

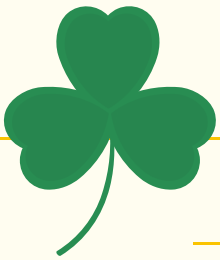
GALWAY COUNTY PPN NEWSLETTER



**Galway County
Public
Participation
Network**

**Líonra Rannpháirtíochta Phoiblí
Chontae na Gaillimhe**

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



If you would like to include your info or
event in this Newsletter please contact:
mmullen@galwaycoco.ie

Tel: 091 509130 | Mobile: 087 360 3379 |

Email: cmay@galwaycoco.ie /
mmullen@galwaycoco.ie

| www.galwaycountyppn.ie |



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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.

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.

Switch Off and Be Creative

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](#).

Living Well

A programme for adults with long-term health conditions



Living Well is a free **online** group programme delivered over six workshops (2.5 hrs x 6). It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management **skills and confidence** to live well with your health conditions.

Upcoming Living Well Programmes

Day	Start date	Finish date	Time
Tuesday	March 9th	April 13th	10.30am to 1pm
Thursday	March 25th	April 29th	7pm to 9.30
Tuesday	April 6th	May 11th	7pm to 9.30pm
Friday	April 9th	May 14th	10.30am to 1pm
Wednesday	April 14th	May 19th	10.30am to 1pm

To book your place contact

Contact the Administrator: Bonnie King

Call: 087-9176354

Email: bonnie.king@mayocil.ie

www.hse.ie/LivingWell



Your toolkit for better health

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



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 Slaintecare Integration Fund 2019 under grant agreements numbers 38, 78,185, 219, 413, 418.



Galway Sports Partnership Database

Galway Sports Partnership is established a database which will serve as a one stop shop for the contact details of all our clubs, groups and organisations across city and county which will be published on GSP website! Fill in the form for your club/ organisation [HERE](#).



Mental Health Survey Report - The Green Elephant

The Green Elephant is a mental health initiative which works to reduce the stigma around mental health, and works in seeking and supporting accessible pathways to services for all through information, advocacy, workshops and events.

In 2020, The Green Elephant surveyed people about their experience and need for accessing services for their mental health. We received almost 900 responses and the information received from this survey has been published in a report

This survey was devised to support the work and founding ideas behind The Green Elephant, which included perceptions of gaps in services. These perceptions were acknowledged as personal opinion, and thus the need for data to back up the aforementioned points resulted in a decision to devise and distribute a survey. This infographic and report outlines the information gathered from the survey responses. [Read the report in full HERE](#).

Calls for LEADER Food Projects launched in Leitrim & Galway East

As indicated in the Transitional LEADER Programme, the LEADER Food Initiative will be extended into 2021.

The LEADER Food Initiative aims to support new and existing artisan, micro and small food producers to support innovation in the rural economy.

The Leitrim Development Company and Galway Rural Development (GRD) have both issued calls for food-based projects within their counties who would like to avail of LEADER support.

If you are based in Leitrim or East Galway and have a food project idea, please get in touch with Leitrim Development Company or Galway Rural Development today.

EIP-AGRI Symposium: Burren Winterage School 2020 Presentations

The Irish National Rural Network (NRN), in collaboration with the Burrenbeo Trust, have recently produced a series videos featuring the 13 EIP-AGRI Operational Group projects who presented at the EIP-AGRI Symposium entitled ‘Sharing lessons learned and how these might help to inform Ireland’s CAP Strategic plan’ at this year’s Burren Winterage School held via Zoom on October, 21st 2020. [See more HERE.](#)

Are you a swimmer in Galway Bay?

Cuan Beo are conducting a survey of the sea swimming ongoing in Galway Bay. If you are a swimmer please take the time to fill out this short survey [HERE.](#)



Meet your new PPN Secretariat member!!



Carmel McGrath **(Killererin Development Company)**

Carmel has worked in the Medical Technology industry supporting education and the development of medical device technology. Carmel's experience in the community sector is extensive. She is an enthusiastic and dedicated community volunteer in the village of Barnaderg & the parish of Killererin. Carmel has also been involved in setting up a youth-club and participated in Tuam dioceses 'No Name Club'. Since moving to Barnaderg/Killererin, Carmel has initiated the Parents Association in Barnaderg National School and later became a member of the Board of Management.

Carmel has also been involved with the Community Council and held various positions of responsibility over the years and remain Chairperson of the Killererin Development Company a group that was set up to look at the broader community needs. The group have been very successful in obtaining funding for a number of projects, working well with Galway County Council departments for relevant funding streams e.g. CLÁR etc. Working closely with Galway Rural Development (GRD), the Killererin Development Company are in the process of building a community playground with the help of LEADER funding and an All-weather playing area with a Sports Capital grant.

Carmel firmly believes in providing services and amenities to promote community living in rural areas which continue to attract young families and encourage community interaction. The importance of community support, especially, in times of difficulty is paramount and this cannot be achieved without a good sense of involvement and welcome for local people.

Galway County PPN are looking to fill a vacancy for a representative from Loughrea MD on the PPN Secretariat!

The PPN has a voluntary committee with 11 members called a Secretariat who administer and manage its activities at County level. Some of the functions of the Secretariat include managing the PPN workers and delivering on a workplan agreed in March 2021, and to generally support the 1023 member organisations. The Secretariat functions like a steering group and it meets 4-6 times a year. Its membership consists of one representative from each of the 5 Municipal Districts, 2 Community & Voluntary Reps, 2 Social Inclusion Reps and 2 Environmental Pillar Reps.

The PPN and its Secretariat are wholly independent of the County Council and are both represented in Galway County Council Committees by its PPN representatives. The PPN Secretariat, like the PPN Representatives are also nominated by their member group and elected by the whole PPN but their role is more general than that of the reps.

Position to be filled:

1. Representative from **Loughrea MD.**

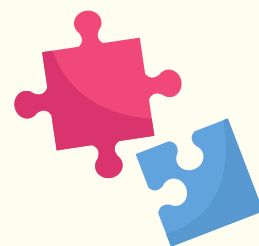
Guidelines for groups in choosing nominees for election:

(We particularly welcome nominations from groups who are traditionally underrepresented in decision making structures)

- Has the person got experience in the particular topic which they can bring to the table?
- Has the person got experience and knowledge of issues affecting groups in their sector i.e environmental, Social inclusion, Community and Voluntary etc?
- Can that person make an effective contribution on committees etc?
- Is the person willing to represent the views of all the groups who elect them, and not just their own?
- Is the person willing to communicate with all interested PPN members regularly to discuss relevant issues?
- Has the person the time to prepare for meetings (often involving reading large documents), attend meetings (which can be during day, evening or weekend time) and feedback to the groups who elected them?

For more info on the PPN, please see our Handbook [here](#).

Any queries or clarifications can be directed to cmay@galwaycoco.ie or 091 509130.



Galway County PPN are looking to fill the following vacancies for representatives!

If you or someone you know is interested in the below voluntary positions, please nominate them (by email to: cmay@gawaycoco.ie)!

Nominated persons need to be put forward by a group registered with the PPN. Please send us a brief profile of the nominee with their contact details (self-nominations must be verified by persons also involved in the group/club). If we get more than two nominees we will run a short elections process amongst this group. Learn more about PPN Representatives [HERE](#).

The Fisheries Local Action Group West are currently looking to fill a vacancy of a PPN Representative amongst their membership.

- The FLAG is a community-led local development initiative which focuses on enhancing the economic opportunities and social sustainability of Fisheries and Aquaculture dependent areas. Local development strategy of the FLAG areas aim to support job creation, adding value, promoting innovation as well as enhancing environmental assets and promoting each area's maritime cultural heritage.
- Established in 2016, the Fisheries Local Action Group West partners with Bord Iascaigh Mhara fulfilling the role of Financial Partner and Implementation Partner of the FLAG Programme.
- The FLAG West has 17 members, and is representative of a wide range of sectors and areas.
- More about the FLAG Programme and Group, as well as the Strategy Document is available [here](#).





We are currently looking to fill a Vacancy for a PPN Representative on the Board of Galway Rural Development Company.

Galway Rural Development (GRD) was established in 1994 and is one of 50 Local Development Companies (LDCs) in Ireland delivering a range of EU and national programmes at local level. GRD is a company limited by guarantee and its primary role is to administer the Social Inclusion Community Activation Programme (SICAP), LEADER, the Rural Social Scheme (RSS), and TÚS Programme. GRD also acts as a sponsor of a Community Employment Scheme providing maintenance work for local communities and clerical and administrative support. GRD is governed by a Board of Directors is a partnership of Directors, representing Statutory Agencies, Social Partners, Business, Farming and the Community & Voluntary Sectors, including representatives of the PPN.

What's involved?

The GRD Board meet on a regular basis to discuss the strategic direction of the company (travel expenses are reimbursed by the PPN). Currently these meetings take place online.



Galway Sports Partnership are currently looking to fill a vacancy on the their steering committee to guide their work.

Are you passionate about sports in County Galway? Then this opportunity is for you!

The group meet up to 4 times a year (travel expenses are paid by the PPN).

Galway Sports Partnerships (GSP) is governed by a Steering Group. The Steering group is made up of a number of statutory agencies, community organisations and sporting representatives who have a role or interest in the area of participation in sport and physical activity. The membership of this Steering Group now reflects the changing landscape in so far as the community and voluntary sector is concerned, in that there are now 6 members elected from the Public Participation Network (PPN) – 3 representatives from Galway City and 3 from Galway County.

Social Inclusion Forum 2021

Implementing the Roadmap for Social Inclusion

EAPN Ireland and Community Work Ireland (CWI) will be hosting online preparatory meetings throughout March in advance of the Social Inclusion Forum for 2021. The Social Inclusion Forum is one of the structures that helps to monitor and facilitate discussion around Government plans to address poverty and social exclusion, including the implementation of the Roadmap for Social Inclusion 2020-2025. The Social Inclusion Forum itself will be held online throughout the week of April 12th.

The dates and themes for the Preparatory meetings are as follows:

Register for the CWI/EAPN Preparatory Workshops [here](#)

- **Core Essentials March 15th 2pm-4pm** [Register Here](#)
- **Supporting Families and Children March 16th 11am-1pm** [Register Here](#)
- **Expanding the Opportunity of Employment March 22nd 11am-1pm** [Register Here](#)
- **Ensuring the voices of marginalised communities are heard March 23rd 2pm-4pm** [Register Here](#)

For more information contact info@communityworkireland.ie or paul@eapn.ie

Further details, including on themes for the Social Inclusion Forum as well as registration for the Preparatory meetings can be found [here](#).

Volunteer Galway provides support and information to both members of the public interested in volunteering as well as voluntary organisations who involve or wish to involve volunteers in their work. The service covers Galway city and county and has been established since 2006. Their website www.volunteergalway.ie has a wide selection of volunteer roles where both registered volunteers can apply according to their interests and availability. Organisations can advertise roles on their database I-Vol to find suitable volunteers. Access to bespoke training on all matters related to effective volunteer management is available to groups as well as individual support and advice from staff. In addition to this the service also offers Garda Vetting to smaller groups who need to avail of it. Volunteer Galway run very active social media accounts, host a regular community podcast as well working with local media channels. Groups based in the county can contact their **Rural Support and Development Worker Teresa Butler** at teresa@volunteergalway.ie / 087 9327794 who is available during the week to offer support and guidance to any groups interested. For further information on the service check out their website www.volunteergalway.ie and social media channels Volunteer Galway @volunteergalway

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Volunteer Galway and **Galway Rural Development** have published a useful guide: *Finding and Keeping Volunteers: A Guide to Volunteer Management for Volunteer Involving Organisations*.

Community groups wouldn't exist without volunteers. Volunteers are a wonderful asset to a community and bring great enthusiasm with them. They enable communities to achieve things that just wouldn't happen without volunteers. This handbook is about attracting volunteers to your organisation and working with them to ensure that they do what your group needs them to do, that they are motivated and content, that they stay with your group – and about making your life easier! This Booklet also includes a section on Volunteering during Covid 19! [You can read the booklet here.](#) A hardcopy of the Booklet is available on request from the Volunteer Galway office by emailing your postal address to info@volunteergalway.ie

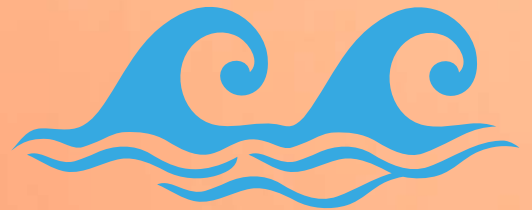


HAVE YOUR SAY!

#LoveYourSea

A public consultation on the process of expanding Ireland's network of marine protected areas (MPAs) was launched recently. Details on the public consultation process for expanding the network of Ireland's MPAs, can be found at www.gov.ie/en/consultations/. The consultation will be open for over 5 months, closing at 5pm on Fri 30 July 2021.

[Read more here.](#)



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UPCOMING MEETINGS

Meeting	Time
Intercultural Forum training on political participation (with Immigrant Council of Ireland)	15 March @7pm
Climate Consultation on the National Climate Change Action Plan	18 th March @ 7pm
Housing Linkage Group	23 rd March @ 7pm
PPN Secretariat Meeting	30 th March @ 7pm

You can sign up to the meetings by emailing cmay@galwaycoco.ie

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 calls for EU-led safe travel initiatives and continued support for tourism industry. (01/03/2021). Read Press Release [HERE](#).
- Minister Martin announces details of SEODA - Culture Ireland's Global Online Arts Festival (02/03/2021). Read Press Release [HERE](#).
- Record Number of Applications for Sports Capital & Equipment Programme 2020 (04/03/2021). Read Press Release [HERE](#).
- Minister Martin addresses female representation and equality in Ireland's arts, culture, sports and media sectors on International Women's Day (08/03/2021) Read Press Release [HERE](#).
- Minister of State Chambers Announces Language Plan for the East Galway City Planning Area (08/03/2021) Read Press Release [HERE](#).
- Minister Martin launches €50m suite of measures to support the Live Performance Sector (09/03/2021) Read Press Release [HERE](#).
- Young people: the Minister for Sport wants to hear from you (11/03/2021) Read Press Release [HERE](#).

NEWS FROM THE DEPARTMENT(S)



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

- Minister O'Brien welcomes NESC Report on the Community Call (01/03/2021) Read Press Release [HERE](#).
- Minister Heather Humphreys extends closing date for Tidy Towns funding of €1 million (02/03/2021) Read Press Release [HERE](#).
- Minister Humphreys announces a further €6.5 million in funding for outdoor recreational amenities (04/03/2021) Read Press Release [HERE](#).
- Minister O'Brien launches €1m fund for Community Development Pilot Projects (04/03/2021) Read Press Release [HERE](#).
- Minister Heather Humphreys announces new Social Enterprise Module for young people (10/03/2021) Read Press Release [HERE](#).
- Ministers Humphreys and McConalogue announce €70 million LEADER funding for rural communities and enterprises (12/03/2021) Read Press Release [HERE](#).

FUNDING / SCHEMES



Acadamh Ríoga na hÉireann
Royal Irish Academy

Archaeology Legacy Grants scheme

The RIA and the National Monuments Service invites applications for Archaeology Research Grants scheme and new Archaeology Legacy Grants scheme. Closing date for applications is 25 March 2021. [Further details and application form.](#)

Archaeology Research Grants

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.

[Further details and application form.](#)

An Chomhairle Oidhreachta
The Heritage Council



2021 Community Heritage Grant Scheme

The Community Heritage Grant Scheme is now OPEN for applications. The Scheme closing date is Monday 29th March 2021 at 5:00pm. The aim of this scheme is to support capital projects that improve access and inclusion to heritage sites; that apply good heritage practice to the management of places, collections, or objects (including buildings). The scheme also supports the purchase of essential equipment. [Apply HERE.](#)



GLAS Traditional Farm Buildings Grant Scheme 2021

The GLAS Traditional Farm Buildings Grant Scheme is an annual grants scheme for the conservation and repair of traditional farm buildings and related structures for farmers in the Green Low-Carbon Agri-Environment Scheme (GLAS).

The Scheme is managed by The Heritage Council in partnership with the Department of Agriculture, Food and the Marine.

[Apply HERE](#).



Tuath Housing Covid-19 Emergency Fund Round 2 open for applications

The fund will assist not-for-profit groups and organisations who are providing essential supplies and services to vulnerable people during the Covid-19 pandemic. This could include providing information by phone or using technology to change service delivery, supporting education, health and wellbeing, providing essential services or combatting isolation. Expiry date: 09/04/21

Read more [HERE](#).



The EIL Seed Fund is now open for Applications!

The EIL Seed Fund assists returned volunteers and change-makers to overcome barriers by providing successful applicants with funding, guidance and support to implement their own awareness-raising projects in Ireland. Expiry date: 15/03/21

Apply online [HERE](#).

TRAINING/ COURSES

Living Works START - Suicide Prevention Skills Online

Learn suicide prevention skills and improve your knowledge to keep others safe from suicide. LivingWorks Start is an online, interactive suicide prevention programme, FREE to complete and made available in Ireland by HSE National Office for Suicide Prevention. This programme is suitable for anyone over the age of 18 who wants to help prevent suicide and is prepared to become more suicide alert. If you are interested in attending this online workshop, email mary.mcgrath9@hse.ie for more information.

Learning Opportunities from Volunteer Ireland

- Fundamentals of Virtual Volunteering, Tuesday 23 March
- Fundamentals of Garda Vetting Volunteers, Tuesday 30 March / Tuesday 27 April
- Fundamentals of Developing Microvolunteering, Thursday 15 April
- Fundamentals of Delivering Training Online, Wednesday 5 May
- Fundamentals of Safeguarding in Volunteer Programmes, Tuesday 18 May
- Measuring and evaluating the impact of your volunteer programme, Tuesday 1 June

Book any of these [HERE](#).



Preparing an Annual Report Carmichael.

March 30th – 10.30am-12.30am

An organisation's annual report is a wonderful opportunity for an organisation to tell their story and engage with their stakeholders (i.e. their beneficiaries, members, volunteers, staff, funders, supporters, and regulators). It is a valuable instrument to demonstrate good governance, accountability and transparency.

The 2-hour online workshop is aimed at Board Members, Directors, Trustees and CEOs/Managers and anyone involved in preparing an Annual Report for their organisation. It is particularly focused on the annual report needs of smaller nonprofits (annual income of less than €250,000). The workshop is delivered free to participants thanks to funding support from the Community Foundation of Ireland and delivered by trainers from Carmichael.

Please [Register here](#).



Would you like to learn about gardening for biodiversity?

5 free workshops

Galway Volunteer Centre will be running the following workshops all at 7pm -8.30pm

- [Rewild Your Garden And Plant For Pollinators](#) - March 31st
- [Encourage Wildlife In The Garden](#) - April 7th
- [Grow Your Own Organic Vegetables](#) - April 14th
- [Grow Your Own Organic Fruit](#) - April 21st
- [Compost, Re-Use And Recycle In The Garden](#) - April 28th

The trainer is Kay Synott of Living Gardens who is a qualified horticulturalist, school gardening specialist and garden designer with a particular emphasis on organic and wildlife gardening. Kay gives gardening courses and workshops and is also involved in community garden projects and environmental education in Co. Galway. Sign up by clicking on links above.

Stress Control Free Online programme – March 2021 (commencing March 8)

HSE Health and Wellbeing are offering a free Stress Control programme that teaches you practical skills to deal with stress. The six sessions are 90 minutes a session and will cover different topics. Participants are encouraged to watch all sessions, but participants can join at any stage for one or more session. The next programme will begin from Monday, March 8th. To register please see www.stresscontrol.ie

Minding Your Wellbeing

HSE Health & Wellbeing have launched a new free, online mental health and wellbeing programme called Minding Your Wellbeing. The programme consists of a series of 5 video sessions of around 20 minutes. Click here or log on to www.yourmentalhealth.ie for more details.

QUIT Smoking West

Take the 28-day #TheLastStop no smoking challenge this March. If you can quit smoking for 28 days, you are five times more likely to quit for good. Starting from the 2nd March 2021, people who smoke all over Ireland will be taking the 28-day challenge. Need some help? Contact QUIT Smoking West on 091 737262 or email quitsmoking.west@hse.ie.

EVENTS



The Rivers Trust Annual Conference

A free online conference putting water at the centre of the climate conversation. Tuesday 16th - Wednesday 17th March. [Register HERE.](#)



Living local: learning through place for a sustainable future
March 18th – 20th 2021, Online from Kinvara, Co. Galway

Free to attend –
[Register HERE](#)

Thurs 18th
3.30pm – 4.30pm: Aileen Lambert
7.00pm – 8.30pm: Manchán Magan

Fri 19th
3.30pm – 4.30pm: Maura Brennan
7.00pm – 8.30pm: Éanna Ní Lámhna

Sat 20th
12pm – 1pm: Mike McClure
1pm – 2pm: William McElhinney
2pm: Essay by Richard Mabey

Free to view online but donations gratefully accepted.
Register through www.burrenbeo.com

burrenbeotrust
connecting people and place

Supported by:

An Chomhairle Oidhreachta
The Heritage Council





Virtual Coffee Morning With Talk On Occupational Therapy by Galway Branch Of Arthritis Ireland.

March 19th @ 11am

Occupational Therapist Brid McOsker will give a talk on the benefits of OT for people living with arthritis and related conditions. Tips and advice to overcome challenges presented by living with arthritis. [Register HERE.](#)

Arthritis Ireland Galway also operate a virtual walking group, If you would like to join the virtual walking group email galwayarthritis@gmail.com with 'walking group' in the subject line.

Webinar Series for Coastal Communities

A series of webinars providing an introduction to Nature-based Solutions (NbS) for coastal community groups involved in climate adaptation



Webinar 1: Understanding Nature-based Solutions
Monday March 22nd, 8pm

Webinar 1 provides an introduction to Nature-based Solutions (NbS) for coastal community groups exploring the reasons why climate change and storm impacts might be solved by 'working with nature', how the science of various NbS work and issues around implementing NbS sooner rather than later.

Presenter: Dr Kevin Lynch
Coastal Geomorphologist,
NUI Galway, Geography



Webinar 2: Nature-based Solutions in Action
Thursday March 25th, 8pm

Webinar 2 builds on Webinar 1 by illustrating how the scientific understanding of NbS plays out in real-world locations. It will present a series of examples of Nature-based Solutions (NbS) in action by coastal communities to adapt to the impacts of climate change.

Presenter: Dr Eugene Farrell
Coastal Geomorphologist,
NUI Galway, Geography

Please register on [Eventbrite](#)

For further information contact: caro@mayococo.ie





Sign up
[HERE](#)

Threshold continues to provide free, independent, and confidential advice and support to individuals and families via our new webchat service available on our website - threshold.ie or our freephone helpline which is 1800 454 454



Freephone Helpline
1800 454 454

9am - 9pm : Monday- Friday


Threshold
Solving housing problems
preventing homelessness



Beginning on the 18th of March, **BirdWatch Ireland** will host a series of free online sessions exploring the Biodiversity of East Galway. Together we will journey virtually through some of the defining habitats of East Galway, such as woodland, bogs and turloughs. Though our movements are restricted for now, special attention given to birds and mammals in these sessions will allow us to get up close and personal with a broad diversity of species who call East Galway their home. We will discuss the importance of biodiversity and access to nature, while appreciating the sense of deep-rooted connection our local natural heritage can grant us. We will also highlight the role local people can play in protecting biodiversity in East Galway.

These sessions are supported by funding from the LEADER programme through Galway Rural Development, and are given in association with Galway County Council Heritage Office's delivery on the actions of Galway County Heritage & Biodiversity Plan 2017 – 2022. The “Bringing Our Nature to You,” series will be covered in hour-long online sessions (over Zoom), which will include time for discussion at the end. Session titles and times are:

- On our doorstep: habitats of East Galway – Thurs. 18th of March, 7-8pm
- Mammals of East Galway – Thurs. 25th of March, 7-8pm
- Birds of East Galway – Thurs. 1st of April, 7-8pm
- Biodiversity, Heart and Soul – Thurs. 8th of April, 7-8pm

To register, search “Bringing Our Nature to You,” on EventBrite. Please note that spaces are limited.



Galway Gardai Divisional Virtual Youth Awards Ceremony 21st April 2021

Galway Divisional Gardai in association with **SUPERVALU** present the third Galway Divisional Garda Youth Awards, to celebrate the outstanding young people, between the ages 13 and 21 years of age.

Galway Gardai and SUPERVALU recognise that there are many young people in every community, throughout the whole division, who are involved in many positive activities, and too often their contribution to society goes unrecognised.

The closing date for entries is 23rd March 2021.

Awards will be considered for nominated Young People who, by their presence, make

their communities a better place to live.

Any young person/group who receives a nomination will receive a Certificate of Nomination from their local Superintendent to recognise their nomination, even if they do not succeed in winning an award.

- Find further information in the Nomination Form - [here](#) and Galway Gardai Youth Awards Letter - [here](#).



Bealtaine Hero Award

Age & Opportunity's Bealtaine Festival wishes to recognise two innovative grass roots arts projects through the Bealtaine Hero Award. We invite applications from individuals and / or organisations who wish to create an exciting new online festival event which will be presented during the Bealtaine Festival 2021.

[Read More HERE](#)

Deadline Extended: 26th March 2021

Lá Fhéile Pádraig



2021



17th March 2021

Lá Fhéile Pádraig
Sona Daoibh!



RTÉ Virtual Parade



The #RTEVirtualParade is back, this year in partnership
with St Patrick's Festival.

See all events taking place [HERE](#).

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

NUMBERS IF YOU NEED THEM



If it's an emergency, Dial 999

SAMARITANS

TALK IT THROUGH,
WE'RE HERE TO LISTEN

jo@samaritans.ie www.samaritans.org

 **116 123**

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
eg. Inisearc na Gortaí,
Múscraige agus Rioscommon

Community
Healthcare West
Singing Gardens, Tulla
and Roscommon



Connecting for Life
Galway, Mayo and Roscommon