



Líonra Rannpháirtíochta Pobail Chontae na Gaillimhe Public Participation Network Galway County

PPN NEWSLETTER

(BI-MONTHLY)

1ST NOVEMBER 2024

Welcome to Galway County Public Participation Network (PPN) Bi-Monthly Newsletter.

Please Share PPN Newsletters with all members of your group.

Find the latest PPN News here: <https://www.galwaycountyppn.ie/news/latest-news/>

To submit news items, email ppn@galwaycoco.ie (write "PPN Newsletter" in the subject).

***News Submissions Deadline: One Week Before Each Newsletter Issue.**

Newsletters are usually issued twice a month - the week of the **1st & 15th** of Each Month.

What to Submit: approx. 50 words, contact info, link to read more, (optional) poster in png/jpg format.

News must be relevant to PPN Members / Community Groups / Non-Profits in County Galway.

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PPN News

GALWAY COUNTY PPN NEWS

PPN Plenary (Meeting of Members)



The poster features a vertical decorative bar on the left with abstract shapes in shades of orange, pink, and purple. The main text is centered and includes the PPN logo at the top, followed by the organization's name in Irish and English. A prominent 'REGISTER NOW:' call to action is followed by a URL. The event title 'GALWAY COUNTY PPN WINTER PLENARY EVENT' is in large, bold letters. Below this, the venue 'Connemara Coast Hotel' and location 'Na Forbacha (Furbo) Co. Galway' are listed, along with the time '6pm - 9pm' and the date 'Tuesday 19th November 2024'. A note states 'REPS FROM ALL PPN MEMBER GROUPS INVITED!'. A 'WHAT TO EXPECT:' section lists various topics and activities. At the bottom, registration and refreshment times are provided, along with contact information for email and phone. Social media handles for the event are listed on the right side of the poster.

Líonra Rannpháirtíochta Pobail Chontae na Gaillimhe
Public Participation Network Galway County

REGISTER NOW:
<https://forms.office.com/e/HEANySakWa>

**GALWAY COUNTY PPN
WINTER PLENARY EVENT**

Connemara Coast Hotel
Na Forbacha (Furbo) Co. Galway **6pm - 9pm**
Tuesday
19th November 2024

REPS FROM ALL PPN MEMBER GROUPS INVITED!

WHAT TO EXPECT:
Funding & Financing Opportunities
Information Tables
Guest Speakers
PPN Updates

Community, Environmental & Social Inclusion Pillars
PPN Secretariat, Reps & Staff
Members Votes, Approvals & Survey

REGISTRATION, Refreshments & Info Tables 6:00-6:45 pm
Guest Speakers & More: 6:45-9:00 pm

Contact: E: ppn@galwaycoco.ie | T: 087 233 0720

#GALWAYCOUNTYPPN
WWW.GALWAYCOUNTYPPN.IE

SAVE THE DATE! 19th November 2024 Connemara Coast Hotel, Furbo - County Galway
!!!!All PPN Members Groups are invited!!!! REGISTRATION REQUIRED!!!!

REGISTER [HERE](#)

https://forms.office.com/Pages/ResponsePage.aspx?id=qsAX-W0AQ02S0r5VLuKPdWuplfq0KwIAonKWx5v_1cZUQTJKRVNaUjFVTlpOOVNNNzdSTFRM0U5TS4u



Lionra Rannpháirtíochta Phoiblí Chontae na Gaillimhe
Public Participation Network Galway County

Are you registered to access information on community funding and training opportunities?

Galway County Public Participation Network (PPN) is calling on all grassroots groups from Parish Halls & Community Centres, Men's and Women's Sheds, Volunteer Youth Clubs and Senior Citizen Groups, to make sure they register with the PPN, so they are informed of upcoming funding opportunities to cover running/energy costs, and other capital grants to purchase equipment and upgrade community amenities and facilities.

**Simply click 'register now' on our website
<https://www.galwaycountypnn.ie/>**

Galway County PPN is a network of all community and voluntary groups based in County Galway and acts as an information hub between communities and Galway County Council, as well as providing training and capacity-building opportunities for communities.



Lionra Rannpháirtíochta Phoiblí Chontae na Gaillimhe
Public Participation Network Galway County

An bhfuil do ghrúpa cláraithe chun teacht ar eolas maidir le maoiniú pobail agus ar dheiseanna oiliúna?

Tá Lionra Rannpháirtíochta Phoiblí Chontae na Gaillimhe (PPN) ag iarraidh ar gach grúpa pobail ó Hallaí Paróiste & Ionaid Phobail, Seideanna na bhFear agus na mBan, Clubanna Óige Deonacha agus Grúpaí Seanóirí, a chinntiú go gcláróidh siad leis an PPN, ionas go gcuirfear ar an eolas iad faoi mhaoiniú atá le teacht, deiseanna chun costais reatha/fhuinnimh a chlúdach, agus deontais chaipitil eile chun trealamh a cheannach agus áiseanna agus áiseanna pobail a uasghrádú.

**Níl le déanamh ach cliceáil ar 'cláraigh anois'
ar ár suíomh Gréasáin
<https://www.galwaycountypnn.ie/>**

Is lionra é PPN Chontae na Gaillimhe de gach grúpa pobail agus deonach atá lonnaithe i gContae na Gaillimhe. Feidhmíonn sé mar nasc eolais idir an pobal agus Comhairle Chontae na Gaillimhe, chomh maith le sinn cuireann sé deiseanna oiliúna agus forbartha aemhainne ar fáil don phobail.

When a group registers it becomes part of the Galway County PPN Structure.

Registration is easy and free of charge!

Registered groups receive regular updates, information on funding opportunities and also benefit from advertising their own community activities free of charge.

Register now: <https://www.galwaycountypnn.ie/registration-form/>

PPN NATIONAL NEWS

**SPECIAL THANKS TO LIMERICK PPN FOR HOSTING THE
PPN NATIONAL CONFERENCE 2024!!**







Galway County PPN Delegates attending PPN National Conference - Limerick 18th October 2024
Photo L - R: Vincent Lyons, Martina Finn, Maria Heneghan, Aodán MacDonnacha

Free Triple Training for PPN members in North West Region



Cavan PPN brings you a series of Community Winter Workshops this November.

This is open ONLY to PPN Members in the North West Region, including Galway County PPN.

Join us online for useful hints and tips for your community group or organisation. Facilitator: Daniel Downey

Tuesday 5th November 2024 7pm - 9pm Online via Zoom

Module 1: Empowering Community includes the following:

- Public speaking
- Leadership skills
- Press statements
- Representing your group

<https://www.cavanppn.ie/event-details/winter-community-workshop-online-1-empowering-community>

Tuesday 12th November 2024 7pm - 9pm Online via Zoom

Module 2: Organising Community includes the following:

- Group dynamics
- Team building
- Meeting facilitation skills
- Roles/duties of Officers

<https://www.cavanppn.ie/event-details/winter-community-workshop-online-2-organising-community>

Tuesday 19th November 2024 7pm - 9pm Online via Zoom

Module 3: Funding Community includes the following:

- Researching the right grant
- Grant writing skills
- Project management
- Report writing

<https://www.cavanppn.ie/event-details/winter-community-workshop-online-3-funding-community>

11 - 15 November 2024

All you need to know about this year's Charity Trustees' Week and the events taking place.



From Monday 11th to Friday 15th November 2024 - Events in person and online

Acknowledging and celebrating the valuable contribution of charities trustees this week in November.

As many of you will be aware, [Charity Trustees' Week](#) is coming up from 11-15 November.

As always, the week is an opportunity to thank your trustees for their leadership and support throughout the year, and to highlight the important role of our boards. We are aware from our We Act public polling data, that only 47% of the public understand that charities are run by voluntary boards, so we all have a role to play in educating the public about how our organisations are run. I would urge all board members to take a look at the fantastic [schedule for events](#) happening throughout Charity Trustee's Week, and for everyone in our sector to carve out time that week to celebrate our boards.



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

From [Department of Rural and Community Development](#)
Public Participation Networks latest news - read more [HERE](#).

An updated edition of a resource guide aimed at ensuring that marginalised and disadvantaged communities have opportunities to participate in local planning and decision-making has been launched.

'A Guide for Inclusive Community Engagement in Local Planning and Decision Making'

Read more [HERE](#). Digital Version of the Guide is [HERE](#).

Government News

LOCAL: GALWAY COUNTY COUNCIL NEWS



Comhairle Chontae na Gaillimhe
Galway County Council

Council Seek Expressions of Interest to Operate new Café - Portumna Courthouse



The closing date for expressions of interest is Friday 15th November 2024

Galway County Council are inviting expressions of interest from experienced catering companies or individuals for the opportunity to operate the café within the newly refurbished setting of Portumna Courthouse.

Scheduled to open in March 2025, Galway County Council are looking for a partner organisation to the manage and operate the café, bringing passion to the project in order to create a vibrant and exciting space.

Further details are available from Galway County Council by contacting regeneration@galwaycoco.ie or alternatively downloading the information pack from the Councils website at

<https://www.galway.ie/en/services/communityenterpriseeconomicdevelopment/regen/portuma%20courthouse/>

A walkthrough model is also available to view on Galway County Councils [Youtube](#) page.

The WEEE Ireland Schools Battery Recycling Competition 2024-2025



The closing date: Friday 11th April 2025

To enter the Schools Battery Recycling Competition and be in with a chance to win one of 6 €2,000 sports equipment vouchers, your challenge is to collect as many batteries as you can and recycle them with WEEE Ireland.

There's so many positives to battery recycling! It's an easy way to do your part the help tackle climate change and protect the environment.

Recycling batteries can contribute to your school's Sustainable Development Goals and Green Schools work, as well as supporting Laura Lynn, Ireland's Children's Hospice.

Every battery counts, so get collecting today and your school could be one of our 2024-2025 Competition Winners!

How many boxes can your school fill?

The WEEE Ireland Schools Battery Recycling Competition is open for entries from 30th September 2024 to 11th April 2025 and is open to all primary and secondary schools in Co. Galway that collect at least 10 5kg Battery Boxes.

See [WEEE Ireland Schools Battery Recycling Competition](#) for full details.

For further information contact WEEE Ireland <https://www.weeeireland.ie/contact/> or 012999320.

Read more about Galway County Council services: <https://www.galway.ie/en/>

[NATIONAL: GOVERNMENT DEPARTMENTS NEWS](#)

<https://www.gov.ie/en/>



Rialtas na hÉireann
Government of Ireland

[Department of Rural and Community Development](#)

<https://www.gov.ie/en/organisation/department-of-rural-and-community-development/>



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

National Social Enterprise Conference 2024.



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

20th November, 2024

2024 National Social Enterprise Conference

Networking opportunities, information sharing, panel discussions, and updates on policy implementation.

Dublin Castle, Dublin
(and live-streamed online)

Wednesday 20th November 2024 - 9.30am - 4.30pm - Online

The Department of Rural and Community Development (DRCD) is delighted to invite you to attend the National Social Enterprise Conference 2024.

This year's conference will take place on 20 November in the Printworks Conference Centre at Dublin Castle (9.30am - 4.30pm), offering a full day of inspiring talks, interactive workshops and invaluable networking opportunities for everyone passionate about social enterprise. Whether you're an experienced leader in the sector or just beginning your journey, this is a must-attend event for all.

The in-person registration is sold out. However, this event will be livestreamed virtually.

Please register below to join online on the day.

[REGISTER YOUR PLACE HERE TO JOIN ONLINE](#)

A Guide for Inclusive Community Engagement in Local Planning and Decision Making

An updated edition of a resource guide aimed at ensuring that marginalised and disadvantaged communities have opportunities to participate in local planning and decision-making has been launched.

Read more [HERE](#)

[Department of Children, Equality, Disability, Integration and Youth](#)

<https://www.gov.ie/en/organisation/department-of-children-equality-disability-integration-and-youth/>



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

[Department of the Environment, Climate and Communications](#)

<https://www.gov.ie/en/organisation/department-of-the-environment-climate-and-communications/>



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

Trading for Impact 2024-2027' - Ireland's National Social Enterprise Policy

This new policy has been designed to cultivate and sustain a strong and impactful social enterprise sector in Ireland that enriches the social, environmental, and economic wellbeing of our communities.

The policy details five key objectives are: Building Awareness of Social Enterprise, Growing and Sustaining Social Enterprise, Supporting the Green Transition, National and International Engagement, Impact Measurement.

Read more [HERE](#)

Funding related to this policy is below

DAF Growing Social Enterprise Capital Fund

Click [HERE](#) for information on the DAF Growing Social Enterprise Capital Fund

[Department of Housing, Local Government and Heritage](#)

<https://www.gov.ie/en/organisation/department-of-housing-local-government-and-heritage/>



Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media

<https://www.gov.ie/en/organisation/department-of-tourism-culture-arts-gaeltacht-sport-and-media/>



Form other Departments news click <https://www.gov.ie/en/>

Consultations & Public Engagement

LOCAL CONSULTATIONS & PUBLIC ENGAGEMENT

UCD Septic Tank System User Survey

ABOUT REMARC SURVEY

REMARC is an EPA-funded research project involving researchers from UCD, UCC and TU Dublin. The REMARC survey aims to investigate current household practices, awareness levels, opinions and needs regarding septic tank and packaged treatment system maintenance.

PROJECT CONTACTS

Dr. Linda Fox-Rogers (project head)
UCD School of Architecture, Planning & Environmental Policy
Email: linda.fox-rogers1@ucd.ie
Phone: 01 716 2710

Dr. Simon Mooney (postdoctoral researcher)
UCD School of Architecture, Planning & Environmental Policy
Email: simon.mooney1@ucd.ie
Phone: 085 702 6670



remarc

Remediation of Faulty Septic Tanks: A Mixed Methods Approach to Environmental Risk Communication (REMARC)

PARTICIPATE IN OUR ONLINE SURVEY

Do you live in a house with a private domestic wastewater treatment system (e.g. septic tank)?

You are invited to participate in an anonymous national survey about system management. Your knowledge/views towards household system maintenance will help aid policy change and design of supports for system users nationwide! If you are interested and/or would like more information, please select the URL or scan the QR code below.

URL: <https://eu.surveymonkey.com/r/remarcsurvey>

QR code: 

REMARC project website:
<https://www.remarcproject.com/>

Seeking domestic wastewater treatment system users in Galway: do you live in a house using a septic tank or packaged treatment system? If so, you are invited to participate in an anonymised online survey about system management. Your knowledge/views towards household system maintenance will help aid policy change and design of supports for system users nationwide!

If you are interested and/or would like more information, please click [HERE](#)

The survey takes 10-15 minutes to complete and can be accessed via the following link:

<https://eu.surveymonkey.com/r/remarcsurvey>

Project: Proposed Derryfadda Wind Farm

Earlier this year, Bord na Móna and SSE Renewables, two leading low-carbon energy providers, announced their formation of a joint venture to develop a series of onshore wind energy projects.

They are proposing to develop a wind farm on Derryfadda, Boughill and Gowla Bogs located in County Galway, along the border with County Roscommon. The proposed wind farm will be known as Derryfadda Wind Farm and will contribute towards goals set out in Ireland's Climate Action Plan 2024.

As the project is at a very early stage, the proposed number, location and height of turbines have not yet been determined. It is very important to us that local communities have the opportunity to provide feedback to help inform the design, construction and operation of the proposed wind farm.

As part of this, we have appointed a Community Engagement and Stakeholder Team including a designated **Community Liaison Officer, Shane (087-0665640)**, to engage with local communities and near neighbours. [PLEASE READ MORE HERE](#)

In addition, we intend to hold a series of Community Engagement Sessions for members of the public at the following locations:

Date	Time	Location
5th November 2024	5-8.30pm	Ballyforan Community Centre, Ballyforan, Co. Roscommon, H53 H7D1
6th November 2024	5-8.30pm	Mattie McDonagh Centre, Market Square, Ballygar, Co. Galway, F42 V211
7th November 2024	5-8.30pm	Ahascragh Community Centre, Ahascragh, Ballinasloe, Co. Galway, H53 FK35

Development at Long Point, Lake Road (R351) Knockanima, Loughrea, Co. Galway.

The closing date for submissions for observations to An Bord Pleanála is:

Friday 8th of November 2024 at 5.30pm.

Galway County Council proposes to seek approval from An Bord Pleanála to carry out the following development at Long Point, Lake Road (R351) in the townland of Knockanima, Loughrea, Co. Galway.

An electronic copy of the Natura Impact Statement and the plans and particulars of the proposed development are available for free download on the consultation portal at <https://consult.galway.ie/> from Friday 27th of September 2024 to Friday 8th of November 2024.

The deadline for receipt of submissions or observations to An Bord Pleanála is Friday 8th of November 2024 at 5.30pm.

More info [HERE](#)

Consultations from Galway County Council [HERE](#)

NATIONAL CONSULTATIONS & PUBLIC ENGAGEMENT

WE ACT - Have Your Say! Help Shape the Irish Charity & Community Sector



Deadline is Friday 8th November 2024 at 5pm.

Do you work or volunteer with a charity, community group, voluntary organisation or social enterprise? Then we need to hear from you!

As you might be aware, We Act is a national, public awareness campaign to promote the value, impact and understanding of the charity and community sector in Ireland.

For our campaign to be successful, we need to ensure it's as informed and relevant as possible. We need accurate, up-to-date information so we can evolve the campaign to best meet the needs of our sector, and those who work and volunteer in it. But to do that, we need your help!

Complete Our Sector Survey [HERE](#) (it takes 10 - 15 minutes) *Closing date is 5pm, 8 November.*

Please note: these questions are directed at you as an individual. You do not need to consult your boss or check your organisation's strategic plan. We want your personal perspective, your expert view as someone who works or volunteers in the sector. All answers will be strictly anonymous and confidential.

For more information on the campaign, visit [WeAct.ie](https://weact.ie) or if you have any questions about the survey, email claire@wheel.ie

Muslim Attitudes Towards Mental Health in the Republic of Ireland



Muslim Attitudes Towards Mental Health in the Republic of Ireland: A Mixed-Methods Study

Overview: What is the Research Project?

We invite you to be part of a study exploring the attitudes and experiences of **adult Muslims** in the Republic of Ireland regarding mental health, emotional wellbeing, and mental health support preferences. Our aim is to gain an understanding of mental health perceptions within the Muslim community. Your opinions are essential for us to figure out ways to make mental health support better and more helpful for Muslims in Ireland. Joining the study means your voice matters in potentially creating positive changes for the Muslim community in Ireland.

Who can participate?

This survey is only for those who **identify as Muslim, are 18 years or older, have been residing in Ireland for at least two years** and have access to the internet for survey participation.

Exclusion Criteria include individuals under 18 years of age, those identifying with refugee status, those residing in Ireland for less than two years and those currently experiencing an emotional crisis needing immediate care. Please adhere to this guidance.

How to participate?

Anonymous Online Survey: Answer questions anonymously about your emotional wellbeing, attitudes towards mental health and mental health supports, at your own pace. This takes approximately 25 minutes.	Optional Additional Interview: Opt-in within the survey to participate in a further confidential interview to share more in-depth perspectives and recommendations to improve mental health supports.
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Simply scan the barcode below or alternatively, click on the survey link provided above to begin. Your participation is greatly appreciated. https://unilimerick.eu.qualtrics.com/jfe/form/SV_c9RFE59bV3yJl

Contact Information

For inquiries or more information, please contact **Dr Ruth Melia**, Principal Investigator, at ruth.melia@ul.ie. You may also contact **Eamon Aswad**, Psychologist in Clinical Training, University of Limerick at 13191845@studentmail.ul.ie or **Dr Santhi Corcoran**, Lecturer at Mary Immaculate College Santhi.Corcoran@mic.ul.ie.

This research study has received Ethics approval from the Education and Health Sciences Research Ethics Committee (2024_02_29_EHS). If you have any concerns about this study and wish to contact someone independent you may contact: Chairman Education and Health Sciences Research Ethics Committee, EHS Faculty Office, University of Limerick, Tel (061) 234101



We invite you to be part of a study exploring the attitudes and experiences of adult Muslims in the Republic of Ireland regarding mental health, emotional wellbeing, and mental health support preferences. Our aim is to gain an understanding of mental health perceptions within the Muslim community. Your opinions are essential for us to figure out ways to make mental health support better and more helpful for Muslims in Ireland. Joining the study means your voice matters in potentially creating positive changes for the Muslim community in Ireland.

For inquiries or more information, please contact Dr Ruth Melia, Principal Investigator, at ruth.melia@ul.ie. You may also contact Eamon Aswad, Psychologist in Clinical Training, University of Limerick at 13191845@studentmail.ul.ie or Dr Santhi Corcoran, Lecturer at Mary Immaculate College Santhi.Corcoran@mic.ul.ie

Just Transition Research Survey

Just Transition Research Group

UCD Earth Institute

The UCD Just Transition Research Group (JTRG) is exploring how to ensure a fair shift to a low-carbon society. If you're involved in any project at the intersection between climate action and social justice, whether in professionally or voluntarily, we would greatly appreciate your insight!

Please take 15-20 minutes to complete our survey: https://ucdbusiness.eu.qualtrics.com/jfe/form/SV_0iireGTQ6OQKpJc. Your

input will help us understand how best to support a Just Transition across Ireland. All responses are anonymised.

More info [HERE](#)

Consultations from Government [HERE](#)

Funding

Inland Fisheries Ireland - Go Fishing Fund (Part of Government's Dormant Accounts Fund Action Plan 2024)



Deadline for submission: Thursday 7th November 2024.

Inland Fisheries Ireland (IFI) launches new national €250k scheme for accessible angling.

The funding from IFI aims to help people try angling, regardless of their background or ability.

IFI is welcoming applications from charities and non-profit groups that provide services to people with a disability or restricted mobility, or people facing social, economic, or educational barriers.

Grants of between €2,000 and €5,000 are on offer towards fishing facilities, equipment, events, and biodiversity awareness outreach.

Applications for the scheme can be submitted via IFI's [dedicated portal](#) until November 7th, 2024.

Is EU Funding for Me?



Tuesday 12 November 2024 – 10:30am to 12:00pm Free Online Workshop!!

Ever wondered, “What exactly is EU funding? Is it a good fit for my organisation?”

Join us on 12 November for [Is EU Funding for Me? The Bite-Sized Basics to Getting Started](#), an online session designed to introduce newcomers to the world of EU funding. There is a wealth of opportunities at EU level for Irish community & voluntary organisations. However, with so many opportunities available and so much information out there, it can be hard to know where to start.

This event will provide a clear overview of the characteristics of EU funded projects and help you determine if EU funding is the right fit for your organisation's activities.

Registration is free but places are limited so [book now](#).

Don't miss this opportunity to start or expand your organisation's EU funding journey!

LAWPRO Community Water Development Fund 2025



Deadline for submission: Wednesday 20th November 2024.

The CWDF 2025 will be more focused towards capital works, such as:

- ◆ Riparian management/tree planting, planting of native species/hedgerows, de-tunnelling, etc.
- ◆ Creation of habitat near river, lake, wetland
- ◆ Fish passage projects
- ◆ Removal of invasive species and biosecurity planning
- ◆ Silt trapping or 'Slow the Flow' Natural Flood Retention Measures (e.g. the addition of large woody debris to drains)
- ◆ Pollution management/prevention measures (e.g.,

wetlands, buffer zones) ♦ Flood management measures (e.g., Swales, attenuation ponds) ♦ Wetlands to promote wildlife and reduce pollution and flooding.

Only one application per not-for-profit group

Minimum grant award of €5,000, up to a maximum grant award €50,000

2024 grantees: grants must be drawn down before 6th Dec 2024 to be eligible to apply for CWDF 2025.

More info [HERE](#)

Access Europe Showcase 2024



Wednesday, 21st November 2024 from 11am to 2:30pm

We are delighted to invite you to our in-person [Access Europe Showcase 2024](#) in Croke Park!

Whether you are brand new to EU funding or looking to scale up your funding, navigating the opportunities can be tough! At the Showcase's [expo of the Irish National Contact Points](#) for various EU funding programmes, you'll have the chance to network and learn more about the EU funding pathways available to your organisation directly from the experts.

Facilitated by Chris MM Gordon, CEO of the [Irish Social Enterprise Network](#), attendees will hear about the impact of EU funding and opportunities available from a range of Irish civil society representatives.

This is a free event but [registration](#) is essential. Places are limited so book your place now to avoid disappointment. [And don't forget to connect with Access Europe on LinkedIn.](#)

We look forward to seeing you at Croke Park on 21 November!

Interreg North-West Europe - Call 5



Deadline: January 16, 2025 12:00 PM Brussels time

The [Interreg North-West Europe \(NWE\) Programme](#) fosters transnational cooperation to make Northwestern Europe a key economic player and an attractive place to work and live, with high levels of innovation, sustainability and cohesion.

Aims & Objectives: The Interreg NWE Programme is part of the [European Territorial Cooperation Objective](#) supported by the European Regional Development Fund.

Seven countries belong to the Interreg North-West Europe Programme area: Belgium, France, Germany, **Ireland**, Luxembourg, The Netherlands and Switzerland.

What does it support? The Interreg North-West Europe Programme for 2021-2027 focusses on five main funding priorities or themes:

♦ Climate and environment ♦ Energy transition ♦ Circular Economy ♦ Innovation and resilience ♦ Inclusive society

A wide range of public and private (non-profit and profit making) organisations are welcomed to take part in NWE project partnerships including national, regional and local authorities, universities, Research & Development centres, SMEs and business support organisations (BSOs), sectoral associations, NGOs, lobby organisations and citizens groups.

More info [HERE](#)

Application link: <https://www.nweurope.eu/call-5>

SEAI - Home energy upgrade for traditional homes - Pilot Grant Scheme



SEAI has recently launched a pilot grant scheme for the energy upgrading of traditional houses.

Whether your home is a stone-built cottage, a heritage home, or constructed before modern building standards, you can receive home energy grants to support energy upgrades for your home.

This pilot seeks to gain a detailed understanding of the technical aspects, materials, products, and associated costs with the solutions required for traditional homes. The pilot will provide tailored solutions for your traditional home and the upgrade options include all the technologies available to modern homes; roof insulation, wall insulation, floor insulation, windows & doors, ventilation, renewable

heating (heat pumps), solar thermal, solar PV.

See more info [HERE](#)

VISION SPORTS IRELAND ASSOCIATE CLUB FUNDING



Our Associate Club Programme is designed to support clubs and organisations that promote and facilitate sports for individuals with vision impairments. More info can be found [HERE](#)

COMING SOON! Outdoor Recreation Infrastructure Scheme Applications



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



Comhairle Chontae na Gaillimhe
Galway County Council



Advisory Notice - ORIS Project]

Advisory notice for all Groups considering submitting applications under the Outdoor Recreation Infrastructure Scheme. Measures - M1, M2, M3. More info can be found [HERE](#)

**Please Note: This scheme has not been launched as yet for this year.
It will be circulated through this Network when it is launched by the Department.**

Housing Adaptation Grant

The Housing Adaptation Grant for People with a Disability is a grant for people with a physical, sensory, mental health or intellectual disability.

It provides funding so you can improve how you enter and move around your home.

Read More [HERE](#)

Housing Aid for Older People

Housing Aid for Older People - Read more [HERE](#)

Housing Adaptation Grant - Read more [HERE](#)

More Funding from Galway County Council



Comhairle Chontae na Gaillimhe
Galway County Council

<https://galwaycoco.submit.com/>

More Funding from the Government of Ireland



Rialtas na hÉireann
Government of Ireland

https://www.gov.ie/en/search/?q=Funding&all_scope=#search_result_label_id

More Funding from the European Union



https://european-union.europa.eu/live-work-study/funding-grants-subsidies_en



https://commission.europa.eu/funding-tenders_en



<https://www.accesseurope.ie/>

Training & Development

Free Art Workshops in Galway for Children with Lifelong Physical Health Conditions



Helium Arts is a charity supporting children in Ireland with conditions such as diabetes, epilepsy, heart conditions, spina bifida, juvenile arthritis, rare conditions and more. We offer free creative workshops—both in-person and online—where children can build confidence, make friends, and learn new skills.

Our Autumn/Winter programme is now open for registration in Galway and online. All workshops are facilitated by professional artists, supported by friendly volunteers and on-site medical staff.

[Sign up today!](#)

Workshop details below:

Ages 13-16

[Autumn Camp: 1 Nov](#) (Galway City Museum)

[Online Autumn Camp: 2 Nov](#) (Nationwide)

[Saturday Meet-Ups: 7 Dec](#) (Westside Library and Galway City Museum)

Ages 8-12

[Winter Saturdays: 9 Nov - 14 Dec](#) (Westside Library)

[Online Winter Saturdays: 9 Nov - 14 Dec](#) (6-week online & offline creative workshops from home)

Ages 6-8

[Online Winter Saturdays: 9 Nov - 14 Dec](#) (6-week online & offline creative workshops from home)

Free online workshops on organisational management skills



Galway Volunteer Centre are running some online bite sized workshop for staff and volunteers of charities, community groups, sports clubs and social enterprises.

The topics cover a lot of the skills needed for running a successful organisation.

They are all 1.5 hours long, so it is a mixture of reflection and some basic tips in each workshop.

The workshops are funded by **Galway City Council** and the **Galway City Local Development Committee**.

November 4th 11:00am - 12:30pm
[Creating a Social Media Strategy](#)

November 7th 7:00pm - 8:30pm
[Communicating Across Cultures](#)

November 12th 11:00am - 12:30pm
[Delegating Effectively](#)

November 14th 7:00pm - 8:30pm
[Negotiating Conflict](#)

November 18th 7:00pm - 8:30pm
[Public Speaking](#)

November 22nd 11:00am - 12:30pm
[Minute Taking Tips](#)

November 26th 11:00am - 12:30pm
[Time Management](#)

November 28th 7:00pm - 8:30pm
[Communications Skills](#)

December 2nd 11:00am - 12:30pm
[Effective Decision Making](#)

December 4th 7:00pm - 8:30pm
[Building Better Relationships](#)

Practical Governance Training for Community Groups - North Galway



Practical Governance Training for Community Groups (North Galway)



Learn about:

- Week 1: Committee Skills, Roles and Responsibilities, Legal structures.**
Group constitution and Group finances.
- Week 2: Recruitment and Maintaining volunteers.**
- Week 3: How to work together to deal with conflict and the smooth-running of meetings.**
- Week 4: Group planning, using a practical planning tool and navigating funding applications**

When: Every Tuesday, starting November 5th for 4 weeks

Time: 6.30pm - 9.30pm

Where: Ard Rí Hotel, Tuam, Co Galway, H54 V267

Contact: Melinda Coen Ryan at 087 6467879

email mcoenryan@grd.ie

Sheila Holland Fox at 087 6675516

email sheila.holland-fox@gretb.ie

Note: Open to 2 or 3 members from each community group to attend.
Attendance at all four sessions is a requirement.



This project is co-funded by the Government of Ireland and the European Union.

Tuesdays November 5th, 12th, 19th, 26th - 6.30 to 9.30pm each night

Galway and Roscommon Education and Training Board in collaboration with Galway Rural Development are running a four week practical governance training course for community groups in North Galway.

Please see attached the flyer with all the details of the course on it.

The course will be held in the Ard Rí Hotel, Tuam Co. Galway , H54V267

The Four dates are as follows: Tuesdays November 5th,12th,19th,26th - 6.30 to 9.30pm each night

Please Note : If you sign up for this course you must be willing to partake in the four sessions.

If you are anyone in your community group are interested in partaking in this 4 week course please contact **Melinda Coen Ryan** at 087 6467879 email: mcoenryan@grd.ie or **Sheila Holland Fox** at 087 6675516 email sheila.holland-fox@gretb.ie

Family Learning Christmas Arts and Crafts



**FURTHER EDUCATION &
TRAINING COURSE HUB**



Rialtas na hÉireann
Government of Ireland



Có-mhainithe ag an
Aontas Eorpach

Co-funded by the
European Union



Start Date: Wednesday, 6th November 2024 - End Date: Tuesday 17th December 2024 - 6 Weeks

Adult Learner Centre, Moycullen. An Fuarán Moycullen Co. Galway

This course is suitable for adults who are parents of young children or who are early school leavers who would like to improve their general learning skills. You will pick up lots of fun ideas for making Christmas crafts and gifts while improving your reading, writing and spelling skills.

More info [HERE](#)

Contact: Audrey Byrne 086 065 3900 audrey.byrne@gretb.ie

Communicating Across Cultures



Thursday, 7 November 2024 - 7 - 8:30 pm GMT - Online - FREE EVENT

PLEASE NOTE THIS EVENT IS FOR VOLUNTEERS OR STAFF OF NON PROFIT ORGANISATIONS ONLY.

This bitesize session has been designed to help develop your cultural intelligence, raising your cross-cultural awareness and sensitivity towards the cultural differences and issues that impact on your organisation, allowing you to communicate more effectively with service users and colleagues across cultures

This session will provide attendees with an understanding of different cultural dimensions and communication styles that require attention when working in or leading culturally diverse teams.

Trainer - Sue Landsberg, DCM Learning

Register [HERE](#)

WRDATF Regional Drug & Alcohol Awareness Week 2024



From Monday 11th to Friday 15th of November 2024

The Western Region Drug & Alcohol Task Force invite you to join us on our annual Regional Drug & Alcohol Awareness Week. We are running a range of events on various drug & alcohol related topics across the week.

See <https://wrdatf.ie/training-awareness-week.php> for information on events

Women and Substance Use: Emerging Evidence in the Irish Context presented by Dr Sarah Morton and Dr Laura O'Reilly



Tuesday 12th November 2024 at 10am - Online

We are delighted to present this webinar *Women and Substance Use: Emerging Evidence in the Irish Context* presented by Dr Sarah Morton and Dr Laura O'Reilly on Tuesday November 12th @ 10am

More info [HERE](#)

Book your place now: <https://wrdatf.ie/training-details-awareness-week.php?ID=11>

CarePALs Training Coming To Galway



Thursday 14th & Thursday 21st November 2024 - 9.30am - 4.00pm (lunch included)

2 day CarePALs Workshop taking place in: (Must attend both days)

Galway Education Centre, Cluain Mhuire, Wellpark, Co.Galway H91 R284.

FREE!!

Age & Opportunity Active in partnership with the HSE invites staff of day or residential care settings to take part in our upcoming CarePALs workshops.

CarePALs aims to empower those working in day and residential care settings to lead suitable physical activities with older people who live in or visit their setting. This means that physical activity sessions can be delivered by staff and therefore included as part of the daily or weekly routine without cost to the care setting.

The expected outcomes of CarePALs:

- Enhanced health of older people in care
- Staff of care settings enabled to lead Health Enhancing Physical Activity (HEPA) Sessions for older people with varied levels of ability on a regular basis
- Increased awareness of social, psychological and physical benefits of physical activity for older people of all ages and abilities
- Opportunities for those promoting physical activity in care settings to network with peers

Participants do not need to have any background or formal experience in leading physical activities but they must be working in a care setting.

Places are limited you must confirm your attendance by contacting Máire Murphy at Age & Opportunity Active Ph: 01 9133946 or email maire.murphy@ageandopportunity.ie

Volunteer Management Training



Thursday 14th November 2024 10:30 - 16:30 GMT - Modules 1 and 2

Thursday 21st November 2024 10:30 - 16:30 GMT - Modules 3 and 4

Galway Volunteer Centre - 27 William Street, West 27 William Street, West H91 FF68 Galway

FREE!!

Do you work with volunteers in your organisation? **OR** Would your organisation like to involve volunteers in the future? **OR** Are you currently reviewing your volunteer management practice and policies?

If you answer yes to any of these questions, you might be interested in our Volunteer Leadership Training programme.

There are four different modules in the training programme. Participants are encouraged to attend all four modules however you can register for any of the modules that meets your current needs. Places are limited to 20 participants on each module to ensure participation. The four modules include:

Module 1: Planning for Volunteer Involvement

Module 2: Volunteer Engagement

More info [HERE](#)

Register [HERE](#)

Module 3: Day to Day Management of Volunteers

Module 4: Dealing with Challenging Situations and Policy Development

More info [HERE](#)

Register [HERE](#)

Media Training with Ciaran Mullooly MEP - ATHLONE CO. ROSCOMMON



This project has been funded by REACH Fund 2024 provided by the Department of Education and Galway Roscommon Educational Training Board.

Friday 15th November 2024 from 7pm to 9pm

Saturday 16th November 2024 from 11am to 3pm

OLAISTE CHIARÁIN SECONDARY SCHOOL ATHLONE CO. ROSCOMMON N37 AH97

Our community TV group MPC-TV invites everyone to attend FREE media training (in English) with former RTE professional with over 40 years of media experience - Ciaran Mullooly MEP!

Unmissable opportunity in Midlands for all who are interested. Description and Registration in link below.

Very limited number of place, so please ONLY register if you attend to give an opportunity for all interested.

All information in the link below:

<https://www.polishcommunity.ie/aktualnosci/2024/10/24/media-training-with-ciaran-mullooly-mep>

Registration link:

<https://forms.gle/uMvBMtPZq9Hd7dNDA>

Training is funded through the REACH FUND 2024 from the Department of Education and Galway and Roscommon ETB.

Empowering Communities Programme - Ballinasloe Region





The new **Empowering Communities Programme** aims to empower local communities to craft their own responses to area based poverty, social exclusion and the resulting consequences. This programme will initially be targeted in the Ballinasloe region.

The aim is to enhance the Citizens' voices in Ballinasloe and allow others to have their voice heard for the first time. We hope to identify areas of overlap and gaps in services that we can then try to close collectively. This will be a people-focused, capacity building and collaborative effort.

Having the voice of the community both empowered and engaged will help to ensure this initiative has a sustainable future. There is a significant body of work to be done in developing and facilitating relationships between the local community and other relevant stakeholders.

More info [HERE](#)

Please contact:

[James Applegate](#) Team Leader Empowering Communities Network
email: japplegate@grd.ie phone: [0871684508](tel:0871684508)

GALWAY SPORT PARTNERSHIP'S ONLINE SAFEGUARDING (CHILD PROTECTION)

LEVEL 1: online child protection in sport, basic awareness course (3 hours).

Suitable for everyone involved in children's sport.

LEVEL 2: online course for Club Children's Officers. (3 hours).

Participants must have completed Safeguarding 1 before attending.

LEVEL 3: online course for Designated Liaison Person's .

Participants must have completed Safeguarding 1 before attending.

Different dates available. Cost is €20.00 per workshop.

More info [HERE](#)

The Wheel Members - Training

Community Groups can sign up with *The Wheel* to access their free training/services.

Information on Trainings available at <https://www.wheel.ie/training>

FREE Digital Literacy Courses with NCBI

Dereck Carolan, technology Trainer for NCBI, can help and support communities, specifically people with low sight or no sight and their families.

Website: <https://www.ncbi.ie/supporting-you/technology/ncbi-labs/>

Services Offered

- Group training courses, projects, and talks that will enable the low-vision and no-vision community to access their local area.
- Technology assessments and demonstrations.
- Technology clubs and webinars.

To discuss further how we can work together moving forward. Please feel free to contact: dereck.carolan@ncbi.ie or 086 608 6771.

Information on Springboard Courses

www.springboardcourses.ie providing **11,000 free or heavily subsidised college courses for unemployed, self-employed or returners to work.**

Courses are free for the unemployed, previously self-employed and returners to the workforce.

NATIONAL PPN TRAINING

PPN Training resources

The Department of Rural and Community Development (responsible for the PPN) provides training resources for PPNs. Check out slides on Strategic Planning [HERE](#)

PPN Stakeholders Training

The online only self-paced training videos programme for PPN stakeholders has been developed with SJI. Registrations for the online only training is now open. Social Justice Ireland is providing this training on behalf of the Department of Rural and Community Development.

Social Justice Ireland will provide some support via the webform on each Module page. There are no scheduled classes as part of this training.

This training is available to the following PPN Stakeholders:

- PPN Workers
- PPN Secretariat Members
- PPN Representatives
- PPN Member Groups
- Local Authority Staff
- Elected Councillors

To register, please complete the Registration Form at the following link:

[Register for Training | Social Justice Ireland](#)

LET'S TALK ABOUT SUICIDE

Free training opportunity!!

'Let's Talk About Suicide', is a new, free, online suicide prevention training programme developed by the **HSE National Office** for Suicide Prevention (NOSP).

Please see link to the training for full details:

['Let's Talk About Suicide' – a new online training programme - HSE.ie](#)

An Cúinne Gaeilge



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

Scéim Oiliúna 2024



Scéim Oiliúna 2024

Spriocdháta leanúnach
(cumhachd maoinithe €1,000)

Spriocdháta leanúnach

Tá an Scéim Oiliúna oscailte d'ealaíontóirí, eagrais nó daoine aonracha atá ag forbairt nó cur chuncinn na n-ealaíon sa Ghaeltacht. Tacaíonn an Scéim le deiseanna oiliúna agus traenála a bhaineann le cleachtas agus gairm ealaíne a fhorbairt agus le deiseanna cumasú agus dea-chleachtas a fhorbairt inearnáil na n-ealaíon sa Ghaeltacht.

Conas iarratas a dhéanamh:

Moltar teagmháil a dhéanamh leis an Áisitheoir Ealaíon sara dhéantar iarratas ar an Scéim.

Is gá foirm iarratais a líonadh, aon ábhar tacaíochta riachtanach a chur leis agus í a chur go dtí an Áisitheoir Ealaíon i do réigiún ar a laghad, ceithre seachtaine, roimh dháta tosaigh na hoiliúna.

Cúige Chonnacht b.oflatharta@udaras.ie

Tuilleadh Eolais: ealain@udaras.ie www.ealain.ie

SÍOL 2024



SÍOL 2024

Spríodhata leanúnach
(uasmhéid maoinithe €1,000)

Spríodhata leanúnach

Is é misean Ealaín na Gaeltachta Teo ná na healaíona comhaimseartha agus traidisiúnta a fhorbairt agus a chur chun cinn sa Ghaeltacht. Dírionn tosaíochtaí straitéiseacha Ealaín na Gaeltachta 2023-2027 ar cheithre mhórréimse: Pobal, Ealaíontóirí, An Óige agus Eagraíochtaí. Ó thaobh na hóige de, tá Ealaín (na Gaeltachta) Teo. comhoibriú leis an Roinn Turasóireachta, Cultúir, Ealaíon, Gaeltachta, Spóirt agus Meán chun deiseanna rannpháirtíochta sna healaíona óige a sholáthar. Tá Scéim SÍOL oscailte do ghrúpaí agus do dhaoine aonair sna ceantair Ghaeltachta, lasmuigh de chomhthéacs an oideachais fhoirmiúil, chun deis a thabhairt dóibh na healaíona a chothú agus a fhorbairt.

Sula ndéanann tú iarratas, moltar dul i dteagmháil leis an Éascaitheoir Ealaíon i do cheantar agus/nó leis an Oifigeach Forbartha Ealaíon don Óige.

Má bhaineann d'iarratas le hEalaíona Dúchasacha agus Óige nó Drámaíocht don Óige, seol ríomhphost chuig cuisle@udaras.ie. Is féidir aon iarratas eile a sheoladh chuig cuisle@udaras.ie. Tá tuilleadh eolais agus sonraí teagmhála na foirme le fáil ar www.ealain.ie

Scéim Forbartha na nEalaíon sa Ghaeltacht



Spríodhata leanúnach

Tabharfaidh an scéim seo tacaíocht aon uaire do thograí agus deis le gníomhaíochtaí ealaíon ar ardchaighdeán a fhorbairt. Is ar mhaithe le forbairt na n-ealaíon sa Ghaeltacht atá an scéim seo, scéim atá ag freagairt go sonrach do na tosaíochtaí seo a leanas i bPlean Straitéiseach Ealaín na Gaeltachta 2023-2027.

- Rannpháirtíocht an phobail sna healaíona a mhéadú
- Tacú le healaíontóirí Gaeltachta a gcleachtais agus a ngairm bheatha a chothú agus a fhorbairt
- Tacú le deiseanna rannpháirtíochta don óige sna healaíona

Tá an scéim seo oscailte do ghrúpaí agus do dhaoine aonair sna ceantair Ghaeltachta le deis a thabhairt dóibh forbairt a dhéanamh ar thograí agus ar ghníomhaíochtaí ealaíon d'ardchaighdeán a chur ar siúl sa Ghaeltacht.

Tuilleadh Eolais: Cúige Chonnacht

Beartla Ó Flatharta, Áisitheoir Ealaíon, f/ch Údarás na Gaeltachta, Na Forbacha, Co. na Gaillimhe
Uimhir theileafóin **091 503100** b.oflatharta@udaras.ie

BAILIÚCHÁIN SOGHLUAISTE WEEE (ÁBHAR LEICTREACH AGUS LEICTREONACH) 2024

Tuilleadh eolais WEEE Ireland <https://www.weeeireland.ie/contact/> or **012999320**

Chomh maith leis sin tá seirbhís bailithe WEEE ar fáil ar bhonn leanúnach ag Láithreáin Áiseanna Cathartha i dTuaim, sa Chlochán agus i mBéal Átha na Sluaighe

<https://www.galway.ie/en/services/environment/wasteandlitter/civicamenitiesites/>

Údarás na Gaeltachta



Tá Údarás na Gaeltachta tar éis a bheith roghnaithe mar cheann de naoi bpáirtí déag i dtionscadal uailmhianach chun éiceachórais athúsáide, deisiúcháin agus athnuachana (RRR) a phiolótú i sé réigiún ar fud Iarthuaisceart na hEorpa (NWE). Is freagairt é seo ar an méadú tapa ar dhramhaíl ó threalamh leictreach agus leictreonach (WEEE) sa réigiún, go príomha mar gheall ar shaolré níos giorra na ngléasanna leictreonacha.

Is iad príomhchuspóirí Thionscadal E6:

Acmhainn Eorpach a thógáil le haghaidh athúsáid, deisiúcháin agus athnuachan trealamh leictreach agus leictreonach, bunaithe ar shé 'éiceachóras píolótach'.

Tacú leis na héiceachórais seo trí 'Mhol Seirbhíse', chomh maith le méadú scála trí eispéiris foghlama le Pobail Chleachtais agus abhcóideacht beartais.

Tuilleadh eolais [ANSEO](#)

Supports & Resources

THRIVE CONNEMARA

E: thriveconnemara@mentalhealthireland.ie
www.mentalhealthireland.ie/thrive
f Thrive Connemara



Meals4Health supports older people to **Eat well, Live well and Age well** at home, maintaining personal wellbeing, preventing illness, reducing hospital stay or facilitate early discharge. Ultimately, assisting older people, or those living with chronic illnesses or disabilities, to continue living in the comfort of their own homes within their local community.

What we do

Meals4Health prepare fresh, affordable, tasty, traditional meals and delivers them directly to your home.

Meals4Health meals are ideal for older people and those requiring optimal nutritional support, including individuals recovering from illness or surgery, people with disabilities, and caregivers who find shopping and cooking challenging and enjoy the benefits and convenience of having fresh affordable food delivered to the door!

All our meals are developed by professional chefs and nutritionists to meet our customers dietary needs.

Getting started on Meals4Health

Option 1

1. Go to www.meals4health.ie and click on "login"
2. Click on the link to register.
3. Enter relevant details – everything with an *Asterix must be completed.
4. Click on "register" after ticking the box agreeing to terms and conditions.

A member of our customer care team will accept your request to register for www.meals4health.ie and allocate your delivery agent.

You will receive a confirmation email with a link to create a password.

5. Click on this link to create a password.
6. Create a password.
7. Your registration is now complete. Log into www.meals4health.ie using your new password to place your order.

Option 2

1. Call 091 354 000 or email info@meals4health.ie
2. Our customer care representative will guide you through the **Meals4Health** service and assist you with your registration.
3. You can now select your options, place your order and make a payment.
4. If required, you can request a weekly call from our customer care team to place your order.

Meals4Health Product Range:

All our meals are delivered ready to eat. Your first delivery includes detailed storage and heating instructions.

Please note: We operate a primary menu from which the 3 menu ranges are derived:

Wellness Meal Range: For anyone who wants to optimise daily their nutritional intake and enjoy a wide variety of food at affordable prices. Supporting you to Eat well, Live well and Age well.

Healthcare Meal Range: Recipes from the "Wellness range" are reformulated to meet your medically related dietary requirements e.g. Diabetic, Gluten free, Renal diet, Texture modified. Texture modified meals are prepared under the guidance of the International Dysphagia Diet Standardisation Initiative (IDDSI) framework.

Please include your dietary requirements in the special instructions box when ordering.

Fortified Meal range: Meals are designed to increase caloric value, provide essential nutrients to support overall health, and recovery, especially beneficial for people at risk of malnutrition.

Please include your dietary requirements in special instructions box when ordering.

You can find nutritional and other information by clicking on the green **i** button next to each menu item on the website.

Menus are updated every Thursday.

Meal Cost:

Main course from €7.00, soups from €2.50, desserts from €3.00 and baked products from €2.50
There is a minimum order value of €24

Delivery Days:

Delivery, Galway city and county: Monday and Thursday 11am - 2pm.
Nationwide delivery: Thursday of each week by DPD courier.

When to order:

Galway City and County:

Monday delivery: Place orders by 4pm Friday.
Thursday delivery: Place orders by 2pm Tuesday.

Nationwide delivery: Place orders by 4pm Monday.

Delivery Costs:

Galway City: Free delivery.

Galway County: Determined by mileage: ≤ 20 mile radius of Galway City: €5.00
20-30 mile radius of Galway City: €9.95

Nationwide Delivery: Determined by our courier partner. Please contact our customer care team for details on 091 354 000

Collection option is available.

Thank you for choosing Meals4Health

Meals4Health is a social enterprise of COPE Galway CLG

A social enterprise is a business whose core objective is to achieve a social, societal or environmental impact.

Explore

CHIME MENTORING PROGRAMME

Explore provides individualised structured support for young Deaf and Hard of Hearing adults, age 16-25 years, under the Chime Mentoring Programme as they transition onto further education, vocational training and employment. This will be facilitated through the support of the Explore Mentors.

What we provide:

- One-to-one mentor support - what are my life goals
 - Individual Progression Plan (IPP) - a pathway for how I am going to achieve my goals
 - Work experience or job sampling sessions
 - Access to peer support panel
 - Advice and information
 - Personal development
 - Life skills workshops
 - Advocacy support
- Our Mentors will link with:
- Post primary schools (mainstream/deaf schools)
 - Colleges & third level institutions
 - Vocational training facilities
 - Community & voluntary sector
 - Prospective employers
 - Professional agencies

Steps on the journey:

Explore aims to bridge the gap by supporting Deaf and Hard of Hearing young adults on their journey into adulthood and linking them to existing services and supports.

Explore mentors will coordinate a series of workshops and activities based on what the Deaf and Hard of Hearing young adults need, what they are good at, what they like, and what they want to do.



Contact the Explore team by emailing explore@chime.ie



Cavernoma

What is it?

- A cavernoma is made up of abnormal blood vessels, found mostly in the brain and spinal cord.
- Cavernomas have thin leaky cell walls. This can sometimes cause blood within the cavernoma to ooze into the surrounding tissue or within itself, enlarging the cavernoma. This can cause many symptoms.
- The hereditary form of cavernoma is recognised as a rare disease.
- Cavernoma is also known as: Cavernous Angioma, Cavernous Haemangioma or Cerebral Cavernous Malformation (CCM).

Symptoms

- Haemorrhage, stroke, seizures, headaches.
- Neurological partial/full paralysis, tremors, weakness, numbness, fatigue, memory and concentration difficulties.
- Speech and eyesight problems.
- The type, severity, combination and duration of symptoms vary, depending on the location of the cavernoma.

About Us

Cavernoma Ireland is a voluntary support group. Founded in 2018.

Our mission is to help people living in Ireland who are affected by cavernoma, including friends, family, carers and professionals.

Our goal is to raise awareness of cavernoma, and its consequences for those affected.



www.cavernomaireland.ie

[@CavernomaIrelandSupport](https://www.facebook.com/CavernomaIrelandSupport) [@cavernomaireland](https://www.instagram.com/cavernomaireland) [@CavernomaIre](https://twitter.com/CavernomaIre) cavernomaireland@gmail.com

MYWASTE



Help, encouragement and support for sporting clubs and organisations to implement simple and effective waste actions that will positively impact environmental sustainability.

For more information and to download the free MyWaste Sports Club Toolkit click [HERE](#)

VOLUNTEER ENGLISH TUTORS NEEDED

**VOLUNTEER TO SUPPORT MIGRANTS AND REFUGEES
THROUGH CONVERSATIONAL ENGLISH CLASSES**

MEET NEW PEOPLE IN YOUR COMMUNITY

**TEACHING OR TEFL/ESOL EXPERIENCE
HELPFUL BUT NOT ESSENTIAL**

INFORMAL SESSIONS FOCUSED ON CONVERSATION

TRAINING AND RESOURCES PROVIDED

CONTACT:

Jamie at jburke@thirdageireland.ie

Anam Cara:

We are there to help and support bereaved parents navigate the festive season.

Our **Galway Face to Face** meeting will be taking place

Our **online** meeting for Anam Cara Galway and Mayo will take place

If you know any bereaved parents who would like to join either of these meetings please get them to contact us on

085 288 8888 or info@anamcara.ie

As always Anam Cara offer their services free of charge for as long as needed.

GALWAY COUNTY AGE FRIENDLY PROGRAMME 2024



Age Friendly Ireland is the organisation responsible for the national Age Friendly Programme, affiliated to the World Health Organization's Global Network of Age Friendly Cities and Communities.

Age Friendly Galway County is delivered by Galway County Council and works to improve the services and facilities that our older people have identified as being important to them, and the wider community, as they live healthy and active lives.

Info on the Galway County Council website [HERE](#)

More info on Age Friendly Galway County [HERE](#)



Care and Repair can remove trip hazards, install handrails, replace toilet seats or move a bed downstairs to make sure the home is ready for their return.

If you require work done in your home to make it safer after a stay in hospital we can help.

If you are a professional working with older people who would benefit from this service you can download a referral form from www.ageaction.ie

For all other queries about Care and Repair please contact us using these numbers:

Age Action national line: 0818 911 109
Age Action in Dublin: 01 4756989
Age Action in Cork: 021 2067399
Age Action in Galway: 091 527831
Email: careandrepair@ageaction.ie



Read more about Positive Ageing and supports for older people - Click the links below:

<https://www.copegalway.ie/senior-support-service/positive-ageing-week/>

<https://www.galway.ie/en/services/communityenterpriseeconomicdevelopment/inclusion/agefriendly/>

Ombudsman Monthly Complaints Clinic in Galway

The Ombudsman can investigate complaints from people who are not happy with how they have been treated by certain public service providers.

<https://www.ombudsman.ie/publications/information-leaflets/what-the-ombudsman-does/>

You can make complaint to the Ombudsman:

Online: Visit www.ombudsman.ie and click on 'Make A Complaint'

In writing: Ombudsman, 6 Earlsfort Terrace, Dublin 2, D02 W773.

Ombudsman staff will be also taking complaints in person at **Galway 'Complaints Clinic': Galway Citizens Information Centre.**

Tuesday 26th November 2024 from: 10.00 am to 1.00 pm and 2.00 pm to 4.00 pm.

Augustine House, St. Augustine Street, Galway, H91 Y7XH. Phone: 0818 07 7600.

You must have tried to resolve your complaint with the body before contacting us.

Please bring any information with you to support your complaint such as letters, forms, or reference numbers.

The Ombudsman **cannot** take complaints about consumer matters, financial products, private pensions or An Garda Síochána.

READ MORE AT: <https://www.ombudsman.ie/about-us/outreach-services/galway-cic/index.xml>

Volunteer Galway Events

Volunteer Galway events - Read more below:

<https://volunteergalway.ie/volunteer-galway-events/>

Other Organisation's Newsletters:



Nothing About Us Without Us

ILMI eBulletin:

<https://us16.campaign-archive.com/home/?u=664005a5b1de7a15ad88b0409&id=c8ab0802bf>



Healthy Galway City & County - Adele Rankin is the new Healthy Galway County Coordinator, in Galway County Council. This is a brand new Newsletter from County Galway, if you have news to submit related to health please contact Adele on

arankin@galwaycoco.ie

Read Newsletter [HERE](#)



Age Friendly Newsletter [HERE](#)



Irish Environmental Network [HERE](#)



Community and Disability Newsletter - Issue [HERE](#)



ALONE is a national organisation that enables older people to age at home.

To read the latest newsletter from **Alone**, just click the link below and click in the top corner of the Newsletter to change the page... to read click [HERE](#).

Link to Alone website here: <https://alone.ie/>



Directory of Services for Older People

Read Directory Online [HERE](#)

Or see council website for information or to request a printed copy for your Centre/Service/Group:

<https://www.galway.ie/en/services/communityenterpriseeconomicdevelopment/inclusion/agefriendly/>

Notice Board / Events

Music For Galway - Cushendall



Cushendall

Thursday 7 November / 7:30pm
The Hardiman Ballroom

**Brahms / Schumann
Stanford**

Sharon Carty, mezzo-soprano
John Finucane, clarinet
Finghin Collins, piano

Standard €22 / Concession €19.99
Social Inclusion €11 / MfG Friends €18

onLine: www.musicforgalway.ie
phone: 091 765962

arts council funding music KPMG



Thursday, 7th November 2024 at 7:30pm - The Hardiman Ballroom

For more info and booking: 091 705 962

www.musicforgalway.ie

www.facebook.com/musicforgalway

www.instagram.com/musicforgalway

Communities Caring For Water Conference - Saturday, 9th November 2024



SAVE THE DATE

**COMMUNITIES CARING FOR WATER
CONFERENCE 2024**

OUR WATER. OUR FUTURE. EMPOWERING COMMUNITIES TO IMPROVE AND PROTECT

Local Authority Waters Programme

SATURDAY NOVEMBER 9TH, 2024
RADISSON BLU HOTEL, ATHLONE 9.30AM-4PM
Registration will open soon

The Rivers Trust
All-Ireland

Saturday 9th November 2024 9:30am - 4:00pm - Radisson Blu Hotel, Athlone.

Open Call for Galway Theatre Festival 2025!



OPEN CALL 2025

GALWAY THEATRE FESTIVAL

Submission Deadline: Monday 11th November 2024

We're on the lookout for innovative and daring theatre makers to join us for the next edition of Galway Theatre Festival! If you have a compelling story, a unique artistic vision, or an exciting idea you want to bring to life, this is your chance to be part of something truly special.

Social Justice Ireland Annual Policy Conference 2024



Managing Change to Build a Just Society Policy Outcomes for a New Social Contract

Social Justice Ireland Annual Policy Conference

Join Social Justice Ireland online, **Wednesday 13th November** between **9.30 am** and **12 noon** to hear from experts setting out what needs to be done to build a just society using our policy framework for a New Social Contract.



Aoife Ní Lochlainn
Policy and Advocacy Manager at the Irish Environmental Network



Ciarán Nugent
Economist at the Nevin Economic Research Institute



Matthew Donoghue
Assistant Professor of Social Policy, in the School of Social Policy, Social Work and Social Justice, University College Dublin



Seán Ó Riain
Professor of Sociology at the National University of Ireland Maynooth



Sadbh O'Neill
Independent Researcher in Climate and Environmental Policy



Michael Clifford
Irish Examiner

Chaired by

Wednesday 13th November 2024 - 9.30am - 12noon - Online

We hope you can join us online, you can reserve your spot to join us online:

[Webinar Registration - Zoom](#)

https://us02web.zoom.us/webinar/register/WN_0A0cuP3-TJG6qcFJVQifhA#/registration

Someone Like Me - Art Competition 2024



The final deadline for entries is Friday 15th November 2024

The **NDA** are in our ninth year of funding SomeoneLikeMe Art Competition, which promotes disability awareness among primary school pupils. Through a range of resources and activities, this competition allows young people in Ireland to learn about inclusivity and diversity through the medium of art.

The competition, offers a range of prizes up to the value of €1,250, is open to all primary school pupils from junior infants to sixth class and entries are welcome from individual pupils, a class or even a whole school as a combined effort. Entries can come in all shapes and sizes and can be anything from a poster or collage to a papier-mâché or mixed media sculpture.

[Launch of Someone Like Me Art Competition 2024 - National Disability Authority \(nda.ie\)](#)

More information can be found on [Someone Like Me Art Competition website](#).

A PERSONAL PRISM by DAVID JOYCE



Photo Anita Murphy: (L-R) Matthew Nolan and Gerard Howard

Premiere on Tuesday 26th November 2024, 8PM - Black Box Theatre, Galway

“When you look at me, what do you see? Do you see the real me, or do you see my disability?”
David

An unflinching, universal, truthful tale of friendship, laced with heart-warming humor, *A Personal Prism* will have its world premiere at the Black Box Theatre, Galway on Tues 26th November.
For more dates, please see below.

Access and Equality: Ample front row spaces are provided for patrons in wheelchairs and their companions for all shows. Persons in wheelchairs booking are encouraged to contact us directly after you have booked, to ensure your full and equal access. A captioned performance and audio description is provided on Wed 27th November in the Black Box Theatre. The show on the evening of the 27th Nov in the Black Box Theatre will be preceded by a Touch Tour of the stage, 6.45 – 7.15 pm. Persons with a disability receive the discounted rate of €10: one companion accompanying them (or a group leader) is also given this discount.

Workshops and Talks: A limited number of pre-vist workshops and talks are available to community groups. For enquiries please contact Joanna McGlynn directly mcglynnjoanna@gmail.com / 086 8774710.

Content and Age Guide: Suitable for 13's +. References to mental health concerns and self harm.

The play touches upon mental health matters - but no distressing action is shown. Our team has a community and disability liaison officer who is on standby in the unlikely event of any distress.

Duration: 120 mins incl interval

Tour Dates and Times:

Tuesday 26th November 2024, [Black Box Theatre, Galway](#), 8 PM

Wednesday 27th November 2024, [Black Box Theatre, Galway](#), 8 PM

Thursday 28th November 2024, [Community Hall, Portumna](#), 8:30 PM

Friday 29th November 2024, [St. Jarlath's College, Tuam](#), 8:30 PM

Musical Advent Calendar



Coole Music & Arts presents its annual *Musical Advent Calendar*, bringing music to the community while raising funds for our Support Bursary. Sponsor a Chamber Group for €100 or an orchestra for €300. Your logo will be featured, and you can share the performance as a festive greeting.

Contact Ellie on info@coole-music.com

Annual Christmas Dinner Dance



SAVE THE DATE!! Friday 20th December 2024, at 7:00pm at Leenane Hotel - Leenane Co. Galway

This event is a **fundraising initiative to support the Leenane Community Park and the Leenane Development Association**. Tickets for this wonderful evening are €45.00 per person (+€1.95 booking fee), and with limited availability, be sure to grab yours soon!

Link to webpage to purchase tickets: <https://www.leenanecommunitypark.com/events.html>

Facebook: <https://www.facebook.com/events/848639130672027>

Best wishes from the PPN Team!

Please Share PPN Newsletters with all members of your group.

Find the latest PPN News here: <https://www.galwaycountyppn.ie/news/latest-news/>

Follow us on Social Media for the latest updates - click the round buttons below !



- **Website:** www.galwaycountyppn.ie
- **Social Media Tag:** [#Galwaycountyppn](#)
- **Facebook:** [GalwayCountyPPN](#) | **X:** [GalwayCoPPN](#)
- **Email:** ppn@galwaycoco.ie

To submit news items, email ppn@galwaycoco.ie (write "PPN Newsletter" in the subject).

***News Submissions Deadline: One Week Before Each Newsletter Issue.**

Newsletters are usually issued twice a month - the week of the **1st & 15th** of Each Month.

What to Submit: approx. 50 words, contact info, link to read more, (optional) poster in png/jpg format.

News must be relevant to PPN Members / Community Groups / Non-Profits in County Galway.

"The primary purpose of the PPN is to enable the PPN member groups to input into and have their voices heard within the formal decision-making structures of the local authority.

The PPN is now the main way that local authorities connect with groups active in their area".

[PPN Handbook \(2020\)](#)

PPN Aims:

- o **Facilitates the participation and representation of communities.**
- o **Strengthens the capacity of community groups.**
- o **Provides information relevant to the environmental, social inclusion, and community & voluntary pillars of the PPN.**

Le dea-ghuí (with kindest regards)

Duana & Silvana

Galway County PPN Team

Public Participation Network (**PPN**) Galway County
Líonra Rannpháirtíochta Pobail (**PPN**) Chontae na Gaillimhe

www.galwaycountypn.ie | [facebook.com/GalwayCountyPPN](https://www.facebook.com/GalwayCountyPPN) | X: <https://x.com/GalwayCoPPN>



Líonra Rannpháirtíochta Pobail Chontae na Gaillimhe
Public Participation Network Galway County



Designed with BEE