [here](#). The PPN also works to

- a) inform communities of events and funding available;
- b) educate groups and organisations via trainings and workshops to support their community work and;
- c) represent their interests and ensure the ‘community voice’ is heard in local decision making processes.



HOW DOES PPN WORK?

The PPN has a ‘flat structure’ not a hierarchical one meaning there is no one leader making final decisions but instead each group represented has an **equal voice and opportunity** to make decisions and to be heard and they do this during the Plenary meetings. Representatives are elected by PPN members to sit on committees and are supported by linkage or working groups to carry out their role. The PPN has a team of workers to support its work which is directed by an annual Work Plan. A Secretariat, which is a group of elected PPN members, oversees the running of the PPN. The Secretariat members can be seen and contacted [here](#). The PPN Plenary (meaning all member groups) is the main decision making body of the PPN. A plenary meeting is convened annually to discuss issues and vote on policies and procedures. Each member group has one vote at a plenary.

HOW DO I JOIN PPN? (REGISTER HERE)

Membership of the PPN is open to **ALL community & voluntary groups within County Galway** which meet the following criteria:

- Have a written constitution, some form of operating rules & procedures and hold regular meetings
- Be in existence for at least 6 months and open to new members
- Have a formal structure e.g. Chairperson, Secretary or equivalent
- Be non-party political, non-sectarian and non-discriminatory.

Examples of the types of Groups: · Residents Associations; Tidy towns; Family Resource Centres; Sports clubs/groups; Youth Groups; Environmental Groups; Art groups; Single based issue groups.



New Year Challenge - Walk on Wednesdays

Take part in Operation Transformation's 2021 challenge in Galway. All you have to do is walk on Wednesday. Galway Sports Partnerships are offering a free hi-vis and walking light to the first 30 sign ups in each group!

Can you do 100km in 6 weeks? [Sign up here.](#)

Don't forget to tune in to Operation Transformation on RTÉ One every Wednesday 9:35pm. Remember to stay safe, protect others and adhere to Covid-19 guidelines at all times.



FREE ONLINE OUT-OF-HOURS ADULT MENTAL HEALTH SERVICE

Community Healthcare West is pleased to announce the launch of the Galway Community Café, a new café-based out of hours free adult mental health service which opened on the 3rd December, 2020. The café will be open Thursday - Sunday from 6:30pm – 11:30pm at night and will be based in the Mr. Waffle Café near University Hospital Galway. Due to current Government guidelines Galway community Cafe will be offering virtual appointments only. See their [website](#) for more info

Weekly Storytime with Marie @ Europe Direct Ballinasloe Library

Ballinasloe Public Library have started up their weekly Storytime with Marie at Europe Direct Ballinasloe Library A lovely treat for the kids! If you would like a special mention for your little ones just contact Maire by messaging the facebook page @BallinasloeEDIC



Community Call Out for Galway 2020 Evaluation

The Galway 2020 programme has now re-started after stopping during the Covid-19 lockdown. We are now looking for all kinds of people who live in and across Galway City and County to tell us about their experiences of Galway 2020.

[Take the survey here.](#)

Great News for County Galway as 6 projects have received approval for funding under Town and Village Renewal Scheme

The Town and Village Renewal Scheme was introduced in 2016 and is one of a series of national and local support measures designed to rejuvenate rural towns and villages throughout Ireland under the Department of Rural & Community Development's "Rural Development Investment Programme". It is managed on behalf of the Department by the local authorities. The programme is funded under Project Ireland 2040.

6 Galway projects were successful in securing funding under the Standard Town & Village Renewal Scheme (Main Scheme) 2020. This was formally announced by Minister Heather Humphreys, T.D. on Friday 8th January 2021.

Ten Applications were submitted on September 30th 2020 for this Scheme from over 45 expression of interest and six have been approved for County Galway to an amount of 690k. The Grant amounts offered are at a rate of 90%.

Formal Letters of Offer will issue to the relevant groups and partners and administration work on projects can commence and construction or other aspect when restrictions allow. The Town and Village Renewal Programme is also working to finalise 12 projects under the Town and Village Accelerate Measures, with 4 completed in December 2020, to a value of over 300k.

See table below for list of successful Galway projects.

Galway	Leitir Móir	Completion of Phase 1 of a new Community Park and re-purposing of the Community Hall to offer ICT facilities to the community.	€100,000
Galway	Creggs	The upgrade of the heritage centre to include a remote working hub; covered seating, an outdoor cinema and bandstand.	€90,000
Galway	Belclare	Village enhancement works, including traffic calming, pedestrian crossing, public lighting, signage and outdoor seating.	€100,000
Galway	Portumna	The upgrading of a pedestrian path, cycle parking and provision of gazebos for the Lough Derg Cottage Market.	€100,000
Galway	Castleblakeney	The provision of an outdoor recreation area containing a children's playground, outdoor gym, walking routes and car parking facilities.	€100,000
Galway	Claregalway	The construction of an extension to Claregalway Leisure Centre; development of a 10-desk digital innovation hub.	€200,000
Galway Total			€690,000

Healthy Ireland at Your Library- Galway Public Libraries

Your local library is a community and cultural hub with exciting events and activities throughout the year. Galway Public Library service has 29 branch libraries and a mobile library which travels throughout the county. A schools' library service supports over 230 primary schools in the county and city. Your library membership enables you to use any of the 330 public libraries nationwide. Library members have access to 12 million items available across all public libraries and you can place reservations in your local branch or by using your online account. Access is also provided to a huge range of online resources, [eBooks](#), [eAudiobooks](#), [eMagazines](#), [eCourses](#), [eLanguages](#) and [eNewspapers](#).

Public libraries provide the nationwide Healthy Ireland at Your Library programme which acknowledges libraries as a valuable source of community health information. Funding granted by Healthy Ireland has enhanced health and wellbeing book collections and enables a programme of events in each library authority. The health and wellbeing book collection has over 100 titles covering the three Healthy Ireland themes – Eat Well, Think Well, Be Well. Each book was recommended by experts to provide individuals and families with reliable, accessible, health information. The collection also includes books for children and young adults. The collection is available to borrow in every local library and books may be requested via the national online catalogue. A selection of health and wellbeing eBooks, eAudiobooks and eMagazines is also available to download. You can access these collections via Galway Public Libraries' website (www.galwaylibrary.ie) or via www.librariesireland.ie Galway Public Libraries' Healthy Ireland at Your Library programme features online talks and webinars on our YouTube channel and via our social media.

Due to Covid-19 public health restrictions, talks cannot be hosted in our libraries at present. Over the last few months, talks/webinars by psychotherapists Stella O'Malley and Professor John Sharry have been shared via Galway Public Libraries' social media. Joanna Fortune, author of the "15- Minute Parenting" series, shared talks on Positive Parenting and Therapeutic Play. Psychotherapist Trish Murphy, who writes a weekly column for the Irish Times, spoke about the challenges of retirement and the topic of 21st century relationships. Psychologist, Niamh Fitzpatrick, spoke about coping with loss. Niamh's best-selling book "Tell Me the Truth about Loss" was shortlisted for "An Post Irish Book Awards". Walks in the Burren and Inisheer were the topic of conversation with expert guide, Pius Murray, of "Walks with Pius", Derval O'Rourke, World Championship sprint hurdles athlete, will share her expertise on "Food for the Fast Lane". Aoife Hearne, dietician on "Operation Transformation", will host an interactive webinar on March 10th. Dr. Malie Coyne, Clinical Psychologist, will host a webinar based on her book "Love in Love Out: a compassionate approach to parenting your anxious child". Author John Connell will discuss his latest publication "The Running Book", focusing on the mental health benefits of running.

Check Galway Public Libraries' twitter page [@librariesgalway](#) and Facebook pages for further updates. See their [YouTube channel here](#).

HAVE YOUR SAY



Irish Water Draft Framework Plan Consultation.

The NWRP (National Water Resources Plan) will set out how we will balance the supply and demand for drinking water over the short, medium and long term. It is a 25-year strategy to ensure we have a safe, sustainable, secure and reliable drinking water supply for everyone. A ten-week statutory public consultation will run from Tuesday 8 December 2020 to Tuesday 16 February 2021. [See here for more.](#)



Galway County Council have published their digital strategy 2020 - 2023.

Galway County's Digital Strategy will help identify the county's strengths and weakness as a result of this increased connectivity and will encourage our communities to build on our strengths and to combat our perceived weaknesses. This strategy is a statement of intent and support for the digital development of the county, in a period of increasing connectivity and higher use of digital service, digital technologies and infrastructure. Galway County's Digital Strategy will also support the population of County Galway to benefit from this increased connectivity with a live digital version of this strategy which can be found [here](#) on Galway County Council's website where you can also download English / Irish PDF versions. of the strategy.



Lands Suitable for Development of Burial Ground - Expression of Interest

Galway County Council is seeking expressions of interest from landowners with lands which may be suitable for development as Burial Grounds at:

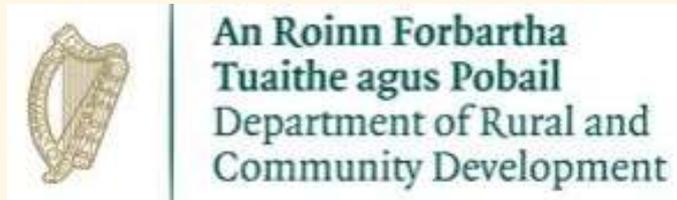
- Indreabhán
- Leitir Mealláin
- Eanach Dhúin
- Baile Chláir

For further information on suitability criteria and Expression of Interest Form, [please see here.](#) Closing date for receipt of returns is 4.00pm on 19 February 2021

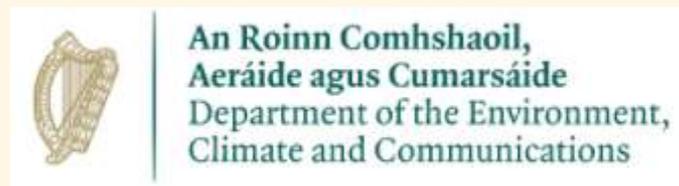
NEWS FROM THE DEPARTMENT(S)



- Minister Martin announces Test Live Performance events from later this week. [Press Release](#) (13.12.2020)
- Minister Martin welcomes announcement of funding awards under the Music Capital Scheme 2020. [Press Release](#) (17.12.2020)
- Comhaltaí Boird an Fhorais Teanga Ceaptha. [Preasráitis Anseo](#). (16.12.2020)
- Decade of Centenaries - Minister Martin doubles number of Markievicz Awards for 2021. [Press Release](#) (18.12.2020)
- Minister Martin announces new supports for local radio and audiovisual production that supports the Live Music Sector. [Press Release](#) (21.12.2020)
- Minister Martin announces funding of €230,000 for the expansion of the Minding Creative Minds support service to the Irish creative sector. [Press Release](#) (22.12.2020)
- Minister Martin announces payment of additional €1.9m to the Arts Council. [Press Release](#) (22.12.2020)
- 2020 – Department supports areas among hardest hit by COVID-19. [Press Release](#) (30.12.2020)
- Deadline for Sports Capital and Equipment Programme 2020 extended to Monday 1 March. [Press Release](#) (13.01.2020)



- Minister O'Brien announces distribution of the additional €10 million funding allocated to COVID-19 Stability Fund. Press Release (11.12.2020)
- Minister Humphreys announces details of Transitional LEADER Programme. Press Release. (16.12.2020)
- Minister Heather Humphreys announces funding of €1 million for TidyTowns groups. Press Release (24.12.2020)
- Minister Humphreys announces over €15.4 million in funding for 147 rural towns and villages. Press Release (07.01.2021)



- Minister Ryan announces €28 million Government funding call for community energy projects. Press release (07.01.2021)

FUNDING / SCHEMES



SPORTS CAPITAL PROGRAMME OPENED FOR A NEW ROUND OF APPLICATIONS:

€40 million is being made available in 2021 under a new round of the Sports Capital and Equipment Programme (SCEP). The SCEP is the government's primary vehicle for providing support to sports clubs and communities to develop sports infrastructure around the country. Applications can be made online only from 9am on Friday 11 December until 1st March, 2021.

[See here for more info.](#)

WATERWAYS IRELAND. HERITAGE IN THE COMMUNITY GRANTS SCHEME 2021.

A fund of €20,000 has been allocated to assist community based heritage projects which compliment or fulfil the delivery of the Waterways Ireland Heritage Plan along the Barrow Navigation, Erne System, Grand Canal, Lower Bann, Royal Canal, Shannon Navigation, Shannon-Erne Waterway and the Ulster Canal (Upper Lough Erne to Clones). Closing date for applications 31st January 2021. [See here for more info.](#)

HERITAGE SECTOR SUPPORT FUND 2021

The Heritage Council have opened applications for the Heritage Sector Support Fund. This scheme aims to support not for profit, heritage-focused organisations to deliver programmes that contribute to heritage priorities at a national level. Closing date for online applications is 5pm 15th January 2021. See [here](#).

COMMUNITY WATER DEVELOPMENT FUND 2021.

LAWPRO launched its Community Water Development Fund 2021 on Saturday 28 November at the annual seminar of the Irish River Trusts and Catchment Community Groups – Communities Caring for Water. Demand for this fund has increased year on year since its inception in 2018 and it is exciting to announce that the fund has been increased to €360,000 in 2021, up from €225,000 in 2020. Closing date for receipt of applications is Tuesday 9 February 2021 at 12 noon. See more [here](#).

SEED GRANT SCHEME 2020/21

Irish Hospice Foundation with Creative Ireland sets out to inspire and support the work of groups, organisations and individuals who wish to mark in some tangible way their response to the universal realities of dying, death and bereavement especially during the COVID-19 pandemic. Seed Grants aim to help start new local art projects, or to support existing projects gain momentum - this may involve artists, crafts people or coders or may be a group or individual who has a good idea. Awards are in the region of €500 - €1,000 per project. Closing date for receipt of applications Friday 29th January 5pm. [See more here.](#)

EMIGRANT SUPPORT PROGRAMME

The Emigrant Support Programme is a tangible expression of the Government's support of, commitment to, and interest in the global Irish community. It aims to strengthen the international Irish community and its bond with Ireland. Through this programme the Government wants to fund projects that will have a clear and identifiable impact on supporting and building global Irish communities. Since its inception in 2004, the Emigrant Support Programme has assisted over 530 organisations in 36 countries with grants totaling over €190 million. Grants have ranged from small amounts for grass-roots groups, to major allocations awarded to voluntary and community organisations operating on a large scale.

The Emigrant Support Programme will reopen for applications on Wednesday, 20th January 2021. The closing time and date for applications is 5.30pm on Wednesday, 24th February 2021. [See here for more info.](#)

COMMUNITY SUPPORT SCHEMES 2021

Applications are invited from Community and Voluntary “not for profit” Groups for funding towards activities and events which benefit local communities throughout the county, and support sustainable economic, community and cultural development. Closing date is 4.00 p.m. on Thursday 25th February 2021. [See here for more info and application forms.](#)

COVID-19 EMERGENCY FUND

The Fund will provide grants to Community Groups to assist them to adapt their services and operations to fit the new COVID-19 reality, to become more involved in the Government’s “Keep Well” Campaign, to support Groups with day to day running costs if needed. [See here for info.](#)

TRAINING



Best practice using Zoom to host and run meetings

This online course is for anyone needing to get a better understanding of how to run and attend meetings using Zoom.

Online 21st January -10am-12pm.

[More info and Sign up here.](#)

Galway Sports Partnership's Online Safeguarding 1 Course

Safeguarding 1 is a 3-hr, online child protection in sport, basic awareness course.

Suitable for everyone involved in children's sport. Cost - €20.

Wed, 10 Feb 2021 6:30pm

[Sign up here.](#)

Five Ways to Well Being - Mental Health Workshops

13th January 7pm-9pm, 20th January 11am-1pm, 27th January 7pm-9pm

It is now more important than ever to look after your mental health. That is why

Galway County PPN in conjunction with GRETB are running mental health workshops throughout January. Participation is free for member groups, all you

have to do is chose a time and date that suits and sign up by emailing

cmay@galwaycoco.ie or mmullen@galwaycoco.ie

Developing your fundraising plan for 2021

18th January 7pm, 26th January 7pm

The last year has been a huge challenge for nonprofits of all sizes. Creating a clear fundraising plan is the key to your organisation surviving and thriving in these

difficult times. This workshop will lead you through the process of building a

fundraising plan that makes the best of your organisations strengths. This

workshop is free to PPN Members. You can sign up by emailing

mmullen@galwaycoco.ie or cmay@galwaycoco.ie

EVENTS



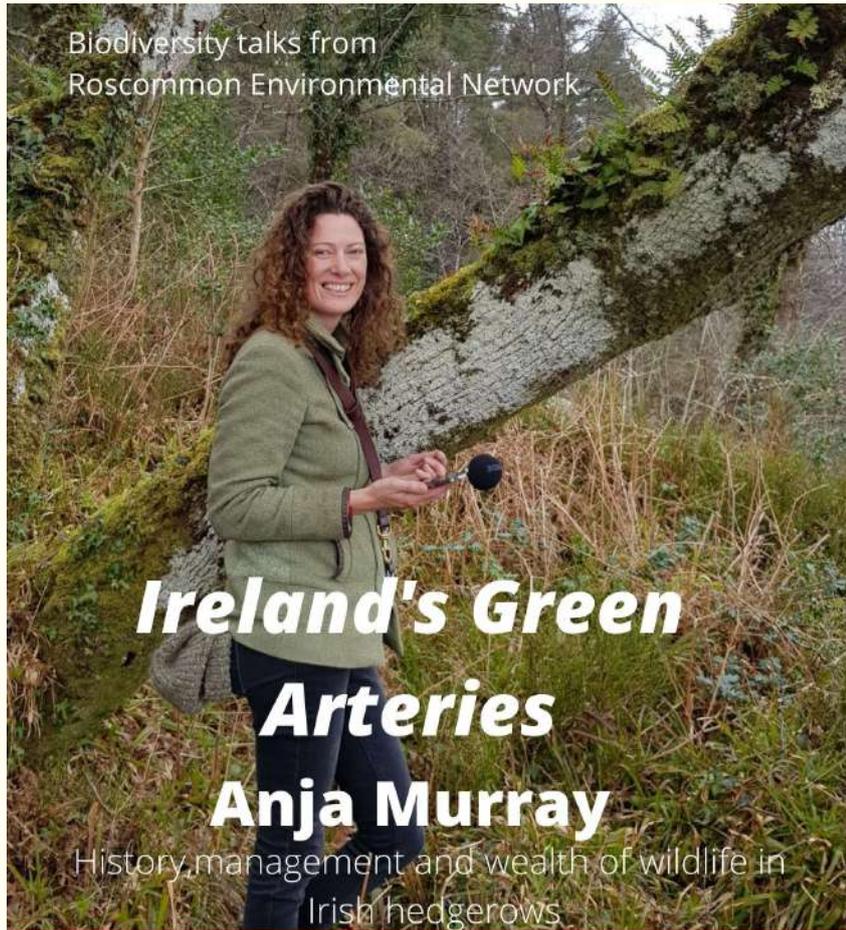
Ireland's Green Arteries

8pm Monday 18th January 2021

Public Online Talk on the Importance of our Hedges

Ecologist and Eco Eye Presenter Anja Murray. Anja Murray is an ecologist, environmental policy analyst and broadcaster with a love for the natural world. For more than 20 years, Anja has been immersed in environmental research, advocacy and communications; she is an expert presenter on the popular television series 'Eco Eye' on RTÉ1. Limited spaces available.

[Register here.](#)



Biodiversity talks from
Roscommon Environmental Network

**Ireland's Green
Arteries**
Anja Murray

History, management and wealth of wildlife in
Irish hedgerows

**A PUBLIC ONLINE TALK
8PM 18TH JANUARY 2021**

Register Here For Free:
<https://bit.ly/3oFqBlH>



ROSCOMMON
Environmental Network

IMMA Art & Ageing Spring Programme 2021

IMMA are offering a wonderful programme of creative projects focussed on art and ageing. As most of us now find ourselves at home why not get creative and take part in one of the following projects: ([See here for info](#))

- Talking Art with IMMA Resource Pack
- Slow Looking Art Videos
- Armchair Azure
- Talking Art Online with IMMA

Farming For Nature Ambassador Awards 2021 Now open!

Now in its 4th year, the annual Farming For Nature Ambassador Awards have blossomed into an active network of over 40 wonderful, eloquent Ambassadors who are inspiring many other farmers across Ireland to be more aware of nature on their land. Have a think about any farmers that you know who you feel inspired by, farmers whose stories deserve to be told more widely. The FFN Ambassador awards are sponsored by Bord Bia and aim to acknowledge and celebrate farmers across Ireland who are doing great things for nature.

For more information on how to get involved please see [here](#).



Upcoming Ask the Farmer sessions. See [here](#)

- 18th January 2021 Beef, sheep & agroforestry with Cavan farmer Jane Shackleton.
- 25th January 2021 Horticulture, beef and soil fertility with Cork farmer Patrick Frankel.
- 1st February 2021 Tillage & soil fertility with Kildare farmer Andrew Bergin.
- 8th February 2021 Organic & biodynamic beef, lamb & veg with Kildare farmer Trevor Harris.
- 15th February 2021 Running a suckler herd alongside nature with Kildare farmer Stephen Morrison.
- 22nd February 2021 Crop diversity and no till with Cork farmer Thomas Fouhy.
- 1st March 2021 Dairy, poultry and pigs – running a mixed stock farm with Tipperary farmer Mimi Crawford.

Maximising Grass this Spring!

Social Media Takeover with
John Ryan
Teagasc/Glanbia Future Farmer

@Teagasc @TeagascGrass10

Friday, 22nd January | 10am

Free Internet Classes with Age Action!

The Getting Started KIT programme provides free remote tutoring to older people to use the internet on their device. Helping you stay connected during the Covid-19 pandemic. The Getting Started KIT is made up of seven How To guides that will support older people to learn, use, and be confident using smartphones and applications. The Getting Started KIT is made up of seven How To guides that will support older people to learn, use, and be confident using smartphones and applications.

RTÉ will broadcast the video tutorials which are presented by Mary Kennedy on RTÉ One on the Today with Maura and Dáithí programme on Tuesday 28 April at 4.10pm and Thursday 30 April between 3.30pm and 4.40pm.

The Age Action Getting Started KIT materials are available to download [here](#) or people can call 01 8730372 leave their name and address and Age Action will post the How to Guides within 10 days.

Ranganna Gaeilge/ Ciorcal

Comhrá ar líne!

Irish Classes online!

Tuilleadh eolais ag

087 187 5384 / 087 167 8607

nó

seol ríomhphoist ag

ocpt@conamaralair.ie



Údarás na
Gaeltachta



CLONBERNE ONLINE BINGO

**- LIVE FROM THE
WEST HUB
CLONBERNE EVERY
MONDAY 8PM.**

CLICK HERE FOR MORE

INFO!

**INSURANCE REFORM MEMBERS
MEETING**

DATE: TUESDAY 26TH JANUARY

TIME: 11.30AM

VENUE: VIA ZOOM -

JOIN ZOOM MEETING

AGENDA: REFORM PRIORITIES

AND PLANS FOR 2021.

Galway City Council in partnership with Galway Public Libraries is launching

Read Together

A new online book club

Meetings hosted monthly via Zoom

First meeting taking place on Wednesday 27th January at 7pm

Membership is free but booking is essential

To reserve a place or for further information, please email readtogethergalway@gmail.com



SláinteCare. Right Care. Right Place. Right Time.



Comhairle Cathrach na Gaillimhe Galway City Council



Riadas na hÉireann Government of Ireland



Siel IRELAND AT HOME Bleu



12 WEEK PROGRAMME FOR OVER 55'S

STARTING IN JANUARY ALL FITNESS LEVELS CATERED FOR

FREE ONLINE EXERCISE CLASSES

REGISTER YOUR INTEREST BY EMAILING PAUL.KIRWAN@SIELBLEU.IE



Living Well

A programme for adults with long-term health conditions
Your toolkit for better health

Are you living with a long-term health condition?

Examples include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain, depression.



What is the Living Well programme?

Living Well is a free group programme, delivered over six workshops (2.5 hrs x 6). It is delivered by trained leaders, most of whom are also living with long-term health conditions. (*formerly known as the Self Care to Wellness Programme)

Living Well can help you to develop the skills and confidence to manage your health condition(s).

More Information

Online Programmes available: Winter programmes

Thursday 10.30am to 1.00pm: January 7th, 14th, 21st, 28th, February 4th, 11th

Tuesday 10.30am to 1.00pm: January 12th, 19th, 26th, February 02nd, 09th, 16th

Monday 10.30am to 1.00pm: January 18th, 25th, February 01st, 08th, 15th, 22nd

Wednesday 7.00pm to 9.30pm: January 20th, 27th, February 03rd, 10th, 17th, 24th

Administrator: Bonnie King Mobile: 087-917 6354 Email: bonnie.king@mayocil.ie

www.hse.ie/LivingWell



Your toolkit for better health



Sláintecare.



This is an SMRC Evidence Based Self Management Programme originally developed at Stanford University. This project has received funding from the Government of Ireland's Sláintecare Integration Fund 2019 under grant agreements numbers 38, 78, 185, 219, 413, 418.



Cúram Sláinte Phobail, Iarthar
Community Healthcare West



Do you want to stop smoking?

Stop smoking for **28 days** and you are
5 times more likely to stop for good.



FREE Service
we are here
to help you

For support, or to find out more, contact your local advisor
Tel: 091 737262 Email: Quitsmoking.west@hse.ie

www.QUIT.ie





Galway County
**Public
Participation
Network**

Lianra Bonnpháirtíochta Phoiblí
Chontae na Gaillimhe

**academy
street
workshop**

Developing your fundraising plan for 2021

by Kevin Delaney

Academy Street Workshop

This workshop will lead you through the process of building a fundraising plan that makes the best of your organisations strengths.

18th January @ 7pm

26th January @ 7pm

**FREE TO PPN
MEMBER GROUPS**

To sign up please email:
mmullen@galwaycoco.ie
or
cmay@galwaycoco.ie



Galway County
**Public
Participation
Network**

Líonra Rannpháirtíochta Phoiblí
Chontae na Gaillimhe



Mental Health
Ireland



gretb

Bord Oideachais agus Oiliúna
na Gaillimhe agus Ros Comáin
Galway and Roscommon
Education and Training Board

'FIVE WAYS TO WELLBEING'

PROMOTING POSITIVE MENTAL HEALTH IN COMMUNITY GROUPS

A WORKSHOP FACILITATED BY MENTAL HEALTH IRELAND IN CONJUNCTION
WITH THE COMMUNITY EDUCATION SERVICE OF GRETB

To sign up please contact:
cmay@galwaycoco.ie

Chose one of the following dates:

Wednesday 13th January : 7pm-9pm

Wednesday 20th January : 11am-1pm

Wednesday 27th January : 7pm-9pm

SUPPORTS



Galway County Council COVID-19 Community Call Helpline

Telephone: 1800 928 894 (freephone)

091 509 390 (landline)

Email: covidsupport@galwaycoco.ie

Our helpline will be open from 9am - 5pm everyday. (including weekends)

Outside of these times please leave a voicemail and we will get back to you.

[Eat Well](#)

[Stay Connected](#)

[Keep Active](#)

Click on the green tiles for fun ways to Keep Well during this lockdown

[Switch Off](#)

[Managing Your Mood](#)

BE WINTER READY

2020-2021

A Government of Ireland initiative to provide information to the general public on issues which may affect them during the winter months in Ireland.

[#BeWinterReady](#) | winterready.ie | [@EmergencyIE](#)

If it's an emergency, Dial 999

NUMBERS
IF YOU
NEED
THEM



SAMARITANS

TALK IT THROUGH,
WE'RE HERE TO LISTEN

116 123

jo@samaritans.ie www.samaritans.org

pieta **1800 247 247**

TEXT HELP TO 51444 mary@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

**your
mental
health.ie**

Information | Support | Services

1800 111 888

www.yourmentalhealth.ie

text about it

TEXT HELLO **50808**

A free 24/7 text service, providing support for people going through a mental health or emotional crisis –big or small.

hello@text50808.ie
www.text50808.ie

For more information:
www.westbewell.ie



SCAN ME

My Eircode:

My GP:



HE Cúram Sláinte Phobail, Iarthar
of Inland or Grassroots
Múinteall agus Níon Cúram

Community
Healthcare West
writing Galway, Tuam
and Roscommon



Connecting for Life
Galway, Mayo and Roscommon