

APRIL 2021

# GALWAY COUNTY PPN NEWSLETTER



Galway County  
**Public  
Participation  
Network**

Líonra Rannpháirtíochta Phoiblí  
Chontae na Gaillimhe

Welcome PPN Members  
to our April '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](mailto:mmullen@galwaycoco.ie)

Tel: 091 509130 | Mobile: 087 360 3379 |

Email: [cmay@galwaycoco.ie](mailto:cmay@galwaycoco.ie) /  
[mmullen@galwaycoco.ie](mailto:mmullen@galwaycoco.ie)

| [www.galwaycountyppn.ie](http://www.galwaycountyppn.ie) |

## IN THIS ISSUE:

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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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](mailto: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](http://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](http://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](http://www.hse.ie/livingwell) or to book a place contact Programme Co-ordinator Jackie Lynott on 087 7185615 or email [jackie.lynott@mayocil.ie](mailto: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](#).



GALWAY COUNTY COUNCIL & GALWAY PUBLIC LIBRARIES  
ANNOUNCE

# LOCKDOWN DIARIES

## WINNERS OF CREATIVE WRITING COMPETITION

First prize: Marie Gilmore for her story entitled  
"A Pint and a Ticking Clock"

Second prize: Bernie Crawford for her entry entitled  
"My Level Five Morning Routine"

Third prize: Dom Colbert for his submission  
"Covid-19 and Older People in Ireland"



Comhairle Chontae na Gaillimhe  
Galway County Council





# 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
Wednesday	April 14th	May 19th	10.30am to 1pm
Wednesday	April 28th	June 2nd	10.30am to 1pm
Tuesday	May 18th	June 22nd	7.30pm to 9.30pm
Wednesday	May 26th	June 30th	10.30am to 1pm

### To book your place contact

Contact the Programme Administrator Bonnie King

Phone : 087-9176354

Email: [Bonnie.king@mayocil.ie](mailto:Bonnie.king@mayocil.ie)

[www.hse.ie/LivingWell](http://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 Sláintecare Integration Fund 2019 under grant agreements numbers 38, 78, 185, 219, 413, 418.

# PPN NEWS



## Consultation report on the support needs of the non-profit sector



Carmichael and The Wheel carried out this wide-ranging consultation with the community and voluntary sector across Ireland to establish what training and support is needed by organisations of different sizes and in different locations, what types of supports are currently being accessed and how they could best be organised and developed to enable these organisations to meet the challenges they face. As two of the largest providers of training and supports to the sector we decided to work in partnership to undertake this important consultation. Read the Report in full [HERE](#).

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## Research project: The impact COVID-19 has had on creative industries in rural Galway.

Take the survey and full details [HERE](#). This research is being conducted as part of an undergraduate degree in NUIG.

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## Tidy Towns Newsletter 4/2021 out now!

Click [HERE](#) to read the latest edition of the Tidy Towns Newsletter online.



# Tree planting and buddy bench in Ardrahan Tree Week in Caislean Raithin 2021

At the beginning of last December 100 small native trees and shrubs were planted by residents and other volunteers to enhance the estate, provide a space for nature and help increase awareness of biodiversity.

The trees and shrubs that were selected are all particularly good for wildlife as well as being attractive. They are mainly flowering species providing pollen for bees and other insects and later in the year fruit or berries for birds. There is a mixture of birch, willow, rowan, hazel, hawthorn, holly, elder, crab apple, guelder rose, spindle and four semi-dwarf apple trees. Seaweed and well-rotted manure were added as natural fertilisers; sawdust from hardwoods, newspaper and cardboard were used as mulch around the saplings to stop grass growing.

Our local councillor, PJ Murphy, was very enthusiastic and helpful regarding the project. He allocated the funding to cover the cost of the trees from his 'Notices of Motion' allowance. Saul Mosbacher of Celt native tree nursery Scarriff supplied the trees as well as helping with the planting on the day.



*Apple tree buds are bursting, rowan and spindle are coming into leaf here in the Caislean Raithin Council Estate in Ardrahan in spite of the cold weather. It is fun trying to guess which trees they are just from their buds and it is exciting to see what trees will wake up next.*



# Hay Meadow



An area of grass in front of the trees will be allowed to grow long in accordance with the All Ireland Pollinator Plan thus increasing local biodiversity. Gort county council engineer, Feidhlim McGillicuddy, and his team are in favour of the 'let it grow' reduced mowing regime. It's less work, saves on fuel and reduces emissions of carbon dioxide.

The resulting meadow will not look like the very colourful pictures on the front of wildflower seed packets but will be more like the old hay meadows which were here in the past and are much more beneficial to wildlife as they evolved together over time. Most of those seed packets and seed bombs are not native to Ireland; the flowers can cross pollinate with actual native plants reducing the native stock and decreasing biodiversity as they don't support native insects.

Many wild orchids were seen in this green area and along the road verges last summer when there was reduced mowing due to Covid 19. Over time more and more wild flowers will appear given the chance, supporting more bees and butterflies as a result.

Looking out on nature especially trees has been proven to increase well-being and mental health and even speeds up recovery time for hospital inmates. Trees have so many benefits not least taking carbon from the atmosphere helping to reduce the serious threat of global warming, purifying the air, mitigating flooding as well as providing food and shelter for birds, bats and insects. Planting trees is a rewarding, positive climate action that will continue to have beneficial effects for many years to come. Every tree makes a difference.

**‘Lig do scith’**



Take your rest on the beautifully hand crafted larch bench installed at the edge of the planting. Enjoy the blossoms, berries and wildlife and maybe even an apple or two. The bench was made by Steven Burke from Athenry using traditional methods and was funded by the generosity of the Ardahan/ Laban Development Association. Thanks in particular to Karen O'Neill and Shane Quinn for all their support.

by Aine O'Loughlin on behalf of Caislean Raithin Residents' Association



**Comhairle Chontae na Gaillimhe**  
**Galway County Council**

## **Clifden Beach Declassification**

The EPA have advised Galway County Council that Clifden Beach must be removed from the list of designated beaches under the Bathing Water Regulations 2008. Clifden Beach has had a Poor Water Quality rating for the past five consecutive years 2016 to 2020. This now means that this bathing water must be 'declassified' in 2021.

A new treatment plant was provided for Clifden Town in 2015 and was fully operational by 2018. Significant upgrade and rehabilitation works were carried out on the network and the ingress of wastewater to surface water discharge outfalls on the Owenglen river and to the bay has been significantly reduced as a result. There is only one storm water overflow remaining and this is located at the treatment plant. Risk assessments carried out as part of the development of a Management Plan for the bathing area indicate that this storm water overflow may continue to pose a risk to the bathing area. Irish Water have a working group reviewing this issue at present and are working with the EPA in relation to regularisation of the outfall. Galway County Council will continue to engage with Irish Water in relation to this issue. Other potential sources of pollution include discharges from septic tanks in the area. Galway County Council will continue to follow up in relation to any issues identified that may pose a risk to the bathing area.

Signage shall be erected at Clifden Beach informing the public that the area is no longer considered a designated bathing water and the signage shall include the information outlined above

Galway County Council propose to continue monitoring Clifden Beach. If the water quality improves sufficiently in the future, GCC will remove the “No Swim Notice”.

Please note that Galway County Council has applied for the classification of a new bathing area, Aillebrack / Silverhil Beach, for the 2021 bathing season in lieu of Clifden Beach. Aillebrack / Silverhill is a beautiful sandy beach located on the Ballyconneely Peninsula. The beach is located approximately 5 km west of the village of Ballyconneely and 14 km south of Clifden Town. It has been awarded a Green Coast Award for many years in recognition of its excellent water quality and community involvement in the management of the area.

Further information in relation to both bathing areas is available at [www.beaches.ie](http://www.beaches.ie).

**Please contact [environment@galwaycoco.ie](mailto:environment@galwaycoco.ie) or 091 509510 if you have any further queries.**

*E. Ruane, Director of Services*



Volunteer Ireland and the national network of Volunteer Centres are jointly running this series of online training in the Fundamentals of Volunteer Engagement. The collaborative project will make training accessible to any volunteer led volunteer involving organisations based in the Republic of Ireland. The sessions run monthly, with additional sessions available in the evening for those that prefer an evening course. See [HERE](#) for more information.

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**NUI Galway**

## TRENDS AND DREAMS

### Creating A Positive Future For Our Regions

Online workshop  
West Region: APRIL 20<sup>th</sup> 3-5pm  
Mid-East Region: APRIL 22<sup>nd</sup> 3-5pm  
Register by the 15<sup>th</sup> of April

How to benefit from contemporary and emerging trends?  
How to respond to the future dreams of the youth? How to remove their obstacles?

1560 TRENDS  
2208 DREAMS



#### AGENDA

03:00-03.15pm Welcome and Introduction  
03:15-03:45pm Session 1: Looking at the Trends  
03:45-04:00pm Coffee Break  
04:00-04.30pm Session 2: Rural Dreams and Youth Futures  
04:30-05:00pm Review and conclusion

TO REGISTER CONTACT: [maura.farrell@nuigalway.ie](mailto:maura.farrell@nuigalway.ie)  
[louise.l.weir@nuigalway.ie](mailto:louise.l.weir@nuigalway.ie)

[ruraltrends.eu](http://ruraltrends.eu)  
[ruralization.eu](http://ruralization.eu)



The project RURALIZATION has received funding from the European Union's Horizon 2020 research and innovation programme under Grant Agreement N° 817642.

  
RURALIZATION  
  
National Rural Network

**Register HERE**

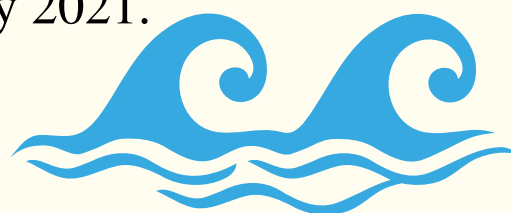


# HAVE YOUR SAY!

## #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/](http://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.](#)



## UPCOMING MEETINGS

Meeting	Time
Galway Disability Forum Meeting (Join by emailing <a href="mailto:cmay@galwaycoco.ie">cmay@galwaycoco.ie</a> )	20 <sup>th</sup> April @ 3pm
Economic Development & Enterprise SPC	20 <sup>th</sup> April 2021
Workshop – Preparing an Annual Report (see poster)	20 <sup>th</sup> April 10:30am – 12:30pm
<b>Earth Week</b> – Topic: <ul style="list-style-type: none"><li>• Regenerative Cultures, Arts &amp; Deep Ecology [Sign up via Eventbrite]</li></ul>	Tuesday, 20 <sup>th</sup> April @ 7pm
<ul style="list-style-type: none"><li>• One Planet Living &amp; Low Carbon Development</li></ul>	Wednesday, 21 <sup>st</sup> April @ 11am
<ul style="list-style-type: none"><li>• Biodiversity</li></ul>	Thursday, 22 <sup>nd</sup> April @ 7pm
<ul style="list-style-type: none"><li>• Sustainable Energy.</li></ul>	Friday, 23 <sup>rd</sup> April @ 11am
Town and Village Webinar	27 <sup>th</sup> April @ 10:30am & 7:30pm
Community Work Ireland Training	29 <sup>th</sup> April @ 3pm
PPN Secretariat Meeting	Tuesday, 11 <sup>th</sup> May @ 7pm

# NEWS FROM THE DEPARTMENT(S)

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

- €25m Live Performance Support Scheme 2021 is now open for applications. 19/03/2021. Read Press Release [HERE](#).
- Minister Catherine Martin launches Creative Climate Action: a €2 million fund for creative projects that will change our behaviour in relation to climate change. 31/03/2021. Read Press Release [HERE](#).
- Minister Martin announces over €125,000 in funding for the promotion of Irish arts. 06/04/2021. Read Press Release [HERE](#).
- Minister Martin announces Markievicz Award recipients for 2021. 09/04/2021. Read Press Release [HERE](#).



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

- Ministers O'Brien, Noonan and Hackett launch the new All-Ireland Pollinator Plan. 26/04/2021. Read Press Release [HERE](#)
- Built Heritage Investment Scheme 2021. 01/04/2021. Read Press Release [HERE](#).
- Minister Burke's Speech to the 2021 Wind Energy Ireland Annual Conference. 13/04/2021. Read Press Release [HERE](#).



- Minister Heather Humphreys announces new Social Enterprise Module for young people. 10/03/2021. Read Press Release [HERE](#).
- Minister Humphreys launches €5.5 million CLÁR 2021 programme. 15/03/2021. Read Press Release [HERE](#).
- Minister Humphreys announces €6 million for 14 major adventure tourism projects. 22/03/2021. Read Press Release [HERE](#).
- Local Development Companies proven to play a key role in migrant integration - report. 23/03/2021. Read Press Release [HERE](#).
- Minister O'Brien welcomes the role of PPNs in the development of the next Climate Action Plan. 23/03/2021. Read Press Release [HERE](#).
- Our Rural Future: Government's blueprint to transform rural Ireland. 29/03/2021. Read Press Release [HERE](#).
- Our Rural Future: Minister Humphreys announces details of new €70m Transitional LEADER Programme. 09/04/2021. Read Press Release [HERE](#).
- Minister O'Brien announces an additional €3.2 million extension to the Community Services Programme Support Fund. 09/04/2021. Read Press Release [HERE](#).



# Rural Development Policy 2021-2025

## - Our Rural Future

From Department of Rural and Community Development

Published on 29 March 2021

Our Rural Future represents the Irish Government's blueprint for a post-COVID-19 recovery and development of rural Ireland over the next five years. It provides the framework to achieve the vision of transforming the quality of life and opportunity for people living in rural areas.

The Vision of this policy is for a thriving rural Ireland which is integral to our national economic, social, cultural and environmental wellbeing and development. An Ireland which is built on the interdependence of urban and rural areas. An Ireland which recognises the centrality of people, the importance of vibrant and lived-in rural places, and the potential to create quality jobs and sustain our shared environment.

The policy aims to deliver wellbeing for all, and to support an aligned policy approach to rural development. It seeks to promote enhanced community participation, to prepare rural areas for technological, demographic and environmental change, and to address the diversity of challenges and opportunities facing rural areas, informed by analysis, data, and consultation.

[DOWNLOAD HERE](#)



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

#OurRuralFuture



Rialtas na hÉireann  
Government of Ireland

# FUNDING / SCHEMES



Acadamh Ríoga na hÉireann  
Royal Irish Academy

## Royal Irish Academy: Praeger Grants in Natural History

The scheme, which is open to applicants intending to carry out research on Ireland's field natural history funds field-based research on the island of Ireland, up to a maximum of €2,000.

Applicants may be professional researchers but the project they propose must be separate from their professional or employment commitments. Applications from those who are not professionally engaged in field natural history are welcome.

The closing date for applications to the scheme is Friday 23rd April and queries can be directed to [grants@ria.ie](mailto:grants@ria.ie).

Apply [HERE](#).

## 2021 CLÁR programme

The CLÁR programme (Ceantair Laga Árd-Riachtanais) provides funding for small scale infrastructural projects in rural areas that have suffered significant levels of population decline.

The measures being funded under the 2021 CLÁR programme are:

- **Measure 1:** Support for Schools/Community Safety Measures
- **Measure 2:** Outdoor Community Recreation Facilities
- **Measure 3:** Community Wellbeing Measure:
  - a) Community Gardens and Allotments
  - b) Mobility and Cancer Care Transport
  - **CLÁR Innovation Measure**

The closing date for receipt of applications is Friday, 7th May 2021.

See [HERE](#) for more information and application guidelines.



An Roinn Comhshaoil,  
Aeráide agus Cumarsáide  
Department of the Environment,  
Climate and Communications

## Creative Climate Action fund

The Creative Ireland Programme in collaboration with the Department of the Environment, Climate and Communications is delighted to announce the launch of Creative Climate Action. The €2 million fund - the first of its kind in Ireland - is for big creative projects that meaningfully connect people with profound changes we need to make.

Creative Climate Action is looking for proposals which can use creative and artistic approaches to transform connection and awareness into climate action and behaviour change.

Applications are invited along two strands:

1. Creative and climate organisations, NGOs, charities, enterprises, institutions, or collectives/networks with the capacity to work with creative and cultural practitioners.

OR

2. Local authorities individually, or in collaboration with other local authorities or with external partners, who can connect with and support creative and cultural practitioners.

More Info and Application Form available [HERE](#).



# TRAINING/ COURSES



## Diploma in Fundraising Management - Online

The 2021 Diploma will begin in May and enrolment is now open!

The Cii Academy has been working with Adrian Sargeant PhD to redevelop the EFA Certified Diploma in Fundraising Management as an accessible and relevant online education programme for the Irish charity sector.

- Advance your strategic fundraising and management skills
- Expand your knowledge in all key aspects of fundraising.
- Become a more effective and confident fundraising leader
- Equip yourself to manage the sustainable development and growth of your charities fundraising income.
- Understand how to apply proven techniques to enhance your own and your team's performance and development.

Join course tutors Dr Adrian Sargeant, Mary O'Kennedy, Živa Newman and Andrew Parle online from May and take your career to the next level in 2021. Enroll [HERE](#).



## Fundraising Short Courses

Cii Academy offers a range of short training courses - to help you become a more effective fundraiser. Find out more [HERE](#).



## Remote Working and Communities – Volunteering

*Making the most of remote workers' skills for your community project.*

Tuesday, 13 April 2021

7:30 – 8:30pm

This event will respond to these questions:

- What makes a successful community organisation?
- Could your community project benefit from the skills of remote workers?

For more information and to register click [HERE](#).

## Remote Working and Communities – Facilities

*Adapting community facilities for remote workers.*

Tuesday 20th April 7:30 – 8:30pm

This event looks at opportunities for community groups arising from the challenges that have emerged from enforced working from home, for example:

- Lack of access to high-speed broadband
- Lack of suitable workspace at home
- Lack of social interaction throughout the working day

For more information and to register click [HERE](#).



THE IRELAND FUNDS

## The Ireland Funds – Heart of the Community Fund

The Heart of the Community Fund is aimed at smaller organisations meeting direct needs in their local communities. It will provide critical and timely funding to a wide range of not-for-profit and community organisations across the Republic of Ireland and Northern Ireland. See guidelines and apply [HERE](#).

## Learning Opportunities from Volunteer Ireland

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

**Book any of these [HERE](#).**

## Digital Skills Classes

April 15: Introduction to Zoom

April 22: Google Apps - get the most from your Google account

April 29: Staying safe online - how to identify Fake News

Classes: 11am - 12pm via Zoom

Register by April 14, 12pm

email - [ukelly@galwaycoco.ie](mailto:ukelly@galwaycoco.ie)

#DigitalSkills #DigitalEU



# EVENTS



## The National Volunteer Management Conference 2021

The National Volunteer Management Conference is essential to anyone who manages volunteers as part of their role or those who want to learn more about volunteer management in the Community & Voluntary and Corporate Sectors.

Early Bird Tickets are on sale now for the National Volunteer Management Conference 2021 which takes place on Wednesday 21 and Thursday 22 April. Over 30 speakers from Ireland and overseas exploring the changes and challenges we face in volunteering. More info [HERE](#).

## YOUR HEALTH IS YOUR WEALTH – REDUCING WELLBEING RISKS WITH HEALTHY IRELAND (WEBINAR)



YOUR HEALTH IS YOUR WEALTH

### Reducing Wellbeing Risks

with Healthy Ireland

FRIDAY, 23 APRIL @ 10AM



In this webinar, Sarah McCormack from Healthy Ireland will look at the drivers for life style behaviours, the supports available and the opportunities for community organisations in getting involved to create healthy environments and benefit from the different sources of Government funding being provided. Sign up [HERE](#).



WELL KNOWN TV PSYCHOLOGIST  
**DR EDDIE MURPHY**  
THREE PART SERIES



**WELLBEING IN STRANGE TIMES**

- 24th March
- 7:30 PM
- Zoom Webinar

**PARENTS SUPPORTING TEENS**

- 14th April
- 7:30 pm
- Zoom Webinar

**MENTAL FITNESS**

- 5th May
- 7:30 pm
- Zoom Webinar

**INFORMATION**

In association with Healthy Galway, we are delighted to bring you three **FREE** webinars!

Join us at one (or all three!) of our fantastic mental health webinar series with TV's Dr Eddie Murphy.

The Community Mental Health Fund, supported by the Department of Health



Rialtas na hÉireann  
Government of Ireland



pobal  
government supporting communities

Link in Bio!



@Dreddiemurphy

## 3-part webinar series

## with Dr. Eddie Murphy

Healthy Galway, Galway Sports Partnership and Healthy Galway County will host a three-part webinar series with Dr. Eddie Murphy. The webinars will be delivered via Zoom.

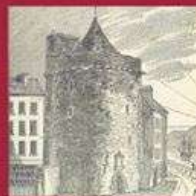
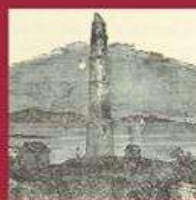
- Wednesday 14th April at 7.30pm - Parents Supporting Teens
- Wednesday 5th May at 7.30pm - Mental Fitness

The webinars are free, but spaces are limited.

Those interested can register

[HERE](#).

Waterford Libraries - Local Studies Department  
**April Talks Series**



## Digitising our Local Heritage: Europeana in Focus

Online (via Zoom) | Tuesday 20 April | 10am - 11am



## Digitising our Local Heritage: Europeana in focus

by Waterford Europe Direct Information Centre

Tue, 20 April 2021

10am - 11am

Register [HERE](#).





SPÓRT ÉIREANN  
SPORT IRELAND

# 9 TO 9



SPÓRT ÉIREANN  
SPORT IRELAND

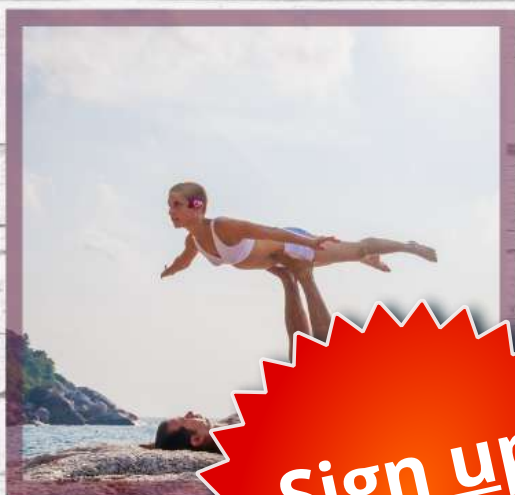


## 9 to 9 Walking Competition

Compete locally and/ or against people on your level! You choose the distance. The competition will run from the 9th April to 9th May

## Yoga Classes

Take part of the popular Yoga classes that will go live every Saturday at 10AM



## ACRO Dance

Every Thursday at 7PM Siar Dance are hosting an ACRO Dance Class with Síomha! Make sure to take part of this fun class!

**Sign up  
HERE**



# BUGGY BUDDIES

POSTNATAL FRIENDLY VIRTUAL EXERCISE  
CLASSES

*Welcoming Parents of small  
children*

Helping you make time for exercise and get  
back to fitness!

Get your zoom on  
**EVERY TUESDAY AT 11AM**

**45 MINUTES**

**6 WEEK COURSE**

€10 for a 6 week course, weekly sessions of cardio and strength exercises.  
Our postnatal friendly exercise classes are from the comfort of your own home via Zoom.  
For Health & Safety reasons, all participants must be at least 6 weeks postpartum



Register via [EVENTBRITE](#)  
For more information contact  
[galwayactive@galwaycoco.ie](mailto:galwayactive@galwaycoco.ie)  
091 509572



**Sign Up  
HERE**







## **.IE Digital Town Awards and programme**

The .IE Digital Town Awards promote awareness, knowledge, use and understanding of digital in Ireland by its citizens, businesses and communities. It also highlights the benefits and possibilities of digital and celebrates the digital achievements of local towns, big and small.

There will be 14 awards in a number of categories with a total prize fund of €100,000 in 2021.

11 of the awards will be for digital projects and in addition there will be two special Award categories – Digital Changemaker and Digital Rising Star, which will be chosen by an independent judging panel. We are also delighted to announce the totally unique Digital Hero Award. This will be a person in your community who is an unsung hero, who works tirelessly on initiatives to promote the digital enhancement of the town. There will be a special prize of €3,000 for this award.

Applicants will be asked to provide information on their Digital Vision and Digital Projects underway. More information and the Award Categories are listed [HERE](#). Entry to the awards is free.

**Enter Now**



# Grow It Forward

The pandemic has seen a record number of people turn to growing their own food and discovering the joy and pride that brings. The process of seeing a seed turn into a seedling and eventually food you can eat is full of magic and no shortage of optimism. Grow it Forward is all about sharing that feeling as far and wide as possible at a time when we need it most. That's why we're inviting people to get free seeds and do good deeds.

– Michael Kelly, Founder of GIY

## WHAT IS GROW IT FORWARD?

Grow It Forward is a national programme to help half a million people [#KeepWell](#) by growing their own food.

In partnership with Healthy Ireland and Libraries Ireland through the Government of Ireland's Keep Well initiative, we are giving away 50,000 free seed packs and asking participants to use them to share the experience with 10 people. In all, we aim to support half a million people across Ireland to enjoy the wide range of benefits that come from growing food at home.

## HOW DO I GET A PACK?

To get your free pack simply contact your local library, as all 330 branches are helping to drive the effort by sending out packs as well. If you get a pack from your local library don't forget to sign up for your free growing plan [HERE](#).

## WHAT'S IN THE PACK?

Each pack includes seeds for beetroot, carrots, salad leaves, peas, and tomatoes; a guide to help grow them, and a postcard and gift tags to help share them. Those who sign up will also receive regular e-mails with growing support, video clips, and ideas for how to 'grow it forward' by passing on seeds, seedlings, or produce in accordance with social distancing guidelines.

## HOW DO I GROW IT FORWARD?

After you receive your free pack we ask that you share the experience with nine other people to help us reach our goal of 500,000 people in total. How you choose to share this growing experience is up to you – you can put seeds in the post, leave seedlings outside your house, drop fresh produce off to your neighbours or whatever you can think of. We will be sharing lots of Grow It Forward ideas and stories to give you some inspiration throughout the campaign.



## An Introduction to Mindful Practice with Sandra Healy

April 13th 7.30pm

Sandra Healy PhD, MTAI is a qualified mindfulness teacher and teaches the Mindfulness Based Stress Reduction course which is used for the management of pain. Sandra will explore the history of mindfulness and give an introduction to mindful practices including some we will do together. Sandra will give insight on how to use such practices to build the capacity to be mindful in our everyday lives. Sign up [HERE](#).

## Arthritis and Physical Activity With Niamh Brennan

April 22nd 7pm

The effect of exercise on the management of arthritis and how covid-19 has changed exercise patterns for people living with arthritis. Niamh Brennan is a graduate of GMIT in Sports Science and during her placement with the Galway Branch last year she led seated exercise classes and a walking group. We're delighted to welcome Niamh back with this talk. Sign up [HERE](#).

## 6 week Online Physio-Led Pilates for People with Arthritis in Galway

Arthritis Ireland Galway Branch delighted to offer 2 x **6 week classes of Physio-Led Pilates** for people with Arthritis with the support of the National Lottery fund. **Classes start on Thursday 22nd April 2021** and you can choose from 2 time slots. Resistance bands will be posted out in advance of the start date. Sign up [HERE](#).

## 'Walk Where You Are' Virtual Walking Group

'Walk Where You Are' the virtual walking group is running and to receive more information email [galwayarthritis@gmail.com](mailto:galwayarthritis@gmail.com)

# Health and Wellbeing Short Course on Managing Stress and Anxiety

A short course on managing stress and anxiety during the COVID-19 pandemic has been developed by the Department of Occupational Therapy in Mental Health in St James's Hospital.

The course is 40 minutes long and is broken down into four parts:

**Part 1:** [Introduction, what is occupational therapy, what is stress and anxiety?](#)

**Part 2:** [Feelings - identifying and coping with them](#)

**Part 3:** [Thoughts - identifying and coping with them](#)

**Part 4:** [Behaviours - identifying and coping with them and a note on goal setting](#)



## Minding Your Wellbeing

HSE Health & Wellbeing have a 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](http://www.yourmentalhealth.ie)





**AFRICA UNITED GALWAY**  
In Conjunction with  
**IMMIGRANT COUNCIL  
OF IRELAND**

Presents  
**MIGRANT  
Political Participation  
Workshop**

**On Zoom - 4pm  
Sat. Apr 24<sup>th</sup> 2021**



**Cllr Yemi Adenuga**  
Meath Co. Council  
(Guest)

**Teresa Buczkowska**  
Integration Manager (Trainer)

**Cllr Uruemu Adejinmi**  
Longford Co. Council (Guest)

**Do You  
Know Your  
Voting Rights?**

**Do You Have  
a Political  
Aspiration?**

**Do You Know The  
Value of Your Vote?**

✉ [africaunitedgalway@gmail.com](mailto:africaunitedgalway@gmail.com)

📘 Africa United Galway Ireland



Immigrant  
Council of  
Ireland



**Please Register  
on Eventbrite**



**Tuesday 20th @ 7pm**

Regenerative Cultures, Arts  
& Deep Ecology



**Wednesday 21st @  
11am**

One Planet Living & Low  
Carbon Development

# Earth Week

20th - 23rd April 2021

Join us online for a community  
discussion!

**Thursday 22nd @ 7pm**

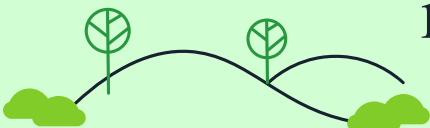
Biodiversity

**Friday 23rd @ 11am**

Sustainable Energy

Email

[mmullen@galwaycoco.ie](mailto:mmullen@galwaycoco.ie)  
for sign up details





Galway County  
**Public  
Participation  
Network**

Lianra Rannpháirtíochta Phobail  
Chontae na Gaillimhe



**Carmichael.**



The Community  
Foundation for Ireland



# Workshop Preparing an Annual Report

**FREE!!**

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.

Workshop Facilitators: Diarmaid Ó Corrbuí /  
Martin Corboy

**Tue, 20 April 2021  
10:30am – 12:30pm**

**Sign up on Eventbrite:**

**<https://bit.ly/3cRmqz8>**





Galway County  
Public  
Participation  
Network

Lianra Bonnpháirtíochta Phoiblí  
Chontae na Galíllímhé

# Community Work Training

'Community work for non-community workers'

Based on the *All Ireland Standards for Community Work*, this brief training session will introduce the definition of, and the values that underpin, **community development**. The session will also include a discussion on how a community development can support the work of the Public Participation Network in County Galway.

**April 29th @ 3-4pm**  
**Sign up [HERE](#).**





# SUPPORTS

## Galway County Council COVID-19 Community Call Helpline

**Telephone: 1800 928 894 (freephone)**

**091 509 390 (landline)**

**Email: [covidsupport@galwaycoco.ie](mailto: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.*

### Covid-19 Information



An Roinn Sláinte  
Department of Health

#### COVID-19 Vaccine Centres

Videos with information about how the vaccination centres will operate are [available here](#).

Infection Prevention and Control guidelines for Early Learning and Care and School Age Childcare settings during the COVID-19 Pandemic

[This guidance is available here.](#)

Isolation quick guide: adults and children from their 13th birthday

[This guidance is available here.](#)

Isolation quick guide: greater than 3 months and up to 13th birthday

[This guidance is available here.](#)

COVID-19 Religious settings guidance

[This guidance is available here.](#)

Summary of Key Guidance Points for Infection Prevention and Control and Outbreak Control in a Long-Term Residential Care Facility.

[This guidance is available here.](#)

# 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](http://www.samaritans.org)

 **116 123**

**pieta** 

 **1800 247 247**

TEXT HELP TO 51444 [mary@pieta.ie](mailto: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](http://www.pieta.ie)

**your  
mental  
health.ie**

Information | Support | Services

**1800 111 888**

[www.yourmentalhealth.ie](http://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](mailto:hello@text50808.ie)

[www.text50808.ie](http://www.text50808.ie)

For more information:  
[www.westbewell.ie](http://www.westbewell.ie)



SCAN ME

**My Eircode:** .....

**My GP:** .....



Cúram Sláinte  
Phobail, Iarthar  
eg. Inisearc na Gortaí,  
Múscraige agus Rioscommon

Community  
Healthcare West  
Singing Gables, Tulla  
and Roscommon



Connecting for Life  
Galway, Mayo and Roscommon