

FEBRUARY 2021

GALWAY COUNTY PPN NEWSLETTER



Galway County
**Public
Participation
Network**

Líonra Rannpháirtíochta Phoiblí
Chontae na Gaillimhe

Welcome PPN Members to our
February '21 issue of the Galway
County PPN Newsletter!

Please contact Mary Mullen if you would like to
include your info or event in this Newsletter:
mmullen@galwaycoco.ie

IN THIS ISSUE:

- KEEP WELL
- PPN NEWS
- HAVE YOUR SAY!
- NEWS FROM THE
DEPARTMENTS
- FUNDING
- TRAINING
- EVENTS
- 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.



Comhairle Chontae na Gaillimhe
Galway County Council



Galway County
Public
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Network

Líonra Rannpháirtíochta Phoiblí
Chontae na Gaillimhe



During these difficult times, Galway County Council, Galway County PPN and our partners on the **COVID-19 Community Response Forum** want to help you to keep well over the coming months. Why not try one of the following to add some healthy habits to your daily and weekly routine or take this time to become involved in one of our **'Keep Well'** projects.

Keep Active

Stretch! this leaflet aimed at Older Adults has 8 simple stretching exercises designed by HSE Physio Services to keep your primary joints and muscles flexible and strong, and a handy 4-week schedule for you to tick off as you complete the exercises. Telephone the Community Call Helpline on 1800 92 88 94 or e-mail healthandwellbeing@galwaycoco.ie to get a free copy.

Walk! improve your health and wellbeing by taking up Healthy County Galway's 21 Day Walking Challenge and get a free pedometer (while stocks last) – join by phoning the Community Call Helpline on 1800 92 88 94 or e-mail healthandwellbeing@galwaycoco.ie.

Alternatively, sign up to **"March for March"** from Galway Sports Partnership at 091 509572 or e-mail galwayactive@galwaycoco.ie or be part of the Operation Transformation Virtual 5k on 18th, 19th and 20th February by registering online [HERE](#).

Try an Online Class! Siel Bleu Ireland offer a range of exercise programmes for older adults – check these out on YouTube [HERE](#). Alternatively, contact Galway Sports Partnership to try something new through one of their online classes - telephone Galway Sports Partnership at 091 509572 or e-mail galwayactive@galwaycoco.ie.

KEEP WELL
IN YOUR COMMUNITY

Switch Off and Be Creative

Be part of a countywide Diary! Galway Library wants to hear from older residents of Galway City & County and gather your written reflections on life in Ireland during the pandemic. You can submit your entry in short story, poem or diary format by February 19th 2021, by e-mail to lockdowndiaries@galwaylibrary.ie or by post to Galway City Library, Hynes Building, St. Augustine Street, Galway H91 R6WF.

Make a pledge to read! In order to encourage everyone to take some time to relax, all of Ireland's Libraries are asking the people of Ireland to pledge some time to read on Thursday, February 25th which has been designated a new national day to celebrate reading. Make your pledge on www.irelandreads.ie and take some time out to escape and boost your wellbeing.

Digital Skills for Heritage! Galway County Heritage Officer has developed an online 4-week Digital Skills Training Course for Heritage Groups and Heritage Practitioners working in County Galway. Places are limited so please book your place as soon as possible [HERE](#).

Digital Skills for Library! Would you like to be able to access library services on the Internet, download your favourite books or audiobooks or join online classes, but you're not sure how to do this? Galway Libraries are here to help by offering you remote support to join on your smartphone, laptop or PC. Express your interest in taking part by e-mailing lda@galwaylibrary.ie (as in LDA) or phoning Galway Library on 091-509388.





Stay Connected

The Community Call Helpline is here to help you - Galway County Council's Community Call Helpline is here to help you if you need assistance with practical supports such as getting shopping or prescriptions, or if you need some social support we are here to listen or give you a regular call back to check in on you – contact us by freephone 1800 92 88 94 or landline 091 509 390 between 9 a.m. to 5 p.m. daily.

Our GAA Legends are 'on-call' to chat to you – for GAA fans who might be alone or isolated at this time, GAA legends in the City and County are 'on-call' to chat. If you would like to arrange a call on behalf of a family member or friend in the City or County, please call the Galway County Community Call Helpline by Freephone 1800 92 88 94 or Landline 091 509 390.



Eat Well

Try a Recipe! As part of the national Keep Well Campaign, Bord Bia are sharing a range of easy to prepare seasonal recipes, centred around a healthy and nutritious diet – check out their “Winter Warmers” recipes at www.bordbia.ie

Try an Online Course! Healthy County Galway wants to help you to prepare healthy, nutritious, low-cost meals and snacks for yourselves and your families. Our Healthy Food Made Easy Course will run over 6 weeks with new recipes and demonstration videos provided each week. Register your interest by e-mailing healthandwellbeing@galwaycoco.ie or telephone Andrew at 087 7777 790.



Manage Your Mental Health

Stress Control Workshops - HSE Health and Wellbeing are offering these online classes to teach you practical skills to deal with stress. There are 6 sessions which are approximately 90 minutes each and you can 'attend' the class at the scheduled time or watch it on YouTube in your own time. To check the dates of the free classes or download free booklets on each of the sessions, please go to www.stresscontrol.ie

Minding Your Wellbeing – HSE Health and Wellbeing have launched this free online programme aimed at promoting mental wellbeing by practicing self-care, mindfulness, gratitude and building our resilience. The programme consists of a series of 5 video sessions of around 20 minutes long which are available at www.yourmentalhealth.ie

Living Well; a programme for adults with long term health conditions – these are HSE programmes for people living with a long-term health condition such as (but not limited to) COPD, asthma, diabetes, stroke, heart conditions, arthritis, multiple sclerosis MS, cancer, Crohn's disease, chronic pain, depression.

These online programmes start in February and run once a week for 6 weeks. For more information, visit www.hse.ie/livingwell or to book a place contact Programme Co-ordinator Jackie Lynott on 087 7185615 or email jackie.lynott@mayocil.ie.

Supporting children – this is a national campaign to support vulnerable children, young people and their families in challenging times and highlights the range of services and supports in place across a range of service areas. For more information, please see [HERE](#).

PPN Keep Well Christmas Grants Scheme 2020

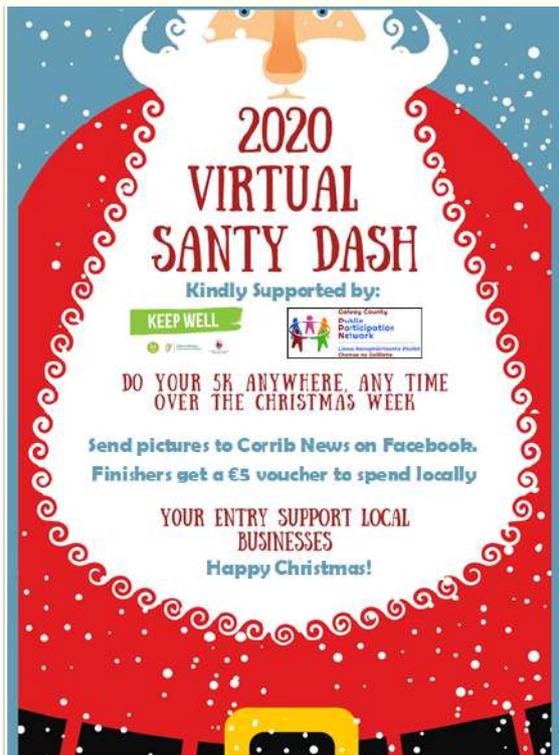


Galway County
Public Participation Network

Líonra Rannphóirtíochta Phoiblí
Chontae na Gaillimhe



The PPN would like to thank all community groups who took part helping to spread community cheer and positivity following what was a very tough year for communities throughout Ireland. Here are some examples of the wonderful projects carried out with help from the PPN small grant scheme and Keep Well campaign organised by the Galway County Council.



Valerie Seale Aughrim is 😊 feeling proud at Valerie's of Aughrim.
3 d · Ballinasloe · 🌐

Last Tuesday night we switched on the lights in our gorgeous village and Fr Gerry blessed the crib. A huge thanks to everyone involved for all your hard work. Its looks amazing. So proud of this village. And thanks to Galway PPN for part funding. #galwaycountypn 🎄
#healthistruewealth #staypositive #christmas2020



Colemanstown United F.C.
27 m · 🌐

The club had a special visitor at the weekend to assist with putting up our Christmas tree and lights in our club stand 🎄🌲

<http://www.colemanstownunited.com/?p=7197>

Galway County Public Participation Network

#CUFC1982



Author
Colemanstown United F.C.
The club would like to thank Galway County Public Participation Network for their 'Keep Well' Christmas Grant assistance with this



Comhar Caomhán Teo., Inis Oírr



SÍ AN NOLLAIG Í!
 An Crann Nollag á lasadh &
 Cúpla Carúl Nollag
 ar an bpáirc peile
 13 Nollaig 2020 4-5 i.n.
 Bigi Linn!
 Mile buíochas le Líonra Rannpháirtíochta
 Phoiblí Chontae
 na Gaillimhe as an Deontas €400

KEEP WELL

Galway County
 Public
 Participation
 Network

Líonra Rannpháirtíochta Phoiblí
 Chontae na Gaillimhe



Lawrencetown Development Association



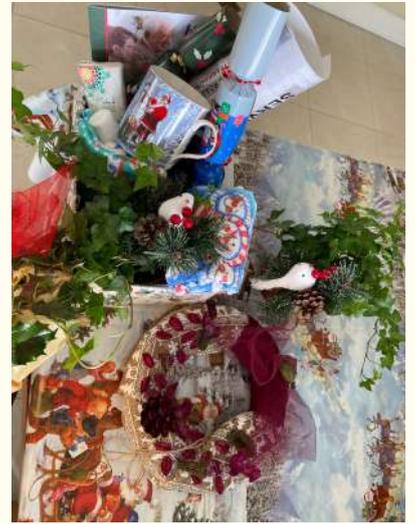
Glenamaddy Tidy Towns is 🌈
 feeling festive.
 17 Dec 2020

Christmas Cheer and Flower Planting at the Square today!
 Huge thanks to all who braved the chilly damp conditions to help plant the containers in town with colourful winter bedding plants.
 Wonderful work by
 Pupils of 6th Class St Josephs NSchool
 Students of Transition Yeats GCS
 Community Employment Scheme Team members and
 Glenamaddy Tidy Towns
 All safely observing social distancing and Covid Guidelines.
 Great Community Spirit Well done to all! 🌲 🎅



+4

GORT FRC Candle event



North Galway Community Meals on Wheels



PPN NEWS

Stories from the waterside



The Local Authority Waters Programme (LAWPRO) have launched a new website dedicated to 'Stories from the waterside' archiving and celebrating local connections with Ireland's magical waters. It will also be a platform to record any stories about water received in the future. Stories from the waterside was a collaboration between LAWPRO (Local Authority Waters Programme), The Heritage Council and the Heritage Officer Programme, Waterways Ireland, and Inland Fisheries Ireland. See the [new website here](#).

Tuam Mother and Baby Home Galway County Council Apology



Galway County Council issues statement including apology in relation to the Tuam Mother and Baby home by the Chief Executive (Interim), Mr. Kevin Kelly and Cathaoirleach of the County of Galway, Cllr. James Charity delivered at the January meeting of Galway County Council. Read the statement in full [here](#).



Alliance calls on Judiciary to reduce damages for minor injuries by 80%

As the Judicial Council prepares Personal Injuries Guidelines to replace the Book of Quantum, the Alliance for Insurance Reform has called on the judiciary to have regard to the common good in their deliberations and reduce awards for minor personal injuries by 80%. [Read the full press release here](#).



Galway County PPN now has over one thousand member groups! Groups are categorised under three colleges: Social Inclusion, Community/ Voluntary and Environmental. A Directory of our members is available [here](#).

The PPN 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.

We are all spending more time at home. Some of us are busier than ever, trying to combine childcare, home schooling and working from home. Others find the days hard to fill. If you are finding it hard to keep yourself busy, there has never been a better time to try volunteering from home!

Volunteer Ireland have added a new filter to their database of volunteering opportunities – Volunteer from Home. You can read more about different types of volunteering from home on the Volunteer Ireland blog [HERE](#). There are so many opportunities, here are a few examples: Write letters or paint pictures to send to people in residential care. Be an Advocacy Champion - ensuring the voices of cancer patients, survivors, families and caregivers are heard at all levels of government. Be a Super Knitter – knitting for children in Eastern Europe and Africa. Help this year's Leaving Cert students by giving online grinds. You can see all the current opportunities [HERE](#), or contact Volunteer Ireland by email at info@volunteer.ie.

Galway to Feature in New National Research with Older Worker



Researchers at **UCD** would love to hear from workers who are aged 55 years and older, who work (or have recently worked) in the retail or hospitality sectors; work 30 hours per week or more; and earn €12.50 per hour or less. Taking part in the research involves completing a confidential interview (in the form of a chat by telephone or online by skype or zoom). Interested in taking part? Please text/ phone 0892708764 or Email olderworkersucd@gmail.com



[See here for more information.](#)



Mental Health Reform

Promoting Improved Mental Health Services

Call for Focus Group Participants

MY VOICE MATTERS

Views and Experiences of LGBTI+ Mental Health Service Users

Call for Focus Group Participants

This project is being undertaken to gain insights into the lived experiences of LGBTI+ people using mental health services in Ireland. If you are 18 or over, have used mental health services in the last 2 years, and are willing to take part in an online focus group in the second week of February, we'd love to hear from you. [Learn more here.](#)



About the Project

Mental Health Reform and LGBT Ireland are researching the lived experiences of LGBTI+ people who use mental health services in Ireland.

Both organisations will use what we learn to campaign and advocate for improved mental health supports and services for LGBTI+ people.

To learn more contact:

Yvonne (she/her)
ymurphymentalhealthreform.ie
089 2549725

Who can take part?

LGBTI+ people who:

- Are 18 years or older, and
- Have used mental health services* within the last 2 years

*These services can be public or private, and may include a psychiatrist, community mental health services, or inpatient services.

www.mentalhealthreform.ie/my-voice-matters



Mental Health Ireland

Mental Health Ireland is delighted to be partnering with four of Ireland's leading third level education providers, offering mental health promotion & recovery promoting courses. Please find details about the [courses here](#)

Applications for the Tony Leahy Scholarship are available online for each of the courses.

UCC Certificate in Mental Health in the Community (Level 6) - Apply for the Tony Leahy Scholarship [here](#)

DCU Certificate in Peer Support Working in Mental Health (Level 8) - Apply for the Tony Leahy Scholarship [here](#)

NUIG Postgraduate Certificate in Mental Health Promotion (Level 9) - Apply for the Tony Leahy Scholarship [here](#)

GMIT Certificate in Peer Support Recovery (Level 8) - Apply for the Tony Leahy Scholarship [here](#)



An Roinn Leanaí, Comhionannais, Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality, Disability, Integration and Youth



PARENT HUB
GALWAY



The Department of Children, Equality, Diversity, Inclusion and Youth Affairs (DCEDIY) is relaunching its Supporting Children campaign. The campaign will run on radio and social media for the next 6 weeks. Useful information about the supports available to vulnerable children during the campaign is available here: [Supporting Children](#).

There is a need for everyone to be mindful of vulnerable, children, young people and their families. The most recent lockdown measures mean that some children are at further risk of isolation, having no access to schools or other activities. This campaign is encouraging everyone to look out for children and young people, recognising that families may be vulnerable, and signposts to supports available. Tusla continue with their essential work in child protection. Anyone with a concern about a child's safety or welfare should contact their local duty social work office using details on the [Tusla website](#).

The DCEDIY, Tusla and their funded organisations in the community and voluntary sector have a robust infrastructure of services providing assistance to children, young people and families throughout Ireland. These include child protection, youth work, and youth, community, and family services. This existing system of structures and supports has been adapted during the COVID-19 crisis to ensure that vulnerable children and their families can still access the services they needed.

Harnessing all our resources across the state, civil society and community system to reach and respond to children is crucial at this time. The Supporting Children website gov.ie/supporting-children provides easy to access information on supports and services available to children and families, bringing together in one place information on parenting and family supports, youth services, child protection and welfare, education supports and more. Following the move to Level 5 restrictions in December, Tusla has put in place supports for victims of domestic, sexual and gender-based violence, including additional funding for 24-hour helplines.



Parenting and Family Support



Child Protection and Welfare



Children in Care



Youth Services



Education Support



Domestic, Sexual and Gender Based Violence Services

Outdoor Recreation Infrastructure Scheme 2020 - successful projects announced



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development



Established in 2016, the [Outdoor Recreation Infrastructure Scheme \(ORIS\)](#) provides funding for the development of new outdoor recreational infrastructure. This scheme helps to make use of the resources of the countryside that contribute to healthy active lifestyles. It supports the economic and tourism potential of the area for both local communities and tourist visitors alike.

Applications are accepted from local authorities and/or state agencies under the following measures:

Measure 1: small-scale maintenance/promotional and marketing projects to include grant aid amounts of up to €20,000

Measure 2: medium-scale repair/upgrade and new trail/amenity development grant amounts of up to €200,000

Measure 3: large-scale repair/upgrade and new strategic trail development grant amounts of over €200,000 and up to €500,000

Successful projects approved under 2020 Measure 1 have been announced. Announced 18/01/2021 (see table below)

Successful projects under Measures 2 and 3 will be announced shortly.

GALWAY				
Galway	Aughrane Forest Trail Project - Phase 1	Development and enhancement of trail.	Aughrane Forest, Ballygar, Co. Galway	€17,685.00
Galway	Glenamaddy Frass Looped Walks Phase 1	The minor upgrading of the existing bog road and upgrade of existing carpark.	Frass Clooncon Bog, Glenamaddy, Co. Galway	€18,000.00
Galway	Lismany Kylemore Boardwalk	Replace/Upgrade of boardwalk and viewing platform	Lismany Kylemore Bog, Lawrencetown, Ballinasloe, Co. Galway	€20,000.00
Galway	Lismany Kylemore Trail	Trail Upgrade	Lismany Kylemore Bog, Lawrencetown, Ballinasloe, Co. Galway	€20,000.00
Galway	Clonbur Walking and Bicycle Trails (Maintenance)	Trail Maintenance	Clonbur Woods, Clonbur, Co. Galway	€18,000.00
Comhar na nOilean	"Out and About" on the Offshore Islands	Promotion of the Off Shore Island's	Offshore Islands	€19,935.00
Comhar na nOilean	Inishbofin Looped Walks & Blueways	Promotion and maintenance	Inishbofin, Co Galway	€12,600.00
Forum	Luba Binn Shleibhe/Binn Shleibhe Loop	Upgrade and improvements to hill walk.	Cornamona	€20,000.00

Development of Burial Grounds

Galway County Council is calling for expressions of interest for the development of Burial Grounds in the following areas. or contact office below for documents; [Download here](#) or contact Environment Section, Áras an Chontae Prospect Hill Galway City H91 H6KX Telephone 091-509510 Email: environment@galwaycoco.ie

Closing date for receipt of returns is 4.00pm on 19 February 2021.

 Foirm Léiriú Spéise	Expression of Interest Form
<small>Comhairle Chontae na Gaillimhe Galway County Council</small>	
Tá an fhoirm seo le fáil i gcló mór chomh maith	This form is also available in large print
Tá míle fáilte an fhoirm seo a líonadh i nGaeilge	

<p>Tá Comhairle Chontae na Gaillimhe ag lorg léirithe spéise ó úinéirí talún a bhfuil tailte acu a d'fhéadfadh a bheith feiliúnach iad a fhorbairt mar Reiligi:</p> <ul style="list-style-type: none">• in Indreabhán• i Leitir Mealláin• in Eanach Dhúin• i mBaile Chláir	<p>Galway County Council is seeking expressions of interest from landowners with lands which may be suitable for development as Burial Grounds at:</p> <ul style="list-style-type: none">• Indreabhán• Leitir Mealláin• Eanach Dhúin• Baile Chláir
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<p>Déanfar na gnéithe seo a leanas a mheas agus talamh á mheasúnú chun é a fhorbairt mar Reilig:</p> <ul style="list-style-type: none">• <u>Achar an plota</u><ul style="list-style-type: none">○ 0.25 go 1 acra• <u>An áit atá an plota suite</u><ul style="list-style-type: none">○ Chomh gar is atá sé do Theach an Phobail (i.e. gan bheith níos faide ná 5 mhíle)• <u>Teacht a bheith ar an suíomh ó bhóthar poiblí</u>• <u>An chuma atá ar an suíomh agus ar an talamh</u><ul style="list-style-type: none">○ Doimhneacht mhaith sa talamh○ Gan an iomarca clocha a bheith ann○ Draenáil maith (níor tharla tuile roimhe seo)○ Gan aon srianta faoi thalamh ná lasnairde a bheith ann (i.e. seirbhísí fóntais)○ Gan aon ghnéithe seandálaíochta taifeadta a bheith ann	<p>The following factors will be considered when assessing land for development as Burial Grounds:</p> <ul style="list-style-type: none">• Size of the plot<ul style="list-style-type: none">○ 0.25 to 1 acre• Location of the plot<ul style="list-style-type: none">○ Proximity to Parish Church (i.e. no more than 5 miles)• Directly accessible from a public road• Site and ground conditions<ul style="list-style-type: none">○ Good depth of soil cover○ Limited presence of rock○ Good drainage (no history of flooding)○ No underground or overhead restrictions (i.e. utility services)○ No recorded archaeological features
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NEWS FROM THE DEPARTMENT(S)



An Roinn Turasóireachta, Cultúir,
Ealaíon, Gaeltachta, Spóirt agus Meán
Department of Tourism, Culture,
Arts, Gaeltacht, Sport and Media

- Minister Martin welcomes support for the Live Music Sector in new BAI funding round. (27.01.2021) [Press Release here](#).
- Ministers Martin and Humphreys announce release of more historic records online (01.02.2021) [Press Release here](#).
- More than €530,000 of funding approved for TechSpace 2021 (10.02.2021) [Press Release here](#).
- Re-imagining our Outdoor Public Spaces. (11.02.2021) [Press Release here](#).
- Recovery Oversight Group for tourism presents first report to Minister Martin (15.02.2021) [Press Release here](#).



An Roinn Tithíochta,
Rialtais Áitiúil agus Oidhreachta
Department of Housing,
Local Government and Heritage

- Minister Noonan triples Archaeological Research funding. (05.02.2021) [Press Release here](#).
- Minister Noonan launches new ‘success stories’ publication on pollinator conservation. (11.02.2021) [Press Release here](#).



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development

- Ministers Humphreys and O’Brien announce that over 3,000 projects have been supported through 2020 Community Enhancement Programme. (22.01.2021) [Press Release here](#).
- Minister Humphreys and Fáilte Ireland announce €3.2 million in funding for outdoor recreational amenities. (18.01.2021) [Press Release here](#).

FUNDING / SCHEMES



THE GRAND STRETCH | COISCÉIM COILIGH

"The Grand Stretch" from the Arts Council of Ireland is a new initiative and their Touring and YPCE Bursary Awards are currently open for applications. From 11 - 20 June 2021, a nationwide season of arts events will be brought to life by artists and cultural organisations across Ireland, sharing the resilience, creativity, and connection at the heart of the arts. Brought to you by the Arts Council, this open call for arts-led projects, ambitious in purpose, scale, and scope, is now live. [Apply here.](#)

SOCIAL ENTERPRISE DEVELOPMENT FUND 2021

The Social Enterprise Development Fund is a €3.2 million Fund being delivered from 2018 – 2022. The fund was created by Rethink Ireland in partnership with Local Authorities Ireland and funded by IPB Insurance and the Department of Rural and Community Development through the Dormant Accounts Fund. The objective of the fund is to find and back the best social enterprises in Ireland by making cash grants and strategic business support available to Awardees. The 2021 Fund will be open for applications from 21st January until the 5th of March 2021. Further details are [available here.](#)

ARCHAEOLOGY RESEARCH GRANTS ROYAL IRISH ACADEMY



This scheme welcomes applications which focus on an innovative and standalone research question with a standalone research answer into which research might provide an original contribution to archaeological knowledge. [More info available here.](#) Closing date 25 March 2021.

GALWAY WIND PARK'S MAJOR PROJECTS FUND



Under the new Major Projects Fund, which runs from 2020 to 2024 inclusive, annual funding of up to €150,000 is available to be paid out to the local community for strategic projects. Applications will be accepted from not-for-profit community groups within 10km of Galway Wind Park with preference given based on proximity. The closing date for this year's Major Projects Fund application is Monday 1 March 2021. Funding will be awarded later this year. See [HERE](#) for more information.

EDUCATION INNOVATION FUND 2020-23

Rethink Ireland has announced the Education Innovation Fund 2020-2023. The fund, created with the support of the Department of Rural and Community Development, seeks to improve equal access to education and promote economic empowerment. Applicants are invited from organisations that support children, young people and adults who are socially excluded, marginalised or living in poverty. The fund has three specific strands: Transitions in Education 21st Century Models and Methods of Education Reversing the Effects of Poverty on Educational Outcomes. The deadline for applying to the Education Innovation Fund is 5:00 pm on Monday, 8th March 2021. [Learn more and apply here.](#)



IRISH GEORGIAN SOCIETY CONSERVATION GRANTS PROGRAMME 2021

The Irish Georgian Society, through the support of its members in IGS London, is inviting applications for its 2021 Conservation Grants Programme which is open to support buildings of significant architectural merit. Funding totalling €30,000 is available with priority given to older buildings on the basis of rarity and potential fragility relating to age. Closing date: 5pm 5th March 2021. [For application forms and grant criteria see here.](#)



The European Agricultural Fund
for Rural Development: Europe
investing in rural areas

FARMING BIODIVERSITY INITIATIVE LAUNCHED.

Minister Hackett launched a Farming Biodiversity grant for locally-led on-farm projects. Projects will have a focus on the promotion of biodiversity through collaboration between farmers and farm groups, NGO's, local authorities, community or local action groups. Closing Date: 12 midnight 31st March 2021. [For guideline documents and applications details see here.](#)



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.](#)

IGNITE MIDWEST FUND

The Fund offers a package of cash grants and non-financial supports to the value of between €55,000 and €75,000 for up to seven projects, to help them expand and increase their social impact. Two awards will be available specifically for innovative projects that are using music as a means of enhancing wellbeing and promoting social inclusion. The deadline for applying to the Ignite Midwest Fund is 5:00pm on Monday, 29th March 2021. [More info available here.](#)

RETHINK
IRELAND

TRAINING/ COURSES

Best practice using Zoom to Host and Run Meetings

Carmichael.



This short online course is for anyone needing to get a better understanding of how to run and attend meetings using Zoom. Online 25/02/2021, 2pm-4pm

[Register here.](#)

Health & Wellness Online Course



This course will be starting on Monday 8th February 2021 11am – 12pm and will run for 8 weeks. Topics will include Nutrition & Healthy Meals, Healthy Meals Demo, Nature & Gardening, Mindfulness, Self-Care Health & Fitness, Hair & Beauty, and Yoga. For more information or to book please email or call Anne:

EMAIL: anne.mannion@gretb.ie , PHONE: 087 626 6398.

Wellness Workshops with Independent Living Movement Ireland.



10 Weeks to Wellness workshops with yoga and fitness instructor Seán Power. The 10 Week programme, for all levels of ability, will be a series of light yoga, breathing and stretching workshops to help us start 2021 on a positive note. It begins Thursday 4th February and will run from 1-2pm.

In addition to this, ILMI will also be running five **Nutrition Workshops** will take place via zoom with Alexia Treanor Nutritional Therapist. Each 1-hour workshops will run every Tuesday from 11am to 12pm for 5 weeks, starting on Tuesday 2nd February.

To register for the workshops just contact any member of staff or email info@ilmi.ie

Fundraising Short Courses - Charities Institute Ireland

Cii Academy offers a range of short training courses - to help you become a more effective fundraiser. Each course is delivered 100% online with a mixture of content including interactive activities (including an online student discussion forum), readings and case studies. Up to 120 minutes of interactive on-demand course content plus three live stream sessions with Ireland's top fundraising professionals. [See here for more information.](#)

Achieving a Healthy Diet and Lifestyle for People Living With Arthritis



Wed, 17 February 2021 - 19:00 – 20:00. Cost €5. Consultant Dietitian Maeve Gacquin will give a talk on achieving a healthy diet and lifestyle with practical advice and tips and a Q&A. [Register here.](#)



Reimagining Irish Rivers - Working with Nature

This two half-day conference (coinciding with World Water Day) will explore Restoration, Management, Biodiversity and River Communities and will bring together the science, practices and communities invested in healthy rivers.

Mar 22, 2021 09:00 AM

Mar 23, 2021 09:00 AM

[Register here.](#)



Community Education Course
FOR MEN
 Starting Wednesday, 24th February 2021
 5 Week Programme
 11am – 12pm

HEALTHY & FITNESS
 PHOTOGRAPHY
 NATURE & GARDENING

HEALTHY MEALS DEMO
 YOGA

COURSE SCHEDULE

- Wk 1. Health & Fitness – Exercises to use in everyday life
- Wk 2. Healthy Meals Demo – Preparing healthy meals and mindful cooking
- Wk 3. Yoga - Introduction class to Yoga & Meditation
- Wk 4. Nature & Gardening – Cultivate your wellbeing with gardening
- Wk 5. Photography – Guide to capturing the moment on camera

FOR MORE INFORMATION OR TO BOOK A PLACE PLEASE EMAIL OR CALL Sheila or Dolores
 EMAIL: sheila.holland-fox@gretb.ie PHONE: 087 6675516
 EMAIL: grainne.obyrne@gretb.ie PHONE: 087 1191325
 EMAIL: dolores.mcsharry@gretb.ie PHONE: 087 6266398

The course is facilitated by GRETB Community Education Service



12 WEEK - FREE ONLINE EXERCISE CLASSES FOR THE OVER 55'S

- STARTING IN JANUARY/FEBRUARY
- ALL FITNESS LEVELS CATERED FOR
- DELIVERED BY PROFESSIONAL SIEL BLEU TRAINERS
- AVAILABLE FOR PEOPLE LIVING IN DUBLIN (NORTH/SOUTH/DUN LAOGHAIRE/RATHDOWN), KILDARE, WICKLOW WEST, GALWAY, ROSCOMMON AND MAYO

PLACES ARE LIMITED, TO FIND OUT MORE OR TO SECURE YOUR PLACE EMAIL - PAUL.KIRWAN@SIELBLEU.IE

museum

GALWAY CITY MUSEUM INVITES YOU TO

Write About It!

"DEAR GALWAY..." COVID-19 PANDEMIC PROJECT

POST, BEFORE MONDAY 1ST MARCH 2021, TO:
Galway City Museum,
Spanish Parade, Galway, H91 CX5P
EMAIL: museum@galwaycity.ie
WEB.: galwaycitymuseum.ie **TEL.:** 091 532460

Clár Éire Ildánach
Creative Ireland Programme
2017-2022

Know Your Locality - Free Online Class

The Irish Archaeology Field School (IAFS) are delighted, through funding from Wexford County Council and Ancient Connections, to offer a **FREE** online course that will take you step-by-step through available online sources that will allow you to paint a picture of your home place through its geological, archaeological, and historical past. The course will start with the very bedrock under your feet, examining the geological processes and glacial events that shaped the landscape and formed the soils. It will then focus on the impacts of humans on that landscape over time, from pre-history to the last century.

The course is delivered by Dr. Stephen Mandal through a series of online tutorials every Tuesday and Thursday (from 4-6pm) over three weeks from February 16th to March 2nd. For further details and bookings for the course please see here - <https://iafs.ie/know-your-locality/>.

Please book early to avoid disappointment!





Libraries Ireland | Ireland Reads

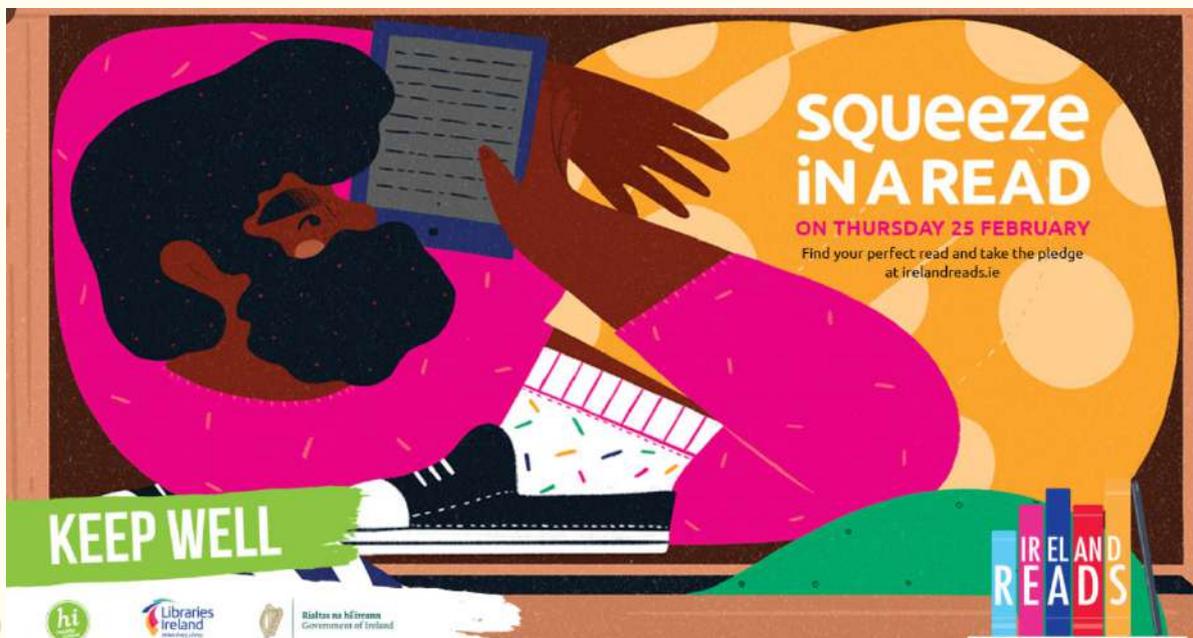
What is IRELAND READS? On Thursday, 25th February Libraries Ireland are inviting people of all ages to get reading. Why? Because taking some time for yourself to relax and do the things you enjoy (like reading) is important to help look after your mental wellbeing.

KEEP WELL

One minute, ten minutes, an hour, or more – it doesn't matter how long you read for, the important thing is that you read and enjoy the feeling of getting lost in a book. Check back [HERE](#) soon for more information on how you can get involved.

Ireland Reads is a public libraries initiative, in partnership with publishers, booksellers, authors and others under the Government's 'Keep Well' campaign.

In the meantime, you can always join the library online (if you're not a member already) and download eBooks, audiobooks, magazines and newspapers right now.



Women Writers of the West is a new online book club which aims to shine a spotlight on the especially vibrant space of contemporary women's writing in the West of Ireland. This book club will start on Tue 16 Feb and will continue each Tue evening from 7 to 8 pm over 6 weeks during February and March. Featuring special guest appearances from the authors each week, this book club will explore the work of three award-winning writers based in Co. Galway: Nuala O'Connor, Elaine Feeney and Mary Costello. [Book free on Eventbrite here.](#)

WOMEN WRITERS OF THE WEST Online Book Club

Tuesdays at 7pm
Starts 16 February 2021



YOUR COUNTY. YOUR WASTE?

Illegal dumping is costly. It threatens our environment. Let's all take responsibility.

#StopIllegalDumping

Report Illegal Dumping

Call: **091 509510**

Email: environment@galwaycoco.ie



Comhairle Chontae na Gaillimhe
Galway County Council



Comhairle Chontae na Gaillimhe
Galway County Council

Ireland's guide to waste
mywaste

DO CHONTAE. DO DHRAMHAÍL?

Tá dumpáil mhídhleathach costasach.
Cuireann sé ár dtimpeallacht i mbaol.
Bímis ar fad freagrach.

#StopDumpáilMhídhleathach

Tuairiscigh Dumpáil Mhídhleathach trí

Ghlaoch ar: **091 509510**

Ríomhphost: environment@galwaycoco.ie

mywaste



Comhairle Chontae na Gaillimhe
Galway County Council

Ireland's guide to waste
mywaste



Rialtas na hÉireann
Government of Ireland

Pancake Tuesday

16TH FEBRUARY 2021

Pancakes



Ingredients

100g plain flour

Pinch of salt

1 egg

300 ml milk

1 tabl sp. melted butter or sunflower oil

Method

- Sift the flour and salt into a mixing bowl and make a well in the centre. Crack the egg into the well; add the melted butter or oil and half the milk.
- Gradually draw the flour into the liquid by stirring all the time with a wooden spoon until all the flour has been incorporated and then beat well to make a smooth batter.
- Stir in the remaining milk. Alternatively, beat all the ingredients together for 1 minute in a blender or food processor.
- Leave to stand for about 30 minutes, then stir again before using. To make the pancakes, heat a small heavy-based frying until very hot and then turn the heat down to medium.
- Lightly grease with oil and then ladle in enough batter to coat the base of the pan thinly (about 2 tablesp.), tilting the pan so the mixture spreads evenly.
- Cook over a moderate heat for 1-2 minutes or until the batter looks dry on the top and begins to brown at the edges. Flip the pancake over with a palette knife or fish slice and cook the second side.
- Turn onto a plate, smear with a little butter, sprinkle of sugar and a squeeze of lemon juice and serve.



Recipe from [BordBia](#)



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.



An Roinn Sláinte
Department of Health

Public Health Measures

Ireland remains at level 5 restrictions. You can see the [measures in place here](#).

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide, and more than 240,000 vaccines have been administered. Daily vaccination data is now available to all on the COVID-19 Data Hub and is on the COVID-19 Tracker App. The data is from 48 hours previously to allow for validation.

The next group (people aged 85 and over) in the COVID-19 vaccine programme will be invited by GPs from Monday 15th February, bringing the vaccine programme firmly into the community. You'll find answers to your questions about the vaccination programme on

www.hse.ie/covid19vaccines



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

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:



Cúram Sláinte
Phobail, Iarthar
of Inland.ie and
Múinte.ie

Community
Healthcare West
writing Galway, Tuam
and Roscommon



Connecting for Life
Galway, Mayo and Roscommon