

MAY 2021

GALWAY COUNTY PPN NEWSLETTER



Welcome PPN Members
to our May '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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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

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

New PPN Resource: Linkage Groups explained

Read about Galway County PPN Linkage Groups: what they are, how they work and how you can get involved [HERE](#).

New fundraiser book of new works by local artist Anne Korff.

Artist Anne Korff is launching a charitable initiative to put her artistic vision toward benefitting the work of Médecins Sans Frontières (Doctors Without Borders) emergency fund.

The ROSES of HOPE - MEDITATIONS book contains a selection of six reproductions of her artwork.

The price of the book is €20 and it can be ordered from www.annekorff.com. All profits from the sale of the book will be donated to the Médecins Sans Frontières (Doctors Without Borders) emergency fund.

Earth Week 2021

In April we celebrated Earth Week through hosting a series of online events showcasing the excellent work of our local climate and sustainability ambassadors. We would again like to thank everyone who took part. For more information on the work of the Green Recovery Working Group please see [HERE](#).

Earth Week

20th - 23rd April 2021

Tuesday 20th @ 7pm

Regenerative Cultures, Arts & Deep Ecology

Speakers:

- Kevin Flangan, Solid Network
- Martina Finn, Third Space Galway
- Letizia Gorini Coady, SAUTI-Youth (Youth Work Ireland, Galway)
- Sheila Flanagan, Artfarm
- Sinead Renu Sheehan, Extinction Rebellion
- Dara Molloy, Comharchumann Fuinnimh Oileáin Árann Teo
- Maria Hesche, Galway Feminist Collective

Earth Week

20th - 23rd April 2021

Wednesday April 21st @11am

One Planet Living & Low Carbon Development

Speakers:

- Derrick Hambleton, An Taisce
- Marion Alder/ Anna Swisher, Crann Og Eco Farm
- Mags Sheehan, Headford Environmental Group
- Vincent Carragher, TCD
- Denis Nealis, One Future

Earth Week

20th - 23rd April 2021

Thursday April 22nd @7pm

Bio-diversity & LandUse Management

Speakers:

- Sibeal Regan, Irish Whale and Dolphin Group
- Aoife Ralph, Green Sod Ireland
- Dan Clabby, Conservation Volunteers Galway
- John Lusby, Birdwatch Ireland, Carrowmagappul Bog Restoration
- Janet O'Toole, Connemara Green
- Marie Mannion, Galway Heritage Office

Earth Week

20th - 23rd April 2021

Friday April 23rd @11am
Sustainable Energy

Speakers:

- Una Kelly, Ballinasloe Library
- Dr Orla Nic Suibhne, SEAI Sustainable Energy Community Mentor
- Tuuli Rantala, Inishbofin Development Company CLG
- Cllr Joe Sheridan - Tuam SCAN SEC
- Dunmore RESS SEC
- Patrick McHugh, Director, Clár Éifeacht Fuinnimh, Údaras na Gaeltachta
- Eileen Davis, Ionad Cuimhneacháin na nIomraíoch, Carna

Chat Benches, signage available for communities



As part of the Covid Resilience Fund for Keep Well Galway County Council has developed “Chat Bench” signage to help encourage people to stay connected within their communities.

The signage is available to communities to install on benches in their locality. If you would like more information or to request signage for your area please contact healthandwellbeing@galwaycoco.ie .

Free Fire Safety and Manual Handling Courses

To avail of either Manual Handling/ Fire Safety or both, please feel free to contact me via email or over the phone to register ehughes@grd.ie , 087-6467879

Please note: these courses are funded by Galway Rural Development SICAP Programme and are FREE OF CHARGE.

Places are on a first come first serve basis and are filling quickly so please register ASAP if interested.

90% of Irish people have donated to a charity in the past year

The Charities Regulator has today published its Irish Public Survey into society’s attitudes and engagement with registered charities in Ireland. Read more [HERE](#).



The Charity Excellence Awards 2021

The Charity Excellence Awards aim to highlight and reward excellence within the charity sector. The categories reflect the full spectrum of those who work within the sector in charities big and small, from trustees to fundraisers, members of the finance team to your corporate partners.

The 2021 Awards entry forms are now open. Find out more [HERE](#).

Meet your new PPN Reps!



Nicola Johnston, PPN Rep for Loughrea Municipal District



Nicola Johnston, Community Youth Worker with the Loughrea Youth Project is a new member of the PPN Secretariat, representing the Loughrea Municipal District. Nicola has a passion for making young people's voices heard and working with young people to ensure this happens. She believes that the youth work model offers the perfect vehicle for this.



Maria Heneghan, PPN Rep for Galway Rural Development Committee



Maria Heneghan holds a BA. and a Masters in Rural Development from NUIG, as well as, a Post graduate diploma in Socio Economics from UCD. Maria has served as Rural Development Specialist in Teagasc with a specific focus on Rural Tourism. Present Board membership include:
The Wheel - The National Association of Community & Voluntary Organisations, Charities and Social Enterprise,
Green Sod Ireland - A land trust that protects land and biodiversity, and
Ballyglunin Station Restoration - A local community initiative.

Home Energy Saving Kits



Ballinasloe Library is delighted to launch the Home Energy Saving kits for Galway libraries and Europe Direct. The aim of the kit is to help householders make sense of the energy they use every day. These kits contain six practical energy saving tools so that you can carry out a mini energy audit of your home and find the easiest and most important areas to save energy. According to Codema, Dublin's Energy Agency, you can reduce your energy bill by up to 20% while improving the comfort of your home and helping contribute to a better environment at the same time. The tools in the kit are easy-to-use and they provide an interactive and tangible way to introduce the concept of energy usage into your home. The Home Energy Kit is a winner of an EU Sustainable Energy Award.

The Home Energy Saving Kit contains:

- Fridge/Freezer Thermometer - Measures the temperature of your fridge and freezer so that you can adjust if not at the right setting.
- Thermal Leak Detector - Detects energy leaks in your home by showing you the temperature differences with a coloured LED light. This helps to spot thermal air leaks and identify areas for additional insulation and/or draught proofing.
- Temperature & Humidity Meter - To identify both the temperature as well as the humidity levels in the home.
- Plug-In Energy Monitor - To understand how much energy the appliances in the home use and help calculate their running cost.
- Radiator Key - To bleed radiators and release any trapped air so that your radiators run more efficiently.
- Stopwatch - To bleed radiators and release any trapped air so that your radiators run more efficiently.
- Home Energy Saving Kit MANUAL

The kit also includes a worksheet and a survey form, so you keep a record and compare results. Completed survey forms survey will be entered into regular draws for €100.

The Home Energy Saving Kits will be available for loan from 5 libraries across Galway (Ballinasloe, Loughrea, Tuam, Clifden, Galway City Library). The loan period will be 2 weeks. Please contact the individual library for details.

- *Úna Kelly*

Executive Librarian / Manager Europe Direct Information Centre
Ballinasloe Library



Cathaoirleach's Community Awards



**Galway County Council now invites
applications for this years
Cathaoirleach's Community Awards
Nominate a group or individual now!**



.....

The **Cathaoirleach Awards** are an annual initiative to acknowledge the commitment of individuals and groups who participate in unpaid community and voluntary activities and the significant impact their actions have on quality of life in their communities.

The Awards for 2020 are particularly important as we celebrate the many selfless volunteers who have supported our communities, our vulnerable, and those who have been impacted in so many ways since the onset of the COVID-19 pandemic, and to that end, we have amended the Award Categories to reflect these particular challenges of the year gone by.

- **Nominations are now invited under the following GROUP categories [HERE](#).**

COVID-19 Community Response Award (1 Award per MD), Culture and Creativity Award, Environment and Natural Heritage Award, Health & Wellbeing Award, Irish Language Award, Social Inclusion Award

- **Nominations are now invited under the following INDIVIDUAL category [HERE](#)**

Individual Volunteer of the Year Award.

All Nomination Forms must be submitted online and the closing date for receipt of completed Nomination Forms is Friday 21st May 2021.

HAVE YOUR SAY!



Climate Conversation - Climate Action Plan 2021

The [Department of the Environment, Climate and Communications](#) want your views on how we can transform Ireland and support people to take their own climate actions. You are invited to be part of this [Climate Conversation](#) and to share your views on the government's climate action and how it can support you to take climate action in your own life. Your views will also be part of the wider [National Dialogue on Climate Action \(NDCA\)](#) and will help to engage and communicate with more people on Ireland's climate action in the future.

This consultation is open until 17.30 18th May 2021

See [HERE](#) for more information.

UPCOMING MEETINGS

Meeting	Time
PPN Secretariat Meeting	Tuesday, 11 th May @ 7pm
Joint Policing Committee meeting	Monday, 17 th May @ 11am
Thursday Trainings	Thursday, 20 th May @ 7pm
PPN Reps training with Caroline Egan	Tuesday, 25 th May @ 3:30pm
LCDC Meeting	Wednesday, 2 nd June
Housing SPC	Wednesday, 2 nd June

NEWS FROM THE DEPARTMENT(S)



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

- Minister of State Chambers announces outcome of Irish Language Summer Colleges consultation process. 07/05/2021. Read Press Release [HERE](#).
- Minister Catherine Martin welcomes the reopening of Ireland's National Cultural Institutions. 10/05/2021. Read Press Release [HERE](#).
- Significant funding announced to support Gaeltacht families. 13/05/2021. Read Press Release [HERE](#).
- New creative projects to support young people announced today at Creative Youth Conference 2021 “Creativity – the connection to the future, now”. 13/05/2021. Read Press Release [HERE](#).
- Two language plans announced by Minister of State Chambers while visiting Irish language organisations in Galway and the Connemara Gaeltacht. 13/05/2021. Read Press Release [HERE](#).
- New research unveiled as part of new State commemorative platform highlighting the role of women in Irish history. 13/05/2021. Read Press Release [HERE](#).



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

- Minister O'Brien & Minister Burke approve over €23m in funding for the Disabled Persons Grant Scheme & Improvement Works in Lieu of Local Authority Housing Scheme. 07/05/2021. Read Press Release [HERE](#).
- Minister Noonan announces €3m in funding for 85 built heritage projects under Historic Structures Fund 2021. 30/04/2021. Read Press Release [HERE](#).

- Our Rural Future: Minister Humphreys announces €14 Million Fund to support outdoor adventure activities. 23/04/2021. Read Press Release [HERE](#).
- Our Rural Future: Minister Humphreys announces €15 million fund to revitalise rural towns & villages. 03/05/2021. Read Press Release [HERE](#).
- Our Rural Future: Minister Humphreys announces new €5.6 million contract to support air service to the Aran Islands. 05/05/2021. Read Press Release [HERE](#).
- Ministers Humphreys, McGrath and O'Brien launch €10m Community Fund. 06/05/2021. Read Press Release [HERE](#).
- Ministers Humphreys and O'Brien announce €4.5 million to improve community facilities. 10/05/2021. Read Press Release [HERE](#).
- Our Rural Future: Minister Humphreys announces call for Category 2 applications to the €1 Billion Rural Regeneration and Development Fund. 12/05/2021. Read Press Release [HERE](#).
- Our Rural Future: Minister Humphreys announces €1.1 million in funding for works on the Islands. 13/05/2021. Read Press Release [HERE](#).
- Our Rural Future: Minister Humphreys allocates €10.5 million for upgrade works on rural roads and laneways. 14/05/2021. Read Press Release [HERE](#).
- Minister Joe O'Brien announces the opening of seven new Volunteer Centres. 17/05/2021. Read Press Release [HERE](#).



FUNDING / SCHEMES

Climate Action Opportunity Fund 2021

Galway County Council is pleased to announce The Climate Action Opportunity Fund for 2021. This Scheme nurtures new ideas that capture environmental and technological advances supporting positive Climate Action. Closing date for receipt of completed application forms is 4.00 p.m. on 31st May 2021.

Application forms and more information available [HERE](#).

RETHINK
IRELAND

Rethink Ireland's Children and Youth Digital Solutions Fund 2021-2022

The Children and Youth Digital Solutions Fund is a €600,000 one year fund created by Rethink Ireland in partnership with The Department of Children, Equality, Disability, Integration and Youth. The objective of the fund is to support services who work with children and young people through the use of technology.

The fund is interested in finding innovative collaborative projects using digital solutions to solve a problem, collect relevant data or scale resources for children and young people. This fund is open to the Children and Young People's Services Committees (CYPSC) and Child and Family Support Networks as well as entities that have a not-for-profit legal form, e.g. a school, charity, social enterprise, voluntary organisation or Higher Education Institutions.

Apply to [The Children and Youth Digital Solutions Fund](#) via the online application form from 2 pm April 15th, 2021 until Monday, May 17th, 2021 at 5 pm

The Children and Youth Digital Solutions Fund is a €600,000 one year fund created by Rethink Ireland in partnership with The Department of Children, Equality, Disability, Integration and Youth. The objective of the fund is to support services who work with children and young people through the use of technology. This fund is open to the Children and Young People's Services Committees (CYPSC) and Child and Family Support Networks as well as entities that have a not-for-profit legal form, e.g. a school, charity, social enterprise, voluntary organisation or Higher Education Institutions.

Online application form open from 2 pm April 15th, 2021 until Monday, May 17th, 2021 at 5 pm.

More information available [HERE](#).

Dormant Accounts Fund Action Plan for 2021

The Department of Social Protection (DSP) are inviting applications from community and voluntary organisations who wish to support and improve the employment opportunities (incl. self-employment opportunities) for People with Disabilities. A support event for organisations interested in applying will be held on Thursday 22nd April at 2:30pm. Event details and registration are available [here](#).

The closing time and date for applications is 3:00pm on Thursday 13th May.

Please see [HERE](#) for details.

Empowering marginalised and disadvantaged communities through Education.

The Engage and Educate Fund is a €1.2 million three year fund created by Rethink Ireland in partnership with Mason Hayes and Curran LLP and the Department of Rural and Community Development via the Dormant Accounts Fund. The objective of the Fund is to back innovative projects that empower young people and adults through education, enabling people from marginalised communities to access game-changing education programmes.

More information and application guidelines available [HERE](#).



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



Fáilte Ireland

National Tourism Development Authority

Outdoor Recreation Infrastructure Scheme

The Outdoor Recreation Infrastructure Scheme provides funding for the development of new outdoor recreational infrastructure. It also provides support for the necessary repair, maintenance, enhancement or promotion of existing outdoor recreational infrastructure in rural areas across Ireland.

Find out more [HERE](#).

- Measure 1: Small-scale repair/development/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: Strategic large-scale repair/upgrade and new strategic trail/amenity development grant amounts up to €500,000
- Project Development Measure: Development costs for strategic large scale projects grant amounts up to €50,000



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](#).

***Please note the deadline has been extended to Monday 31st May 2021*

Our Rural Future: €5 million Connected Hubs Fund

Minister for Rural and Community Development, Heather Humphreys TD, recently launched a new five million euro fund to support the development of Ireland's first national network of remote working hubs. See more [HERE](#).

Covid-19 Stability Fund

Covid Stability Fund for community groups, charities & social enterprises. Fund administered by Pobal. Application window 20th-27th May @3pm. Info [here](#).

Scéim Athnuachana na mBailte agus na Sráidbhailte / Town and Village Renewal Scheme 2021.

Galway County Council deadline for Expression of Interest for Scheme 9th June 2021. Info [here](#). Detailed criteria and info webinar to be announced later. Check Galway County PPN on Facebook/ Twitter for updates.

Outdoor Recreation Infrastructure Scheme 2021

Galway County Council now invites applications for the 2021 Outdoor Recreation Infrastructure Scheme.

Measure 1: Small Scale Repair/Development/Promotion and Marketing

Grant Amounts: Up to €20,000. Deadline for 5pm 9th June, 2021

Measure 2: Medium Scale Repair/Upgrade and New Trail/Amenity Development

Grant Amounts: Up to €200,000. Deadline for 5pm 5th July, 2021

Measure 3: Strategic Large Scale Repair/Upgrade and New Strategic Trail/Amenity Development Grant amounts: Up to €500,000. Deadline for 5pm 5th July, 2021. For application forms and more information see [HERE](#).

Arts and Disability Connect includes New Work, Research and Development, Mentoring and Training awards for individual artists with disabilities. It offers artists an opportunity to; make a change in their practice; ‘step up’ in terms of scope and scale; engage in new learning experiences; develop new working relationships; buy time to research and develop work; to make and present new work to audiences.

- Round 1 opened Tuesday 06 April 2021.
Deadline is Monday 24 May, 2021 at 4pm.
- Round 2 opens Monday 30 August 2021.
Deadline is Monday 18 October, 2021 at 4pm.

More information and application forms available [HERE](#).



Culture Ireland
Cultúr Éireann

Culture Ireland offers support to Irish professional artists, arts organisations and international presenters to present work by Irish artists at significant international venues and festivals. See [HERE](#) for more information.

TRAINING/ COURSES



Preparing an Annual Report

Training by Volunteer Galway. This 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. See more [HERE](#).

Ready and Able to Re-open in 2021

Training by Galway County PPN and Volunteer Galway. This webinar is for volunteers and staff of non-profit organisations only. Adapted to the new challenges we face in 2021, participants will gain a thorough understanding of the protocols and best practice for return. See more [HERE](#).

Introduction to LEADER Funding

25th May 2021. LEADER is a rural development programme co-funded by the EU and which operates a locally-led, bottom-up, approach to meeting the needs of local communities and businesses. Find out more [HERE](#).

For more training and courses, see Volunteer Galway's website [HERE](#).



Macra na Feirme

How Macra can be good for your Career

Can our involvement in community organisations such as Macra na Feirme have a beneficial impact on our careers? Dead right it can, according to career coach Liam Horan of SliNuaCareers.com

“The things you do in your spare time can reveal a great deal about you. They can show that you are community minded, effective within a team and committed to developing your skills and knowledge,” said Liam.

“We are not linear beings. We are not just our careers or our professions. There is so much more to us. The person we are is influenced by a wide variety of factors, and our personal lives are a huge part of that.”

How might we put it to good use? Liam offers this three-point plan to get you thinking:

1. Look at what you actually do in the community organisation. Are you the treasurer? If yes, you can justifiably claim that you are reliable – and that your peers see you as reliable. Does this suggestion you have attention to detail and financial literacy? If you happened to be seeking work in an area where attention to detail, reliability or financial literacy are useful, it is quite easy to see how you can make your involvement pay in your CV or job interviews. Are you the chairperson? That’s leadership, right there.

2. Have you led or played a significant role in any major projects in that organisation? If you’ve been the de facto project manager for renovating a clubhouse or buying ground for a sports field, that says a huge amount about you: it can be pure gold in a CV or an interview. It takes special people to manage budgetary shortfalls (aka “sure, we’re flat broke, but we’ll get there anyway...”), planning permission, local sensitives, dealings with quantity surveyors and builders, internal politics and so on to bring big projects to fruition – make the most of it in your career material.

3. Through your community involvement, can you display that you are a keen learner? What courses have you done? They could be personal or professional development – report writing, social media, public speaking and so on. Let them see you understand that every day is school day.

“The reality is that your community involvement can be powerful. But you’ve got to make them see it: you can’t expect them to act like clairvoyants and discern the relevant attributes, experience and expertise,” adds Liam.

Liam emphasises that if you want them to know that “through my involvement in Macra na Feirme, I have shown that I can lead a team, as I demonstrated when we hosted a major regional event attended by 200 Macra members from all over the province...” – you should tell them.

The onus is on you. Don’t leave good evidence off your CV or at the door when you go for interview.

Liam Horan is Managing Director of SliNuaCareers.com, one of Ireland’s leading career training agencies. They can help you at all stages of your career, whether you need a new CV, assistance with an upcoming interview or a whole new career direction. SliNuaCareers.com offers a 15% discount to members of Macra na Feirme; just quote ‘Macra’ when engaging with them. T: +353 94 95 42965 / E: admin@slinuacareers.com.

To find out more about joining Macra na Feirme please contact Debbie Donnelly T: 086 7808987
E: ddonnelly@macra.ie



Roinn Cumarsáide,
Fuinnimh & Acmhainní Nádurtha
Department of Communications,
Energy & Natural Resources



Irish Rural Link
Nasc Tualthe na hÉireann

FREE ONLINE IT SKILLS COURSE FOR FARMERS



Irish Rural Link are holding FREE ONLINE classes in the comfort of your own home

Topics Include:

Department of Agriculture

Farmer Registration Calf & Herd Register

Online Mart App

Done Deal

Computer Literacy

Internet Search

Setting up Email

Online Banking

BOOKING IS ESSENTIAL

**For more information on this free online course,
Contact: Anne Cassidy, GRD Rural Resource Officer**



087 7685711





Roinn Cumarsáide,
Fuinnimh & Acmhainní Nádurtha
Department of Communications,
Energy & Natural Resources



Irish Rural Link
Nasc Tuaithe na hÉireann

FREE ONLINE COMPUTER CLASSES FOR CITIZENS



Irish Rural Link are running free online computer classes for farmers, senior citizens, people working in the rural community, unemployed or part time employed people. The aim of the classes is to make people feel comfortable using a computer and also to introduce you to the wonderful world of the Internet...w.w.w.

Learn how to use:

Zoom

Set up an Email

Online Banking/Shopping

Online Safety

Use of Apps

Use of Online Government Services

Done Deal

If you are living in Galway and would like more information on this free online course, please contact:



Anne Cassidy, Rural Resource Officer
Galway Rural Development
087 7685711 or acassidy@grd.ie



Course sponsored by the Department of Communications, Energy & Natural Resources

EVENTS

Mindfulness in May with Just Bee

6 week Mindfulness Programme for Families with Just Bee. A family focussed programme every Saturday at 11 am, Maria from Just Bee will be hosting mindfulness classes incorporating arts, crafts, music, drama and yoga. Starting 8th May, Saturday at 11 am, Maria JustBee will be hosting mindfulness classes incorporating arts, crafts, music, drama and yoga.

You can sign up [HERE](#).

Bealtaine Festival 2021.

* Bealtaine at Home *

Galway County Council has organised a series of online events and a competition for the over 55's across the County.

See [HERE](#).



The banner features logos for Comhairle Chontae na Gaillimhe (Galway County Council), bealtainefestival (celebrating creativity as we age), GALWAY AGE FRIENDLY PROGRAMME, Rialtas na hÉireann (Government of Ireland), KEEP WELL, and pobal (government supporting communities). The central text reads: "A series of Bealtaine Events organised for over 55's in the County".

BEALTAINÉ AT HOME

**MAY 2021
WEEK 1**

For the full details of
all nationwide events
see bealtaine.ie



Saturday 1st
Roots & Shoots: IMMA –
Tracing Memories
Online Podcast Series (1 – 31 May)
FREE / Online



Saturday 1st
Bookable 1-to-1 Roots & Shoots:
Creative Conversations
Throughout May Roscommon County
Council / FREE



Sunday 2nd
Dawn Chorus – taster video
FREE



Sunday 2nd
Paula Meehan interview on
RTÉ Radio One



Tuesday 4th, 3pm
Intergenerational Folk Choir Workshop
with Liz Clark – WS 1
€5 per workshop



Wednesday 5th
As If Trying Not To Own The Earth
New video released / FREE



Wednesday 5th, 2pm
Starting Out with Nessa O'Mahony –
Writing Workshops
€20 (4 workshops)



Wednesday 5th, 3pm
Bealtaine Discussion Series:
The Cultures of Ageing
Pay What You Can



Thursday 6th
As If Trying Not To Own The Earth
New video released / FREE



Friday 7th, 11am
Re:Generation – Visual Arts
Masterclass with Ciara Harrison
€5



Friday 7th, 7pm
This is Happiness
Niall Williams and Christy McNamara
Pay What You Can



Saturday 8th, 7pm
LIVESTOCK: Viral 1 – Day Magee
FREE



Greener NWE

Interreg 
North-West Europe
European Regional Development Fund

NETWORKING
EVENTS

20 MAY 2021

10:00-12:00 CET



*A Greener North-
West Europe
on 20th May
Register now!
See [HERE](#).*

Emigrants & Exiles

the East Galway Story

Emigrants and Exiles - the
East Galway Story.

Zoom conference May 15
2021

Register for free now



**Inviting Clubs and
Associations**

**Be a 'Buddy' in your
Community.**

Find out more [HERE](#)



MONUMENT



**The Corrib:
Myth,
Legend
and Folklore**



Galway City Museum will reopen Tuesday 18 May at 10a.m.
Athoscailt Músaem Cathrach na Gaillimhe an 18ú Bealtaine ag 10a.m.

BOOK YOUR FREE TIMED TICKET TODAY AT / CUIR DO THICÉAD IN ÁIRITHE INNIU TRÍ CHUAIRT A THABHAIRT AR

WWW.GALWAYCITYMUSEUM.IE

THE GALWAY BUZZ!

Celebrating National Biodiversity Week in the County of Galway from 16th to 23rd May 2021

National Biodiversity Week is all about connecting people with nature and inspiring them to learn more, see more and do more for biodiversity. It's also about communicating the importance of biodiversity and encouraging people to play their part in protecting it as well as enjoying it.

Our natural heritage connects us with our roots and our community. Galway County Council and its partners are celebrating National Biodiversity Week virtually this year, through the Galway Buzz.

This initiative has been developed by Galway County Council in partnership with BirdWatch Ireland, the Local Authorities Waters Programme, Attymon Development Group, The Ryan Institute, NUI Galway and The Vincent Wildlife Trust. It has been funded by Galway County Council, the Peatlands Community Engagement Fund and the National Biodiversity Action Plan funding.

CONNECTING PEOPLE WITH NATURE

To find out more:
Listen in to Galway Bay Fm and please see our websites and social media channels:

<https://m.facebook.com/pages/category/Community-Service/Galway-Beo-102500174744778/>
https://www.youtube.com/channel/UC_bWW4CrzofP-4HIMWjTMfg
<https://biodiversity.galwaycommunityheritage.org/>

For further information please contact:
Marie Mannion, Heritage Officer, Galway County Council | email: mmannion@galwaycoco.ie

Photo: Seamus Heaney (National Biodiversity Week) / Photo: Seamus Heaney (National Biodiversity Week)

CELEBRATE NATIONAL BIODIVERSITY WEEK (16TH - 23RD MAY 2021)

- Bird song on the Bog (Dawn Chorus)
Date: Sunday 16 May 2021 Time: 6am.
- Great Yellow Bumblebee Art (for Children) Date: Monday 17 May 2021 Time: 1pm.
- Creating a sensory Garden Date: Monday 17 May 2021 Time: 10am – 11am.
- Painting a wildflower meadow Date: Monday 17 May 2021 Time: 2pm
- The Wonder of Woodland Date: Tuesday 18 May 2021 Time: 10am
- Planting for biodiversity and climate change Date: Tuesday 18 May 2021 Time: 19:00 – 20:00
- A Wild Galway Garden - Garden biodiversity from the soil to the sky Date: Wednesday 19 May 2021 Time: 10am
- Pollinator Planting Date: Thursday 20 May 2021 Time: 14:30 – 15:30
- Sustainable living Date: Friday 21 May 2021 Time: 10am – 12noon
- Making your garden a haven for Hedgehogs Date: Friday 21 May 2021 Time: 1pm
- Mammals of the Wild Atlantic Way - the Lesser Horseshoe Bat Date: Friday 21 May 2021 Time: 2pm
- River Biological Diversity Date: Saturday 22 May 2021 Time: 2pm
- Barn Owls, Buildings and Biodiversity Date: Sunday 23 May 2021 Time: 2pm

Please contact Marie Mannion, Heritage Officer with questions:

mmannion@galwaycoco.ie

DON'T MISS THE BUZZ!!



Pots for Pollinators



Our pollinating insects are in decline. One-third of our 98 wild bee species are at risk of extinction. The All-Ireland Pollinator Plan aims to reverse those declines by helping to encourage more pollinator-friendly flowers in our landscapes.

You don't need a garden to help our struggling pollinators. By planting up a 'pot for pollinators' for your patio or balcony (or a window box), with pollen-rich flowers, you will provide much-needed food for our pollinating insects.



What you will need:

1. Large container, approx. 50cm in diameter

You can buy a pot, or you might already have something you can recycle. Just remember to drill some drainage holes in the bottom of your pot to prevent it getting waterlogged.



2. Multi-purpose, peat-free compost

It's always best to choose a peat-free soil. (Peat bogs are an important habitat, including for many of our pollinators.)



3. Pollen & nectar-rich plants

For example, *Nepeta*, *Salvia*, *Agastache*, *Purple Liatris*, *Sedum Autumn Joy*, *Single-flowered Dahlia*.

These six plants were chosen because they grow well together in containers and can be sourced easily in garden centres. You can find details for other pollinator-friendly flowers, shrubs and trees at www.pollinators.ie

DID YOU KNOW?

Daffodils, Tulips and traditional bedding plants, such as Geraniums, Begonias, Busy Lizzy, Petunias, Polyanthus or Salvia splendens have virtually no pollen and nectar and are of little value to pollinators.

4. Watering can

Flowers in pots will dry out quicker and need more watering than those in a flowerbed. If you don't have a watering can, you can recycle an empty plastic bottle – just punch some holes in the plastic lid.



NEPETA



AGASTACHE



SEDUM AUTUMN JOY



SALVIA



PURPLE LIATRIS



SINGLE-FLOWERED DAHLIA



Step by step:

1. Place your container in a sunny spot (placing it where you want it to sit will save you lifting a heavy pot after planting). Put compost in your pot until it is two-thirds full.
2. Gently remove your plants from their original pots and place in your container, with the tallest at the back.
3. Fill in around the rootballs with compost and press down gently to a few centimetres below the top of your container.
4. Water the container well and top up with more compost if necessary.
5. Look after your pot for pollinators!
 - Ensure it remains moist but not waterlogged. When watering, always aim for the soil and not the plants. It's best to water in the early morning or evening.
 - Deadhead blooms to keep the plants flowering for as long as possible.
 - After flowering is finished, allow leaves to die down naturally, so they can provide shelter for insects during the winter months.
6. Enjoy your flowers and watching all the different pollinators they will attract. Know that you are helping our biodiversity.



Why not try out other ideas for pots for pollinators, with these pollinator-friendly varieties:

Pollinator-friendly Herbs:



THYME



OREGANO



SAGE



ROSEMARY



CHIVES

Pollinator-friendly Bulbs:



CROCUS



MUSCARI



Pollinator-friendly Annuals: You will be able to enjoy all of the listed perennials, herbs or bulbs year after year, but if you only have a small pot, you might also like to plant some smaller-growing pollinator-friendly annuals, such as *Bidens* or *Bacopa*.

To learn more about pollinators and how to help them thrive, visit www.pollinators.ie



Comhairle Chontae na Gaillimhe
Galway County Council



Design and artwork
by Aislinn Grindlow at
NatureWorldDesign.ie

Galway Sports Partnership Launches Active Men May 2021



The aim of Active Men programme is to get men within Galway city and county moving, understand their health choices and provide them with opportunities to socialise all while exercising.

As part of this programme, there are many opportunities to be active, participants can do some, or all, of the following:

1. Men on the Move Class: The hugely successful Men on the Move is back!

The class promotes routine exercising amongst participants. A live zoom class every Monday for 45 minutes which will take the men through different targeted exercises to improve stability and muscle strength with a Men's Physical Activity expert.

2. Couch to 3k Programme: (Coach included) The Couch to 3k Programme is specially designed for those returning to exercise or being introduced to exercise for the first time. It gradually increases stamina for walking, jogging or running. A timetable is set out at the start of the six-week programme and if followed, GSP guarantees success! Every Thursday, there will be a call with our trainer who will help, support and guide the participants to reach their goal!

3. Healthy Eating Class: This class will focus on providing men with knowledge and understanding of nutrition. The knowledge they will gain from this class will be easily adaptable and introduce realistic practices into their daily food preparation and eating habits.

4. Mobility Course for walkers, runners and athletes in training! This mobility course is designed to aid in improving flexibility amongst participants by teaching valuable stretching practices. This course will help athletes in training in developing healthier stretch routines that will improve their mobility and is suitable for all abilities and levels of fitness.

Additional information There are a lot of prizes available to be won (exercise bikes, GSP goodies, vouchers, fitness bundles) Covid restrictions permitting, GSP are aiming to hold a group 3k event together for the participants on Fathers' day (June 20). To sign up to this great initiative using the following form or contact GSP at galwayactive@galwaycoco.ie

[SIGN UP HERE](#)

Muintir na Tíre with the National Safeguarding Office of the HSE

Lifting the Lid on Elder Abuse



Safeguarding | Protection | Prevention

Webinar for Community Leaders

Western Region

Thursday, May 20th 7.30pm

Register at www.muintir.ie/events

Join experts from the HSE, An Garda Síochána and Ulster Bank to consider what your community can do to Keep Safe and Well

#KeepWell

KEEP WELL



Muintir Na Tíre



National Safeguarding Office



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Rialtas na hÉireann
Government of Ireland

Sláintecare
Right Care. Right Place. Right Time.



government supporting communities

SAVE
THE
DATE

25 MAY
2021 12PM



*A Heritage Council
CTCHC Webinar*

**Town Centres,
Land/Building
Management
AND
Compulsory Sale
Orders (CSOs)
in Europe**

CTCHC Programme Co-ordinator Ali Harvey
aharvey@heritagecouncil.ie



An Chomhairle Oidhreachta
The Heritage Council



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



Tionscadal Éireann
Project Ireland
2040



An Roinn Sláinte
Department of Health



Tionól Reigiúrach Oirthir agus Lán-Tíre
Eastern and Midland Regional Assembly

RGDATA



+++ many more...



BALLINASLOE LIBRARY

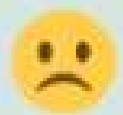
NEW OPENING HOURS FROM MAY 12

Wednesday - Saturday

11 - 1 and 2 - 5



Printing and copying facilities open



No seating or access to public PCs



Face coverings and social distancing
guidelines in operation

Welcome back !

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.*

Covid-19 Information



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

 **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