

DECEMBER 2021

GALWAY COUNTY PPN NEWSLETTER



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



IN THIS ISSUE:

- PPN NEWS
- LIVING WELL
PROGRAMME
- NEWS FROM THE
DEPARTMENTS
- FUNDING
- TRAINING
- EVENTS
- SUPPORTS

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: mmullen@galwaycoco.ie

| www.galwaycountypn.ie |



PPN NEWS

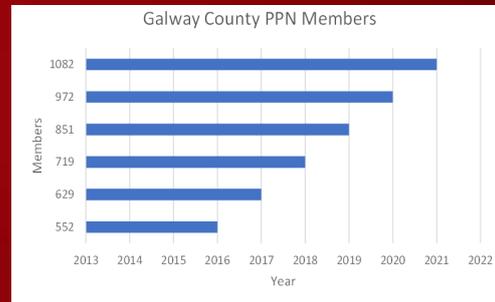


Mary, Carmel and Rita would like to wish all our PPN members a Merry Christmas and a Happy and Healthy New Year! Nollaig Shona daoibh go léir agus guímid gach rath oraibh san Athbhliain!



Galway County PPN delivered a suite of free training to community groups in 2021. Training included: Developing fundraising plans, Volunteer Leadership, Team Engagement and Community Work Training . Irvine training held a series of workshops which offered skills and management training. In August and September Padraig Considine provided Bookkeeping training. Also in August we hosted an information session looking at how community groups can take action for the environment.

The final, very well attended training series for 2021, was hosted by the Green Recovery Group and delivered by Feidhlim Harty. The topic was Land Use Management in County Galway. Galway County PPN conducted a poll of members on the subject of training topics for 2022 and we will be announcing new classes in January 2022. A sincere thank you to all the trainers and attendees in 2021.



As you can see, Galway County PPN continues to grow in numbers, proving that community groups are finding membership worthwhile. This has given strength to the PPN's relevance as a community network in County Galway.

Thanks as always to Vincent our go to Excel/lent person



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
Thursday	January 20th	February 24th	10.30am to 1pm
Monday	February 07th	March 14th	10.30am to 1pm
Tuesday	March 01st	April 05th	7pm to 9.30pm
Wednesday	March 09th	April 13th	10.30am to 1pm

To book your place contact

Contact the Programme Administrator Liam Gildea

Phone : 087 349 0393

Email: liam.gildea@mayocil.ie

www.hse.ie/LivingWell



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.



Self-management
Support



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.

NEWS FROM THE DEPARTMENT(S)



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

- Biodiversity funding for Local Authorities increased to €2.1m 06/12/2021 Read Press Release [HERE](#)
- Our Rural Future: Minister Humphreys announced funding of 1 million to support 247 Social Enterprises with their capital costs. 06/12/2021 Read Press Release [HERE](#)
- Minister Humphreys announces €2.6 million in funding to deliver the first ever Town Centre First Plans 09/12/2021 Read Press Release [HERE](#)



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

- Minister Roderic O’Gorman announced major reforms to the funding model for early learning and childcare services. 07/12/2021. Read Press Release [HERE](#)



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

- Minister Martin launched the third episode in the Mná 100 podcast series, titled ‘Centenary Songs’, as part of the Decade of Centenaries Programme 2012–2023. 09/12/2021 Read Press Release [HERE](#)
- Ministers Martin and Chambers together with Sport Ireland, have announced almost €80m for the sport sector 13/12/2021 Read Press Release [HERE](#)



Liam O'Flynn Award

The Liam O'Flynn Award is a joint initiative of the Arts Council/An Chomhairle Ealaíon and the National Concert Hall/An Ceoláras Náisiúnta as part of their partnership for the promotion, appreciation and enjoyment of traditional arts, which also includes the Tradition Now festival of traditional music.

Closing date : 17.30, 20 January 2022

Maximum awarded :-€15,000 Applicant type: Individual Artist

Contact Alan Farrell Email: alan.farrell@artscouncil.ie

[See Here for details](#)

Community Water Development Fund

This fund helps local local communities deliver projects and initiatives that enhance the local water environment, delivering multiple benefits for biodiversity and climate action. The Local Authority Waters Programme (LAWPRO) administers the Fund on behalf of the Department of Housing, Local Government and Heritage. It is open to all community and voluntary groups to apply. **Please get in touch in advance of submitting your application.** Projects should show benefits for water quality, biodiversity, and climate action. There is a total fund of €380,000 available for 2022. Grants awarded will range from €500 to €25,000.

Closing date for receipt of applications- 12 noon, Tue, 8 February 2022.

[See Here for guidelines for the CWDF 2022.](#)

Conor Ruane | Community Water Officer

M 085 808 3059 Email cruane@lawaters.ie

Local Authority Waters Programme

Clár Uiscí na nÚdarás Áitiúil



Please share with those who might be interested



An Chomhairle Oidhreachta
The Heritage Council



The Heritage Capacity Fund 2022 is now open for applications until **Tues 11 January 2022 at 5pm**. It aims to build the capacity of organisations, with a demonstrated national relevance, working in the heritage sector by providing funding towards their core costs: to build capacity in the heritage sector by developing and strengthening the skills, processes, and resources that heritage organisations need to survive, adapt, and thrive following the Covid-19 pandemic. Further Details [See here](#)

Coming in January 2022. A grant scheme for local projects. Stay tuned!!!



The 2022 support fund for Seachtain na Gaeilge le Energia is now open

The event must take place between March 1 and 17 2022.

The Irish language must be central to the event, events can be bilingual.
Schools cannot enter.

Groups can only submit one application.

The event must be registered on PEIG.ie before any funding will be made available, Events must operate under Covid19 guidelines.

Groups must send photos to snag@cnag.ie after the event.

No applications will be accepted after 1st February 2022

More info: snag@cnag.ie

Bain Triail Aisti- Surprise Yourself!

Application form [See Here](#)

TRAINING/ COURSES



ALONE Ireland



Discover all the amazing ways the internet can enhance your life with Hi Digital, a free online course for anyone who wants to learn essential online skills. Get started today at www.hidigital.ie . Workshops will begin in January 2022. There may be some spaces available .Email ALONE at digitalskills@alone.ie If you are an older person wishing to avail of in-person training in 2022, please contact Active Retirement on 1800 203030 or email hidigital@activeirl.ie
#YouAreNotAlone

Carmichael.

Carmichael Centre -Marketing and Sales for Non-Profits (eLearning)

Online Marketing activity is essential in every non-profit organisation. It helps organisations to reach out to donors to ask for fundraising support. Online [See here](#)

Fee €90



The Wheel- Scope- Governance Basics

***Governance is all about how your organisation is run, directed and controlled; in other words, it is about oversight. To succeed and be sustainable, an organisation needs to be well governed. Online
Free Course -[See here](#)***



LAWPRO have launched a Virtual Consultation Room to help facilitate public engagement and participation in the public consultation process on the draft River Basin Management Plan (dRBMP), which is open for a six-month public consultation up to 31 March 2022.

The Local Authority Waters Programme (LAWPRO) has distilled information in the draft River Basin Management Plan and presented it in this innovative online platform. Because of the Covid-19 pandemic and public health advice, in-person public meetings cannot take place.

[See here](#)

The LAWPRO draft RBMP Virtual Consultation Room

You can access background information on water quality, both nationally and in your county, and find out what's in the plan. The room includes video, presentations, images, and text.

There is an easy-to-use online submission form to submit your views and comments.

Get involved and have your say on water quality matters and this plan for the next six years via <https://drbmp-vcr.ie/>

Learn more:

Local Authority Waters Programme



Notice board



Be Winter-Ready

Helping make you, your home and your business more resilient and prepared for severe weather

Rialtas na hÉireann
Government of Ireland

The Be Winter Ready Booklet has been prepared as part of the Government of Ireland initiative to assist households in preparing for winter while also living with the impacts of COVID-19. This revised edition of our Be Winter Ready Booklet has been prepared as part of the Government of Ireland initiative to assist households in preparing for winter while also living with the impacts of COVID-19. For up to date information please see www.gov.ie/covid19.

Everyday tasks are already more difficult and now we need to prepare for the winter, including possible severe weather events. By taking some simple steps we can all reduce the impact of such events and cope with them when they actually happen. While we get winter ready, remember, even when fully vaccinated, to wash your hands regularly, maintain social distancing, wear face coverings as required, follow proper sneeze/cough etiquette and download the COVID Tracker App. It is also important to know the symptoms of COVID-19. If you have any symptoms, stay at home and ring your GP. We have included in this booklet contact details for organisations and agencies that can provide further guidance and assistance. The booklet is published by the Office of Emergency Planning on behalf of the Government Task Force on Emergency Planning.

We have a lot more information and useful links on our website, www.winterready.ie

**Tá leagan Gaeilge den leabhrán seo ar fáil freisin.
Our main message during the winter months is simple, -**

Be Prepared, Stay Safe and know where to find help should you need it.

Notice board

Ttips for a green Christmas

Christmas Trees: Real versus Artificial



Minister Agriculture, Food and the Marine Andrew Doyle urged people to buy real Irish Christmas trees this year. Are real trees also better for the environment? The answer might surprise you. Real trees are actually more eco-friendly than artificial trees. The #1 option is to buy a potted Christmas tree which is still alive. You can keep it inside for about a week afterward you'll need to keep it outdoors. However, if one week indoors isn't enough buy a real tree and compost it afterwards.

Buy Irish Trees and Compost

Life Cycle Analysis shows that, if you buy locally grown trees, the carbon footprint will be much lower than that of artificial trees which are typically imported from China and cannot be recycled. Each conifer sucks up over a ton of CO² a year. Typically each tree cut down is replaced with one or two new trees in Ireland. Furthermore, trees brought to local authority depots are turned into mulch for parks, putting carbon into the soil. Locally sourced trees which are composted are sustainable and environmentally friendly. So if you prefer the fragrance of a real tree in your living room don't feel guilty.

Zero-Waste Decorations

Be creative and save on decoration expenses. Collect pine cones and use them to decorate your tree instead of manufactured baubles. 1.) Go for a minimalist approach and use sustainable materials such as cotton, silk or hemp to create bows and add colour. 2.) Use LED lights which are more energy efficient. 3.) Use a timer power strip to ensure the lights are off when you're asleep or out of the house. 4.) Try using vodka or wine bottles as decorations by inserting led lights or candles into them and placing them on a table. 5.) Use fruit and berries to add colour and decoration to your tree and wreath.

Gifts and Gift Wrapping

Make your gifts stand out by wrapping them in sustainable materials, wrap your gifts in organic cotton, hemp or silk and tie with some twine. Alternatively, use a container which is also part of your gift such as packing a gift inside of a clay flower pot and tie the saucer over it with twine. Otherwise, old maps and calendars make great gift wrapping, newspaper can also be used as wrapping.

For more *information*: www.greennews.ie





WELCOME TO

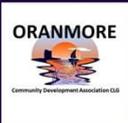


Christmas

IN COUNTY GALWAY



Our Community Employment Scheme were out assisting Tom Broderick (Chairman OCDA) in his annual quest to bring Christmas Cheer to Oranmore. Tree went up today - lights around the village all week.





Merry Christmas



County Galway

Happy Christmas



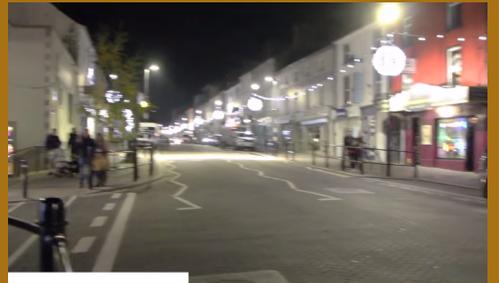
County Galway

Christmas Greetings



County Galway

Christmas Greetings



County Galway



FOR THE LOVELY
PHOTOGRAPHS
**Thank
You**



Notice board

**NUMBERS
IF YOU
NEED
THEM**



24hr

If it's an emergency, Dial 999/112

SAMARITANS

TALK IT THROUGH,
WE'RE HERE TO LISTEN

jo@samaritans.ie

116 123

www.samaritans.org

pieta

1800 247 247

TEXT HELP TO 51444

mary@pieta.ie

Pieta supports people and communities in crisis by providing freely accessible, professional services to all.

www.pieta.ie

**your
mental
health.ie**

Information | Support | Services

1800 111 888

www.yourmentalhealth.ie

**MENS
AID
Ireland**

CONFIDENTIAL
HELPLINE

NUMBER: 01-5543811

EMAIL:

HELLO@MENSAID.IE

**ISPC
Childline**

1800 66 66 66

(24 HRS A DAY, EVERYDAY)
Text TALK to 50101

Online chat - www.childline.ie

 **westdoc**
OUT OF HOURS URGENT GP CARE
cúram leighis pránneach tar éis gnáth uaireanta

OUR NEW NUMBER IS

0818 360 000

**IRISH WATER
EMERGENCY**

1850 278 278

ESB NETWORKS

1850 372 999

GAS NETWORKS

IRELAND

1850 205 050

Domestic Abuse Service

If you are in immediate danger,
call:

The Gardai

999 or 112 (24 hours)

**Cope Galway Domestic Abuse
Service & Refuge**

091 565 985 (24 hours)

**Women's Aid Freephone
Helpline**

1800 341 900 (24 hours)

Notice board

 Comhairle Chontae na Gaillimhe
Galway County Council

Lacáistí Páirceála Chomhairle Chontae na Gaillimhe NOLLAIG 2021

Beidh lacáistí i bhfeidhm sa tréimhse go dtí an Nollaig maidir le páirceáil atá iníochta bailte seo a leanas: Béal Átha na Sluaighe, Baile Locha Riach, Tuaim, An Clochán, Cloigeann, Baile Átha an Rí agus An Gort. Is le cur le líon na gcustaiméirí sna bailt réigiúnacha i rith thréimhse siopadóireachta na Nollaig é seo.

Beidh páirceáil sráide agus eas-sráide saor in aisce ón 11.00 r.n. ar an 26, 27, 28, 29 & 30 Samhain agus gach lá i rith mhí na Nollaig 2021.

Guíonn Comhairle Chontae na Gaillimhe Nollaig faoi shéan, faoi mhaise is faoi thairb na trádálaithe i gContae na Gaillimhe.

Galway County Council Parking Concessions CHRISTMAS 2021

There will be concessions with regard to pay parking in the towns of Ballinastoe, Loughrea, Tuam, Clifden, Cleggan, Athenry and Gort in the lead up to Christmas. This facilitates and encourage footfall in the regional towns during the Christmas shopping period.

There will be free on and off-street parking from 11.00 a.m. on - 26th, 27th, 28th, 29th & 30th November and each day for the month of December 2021.

Galway County Council wishes a happy, peaceful and fruitful Christmas to the traders County Galway.



LIKE TO VOLUNTEER WITH US?





FIRST FORTNIGHT
THE ART OF MENTAL HEALTH

FOR MORE EMAIL:

VOLUNTEER@FIRSTFORTNIGHT.IE

  **CASA**
Caring & Sharing Association
Supporting People with Disabilities

LOUGHREA ICEBREAKERS

CHRISTMAS DAY SWIM

JOIN IN THE FUN ANYTIME FROM 11.30AM - 12.30PM

COVID 19 RESTRICTIONS:
Dressing rooms - CLOSED
Bring your own flask - NO catering
Please follow public health guidelines on the morning

Please note:
NO SPONSORSHIP CARDS for 2021
Bucket Collection on Christmas Morning



Kinvara Community Christmas Tractor Run 2021



Sunday 19th Dec

Assemble at Kinvara GAA Grounds from 3pm
Depart at 4:30pm
Viewing on Main Street 5-6pm
Entry: €20 per tractor/truck

All proceeds to Kinvara Hockey Club "PushForAPitch"
Donations:
www.gofundme.com/f/kinvara-hockey-pushforapitch



Photo credit www.GerRyan.ie

 Headford Environment Group

WINTER SOLSTICE MEET UP

Please join us for a **free** Winter Solstice Breakfast on Monday 20th December @ 8:30am - 11am in the Headford Community Orchard.

Please note, this is a Covid19 compliant event. All Welcome!

SIÚLÓID/RITH AN TURCAÍ



LÁ STIOFÁN @ 12

Teacht le chéile ag Páirc na bPíarsach, Ros Muc.
Siúlóid/Rith 5k. Tae & Sólaistí ina dhiaidh.

 **Hamper le buachan.**
Fáilte roimh chúchí!

 **Ar mhálthe le bOspóir na Gaillimhe.**
Tabhair sntíds ar an lá.

Light a Candle Campaign



Athenry Cancer Care

Ballyglunin STATION
EST. 1860

Sat 18 December Winter Wonderland 5.30pm to 7pm
Link to donate: [See Here](#)

SUPPORTS



An Roinn Sláinte
Department of Health

GOVERNMENT LAUNCHES A NEW COVID-19 INFORMATION CAMPAIGN - R.S.V.P.

[See here for details](#)



Covid-19 Information

COVID-19 Vaccine Centres

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

Weekly Vaccine Information

The vaccine rollout is underway and daily vaccination data is now available to all on the [COVID-19 Data Hub](#) and on the [COVID-19 Tracker App](#). The data is from 48 hours previously to allow for validation.

COVID-19 Pharmacy Vaccination for 18-34 year olds

[This guidance is available here](#).

For all the latest updates

[Public health measures in](#)

[Keep Well Campaign](#)

