

COPE Connections

Autumn 2020



COPE Galway

Let's help together



4 Modh Eile House

For women seeking another way
for themselves and their children



Our heartfelt thanks

We do not take for granted how much we depend on the support of people in our community in order to provide the range of services we offer.

We are particularly grateful for your kindness and generosity since the COVID-19 outbreak.

These past months have been challenging for everyone. Our homeless, domestic abuse and older people services have been more important than ever.

Because you chose to do what you can to help others, your generosity helped us adapt and upscale our services to respond to additional needs brought on by the COVID-19 crisis. For example, we set up a new 35-bed hostel, opened Modh Eile House, our new domestic abuse facility and offered additional meals and supports to many older people in Galway.

In this newsletter we share updates on the impact of our work, which you have made possible. We are saying a heartfelt thank you from all of us at COPE Galway – our board, staff, volunteers and clients.

Go raibh maith agaibh. Thank you especially for supporting our COVID-19 Response in Galway.

Stay safe. Stay well. And let's continue to support and protect each other.



Jacquie Horan, CEO



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Annual Report 2019 Launched



We held our first ever virtual annual report launch on June 29. A truly international affair, Professor Fionnuala Ní Aoláin, UN Special Rapporteur on Protection and Promotion of Human Rights gave the keynote speech from her base in Minnesota.

“When a global pandemic makes ‘shelter in place’ a legal obligation,” she said, “the absence and adequacy of ‘shelter’ and ‘home’ is starkly revealed, and the work undertaken by COPE Galway in our local context is all the more significant and indispensable.”

A representative from each of our services shone a light on the impact of our services and shared inspiring stories of some of the people who accessed our services.

Read the report copegalway.ie/annualreport

New Board Members

We are honoured to welcome new members to the COPE Galway Board of Directors. Our board members volunteer their time and experience to support and direct our work.



Ashling Heaney,
Wayfair



Caroline Healy,
Medtronic



Colm Feeny,
SSL Logistics



Enda Mc Guane,
Winters Property



Suzanne Moloney,
HydraMed Solutions

Domestic Abuse Service now in Modh Eile House

The move into Modh Eile House opens a fresh new chapter in the story of our Domestic Abuse Service

Dr Carol Baumann, Head of COPE Galway Domestic Abuse Service.

Last May our Domestic Abuse Service moved out of Waterside House, its home since 1981, into Modh Eile House.

The service is fundamentally the same. We still believe every woman has the right to live without the fear of abuse and violence. We are still available 24/7 to listen and offer support and refuge.

But thanks to all who supported the redevelopment of Modh Eile House, we can support so many more women and children in ways we weren't able to before.

Modh Eile House is a gift that was given to the women of Galway. We are just custodians.

Our role is to make sure that this gift is used for the purpose it was intended – to be a safe place where women and children can rebuild their lives, and to make sure that it is always available to support women when they need it.



Outreach to women across the whole of Galway

Less than 10% of the women we support each year stay in the refuge.

In Modh Eile House we meet women who never stay in refuge – they do not need or want to. They can drop in to Modh Eile House or we can meet them in safe locations right across the city and county.

Whether in Modh Eile House or in the community, we provide support and information so when a woman is ready to, she can act on whatever decision is best for her, and when she moves forward with her decision, we continue to support her. She is always in control.



The name ‘Modh Eile’, or ‘another way’, was chosen by women who experienced domestic abuse and used this service. They believed that this service showed them a new way of life, and made it possible for them to live that new life. They wish this for all women who need this support.

Solas Óg, our new enhanced Children’s Service

Our biggest change in Modh Eile House is our new, enhanced children and young people’s service, Solas Óg (meaning ‘young light’).

We are very grateful for generous philanthropic funding via The Ireland Funds, which enabled us to expand our children’s service offering.

We know that each child is impacted by, and responds to domestic abuse differently. Even with children in the same family, they each have their own individual needs.

With our new model of working, we offer each child one-to-one, therapeutic-based and other supports all tailored to their individual needs. Our Solas Óg team supports children who come into Modh Eile House as well as in the community.

Here they have a safe place to talk, process their feelings and experiences, and to simply ‘be’ – to be children, to be teenagers. With the larger children’s playroom, dedicated teen room and outdoor space, they also have more space to play and hangout.





Thank You

Our deepest thanks to the Galway community for your incredible generosity in supporting the development of Modh Eile House.

Thanks to the Department of Housing, Planning and Local Government and Galway City Council for their support through the Capital Assistance Scheme and to the Sisters of Mercy for donating the site.

Thank you to Lifes2Good Foundation for their generous donation, and to so many other trusts, individuals, community groups and businesses who supported Modh Eile House.

A special note of thanks to these Galway professionals - Simon J Kelly Architects who headed up the design team and supervised construction and Carey Building Contractors who carried out the construction and development works.

Marek Bluma of Bluma Interior Design generously gave his time and creative expertise pro bono to help us realise our vision for a safe and welcoming space, ensuring that our new home would be a comforting and calming place for both women and children.

Thank you to all involved in making Modh Eile House a reality. There are no adequate words to express our appreciation for your support.

Having space for herself and her children

Each woman who stays in Modh Eile House has her own space in a self-contained apartment, with her own kitchen, living area, separate bedroom and bathroom. This means that unlike in Waterside, she is not as dependent on us when she stays in the refuge.

Mothers have space for their children in a setting conducive to family life. They can cook meals for their children, try to ensure that their children maintain a normal routine including school, do their homework and have space to play or hangout.

Find more information about our Domestic Abuse Service in Modh Eile House.

copegalway.ie/modheile

MODH EILE HOUSE

T. 091 39 48 80

E. modheile@copegalway.ie

24hr Confidential Helpline

091 56 59 85

Volunteering during COVID-19

In the immediate aftermath of the COVID-19 outbreak, not only was there an increased demand for services like home-delivered meals, but many of our longtime volunteers had to refrain from volunteering and stay home for their own health and safety.

We had an overwhelming response when we put out an appeal in March for Covid Response Volunteers to help us continue to deliver services, particularly to help with the preparation and delivery of meals.

Thanks to their commitment and dedication we delivered more than 30,000 meals between March and July alone!



Meals4Health Volunteer Driver, Mairead Geehan was one of the new wave of volunteers who helped keep meal deliveries running smoothly for the many individuals and families who relied on the service for healthy meals.

"I found out on Twitter that COPE Galway needed some volunteers and that prompted me to reach out. I have volunteered with other organisations before but never in a role where I felt I was making such a direct impact."

Felicity Geraghty, who has volunteered in our charity shop for five years, stepped into a volunteer kitchen assistant role at the height of the COVID-19 crisis.

"It was great to be a part of it. Even for my own sanity to be able to come in every day and do something and not be sitting at home looking out the window. Hopefully it worked both ways, that I was an asset to COPE Galway as well."



THANK YOU!

A very sincere and heartfelt thank you to the many Galwegians who have supported COPE Galway through this pandemic and responded so generously to our COVID-19 Emergency Appeal.

TO US, YOU ARE OUR HEROES!

During these uncertain times, we have been comforted, encouraged, and humbled by the outpouring of generosity and commitment from our supporters.

Remarkable people, community groups, businesses and corporations donated to our COVID-19 appeal, donated meals and personal protection equipment, held fundraisers, volunteered and more.

You helped us meet the challenges of this moment, so we can continue to provide essential services with compassion and respect for our clients.

Your generosity strengthens our capacity to adjust and adapt in difficult circumstances and provide vital support to the most vulnerable and isolated in our communities.



30,504

meals delivered

1,190

meals donated through our meals appeal



2,483

people supported through FEAD programme



250+

calls made to older people in Galway

80

older people who called helpline for support



MODH EILE HOUSE

Domestic Abuse Services has moved into Modh Eile House

#HelpingTogether

Trusts, Foundations and Corporates.



THE IRELAND FUNDS Thank you to The Ireland Funds for the direct support received for our Senior Support Services' COVID-19 Response. Additionally, through a Donor Advised Fund, we were able to continue the development and expansion of our child-centered Domestic Abuse Service.

Thank you to Medtronic Foundation for a generous grant towards the development of our Meals4Health social enterprise, enabling us to respond to the 300% increase in demand for meals during COVID-19. Thank you also to the very generous Medtronic Galway staff who, through a number of fundraising initiatives, have raised over €19,000 towards our COVID-19 Appeal.



The Community Call

COPE Galway has been working in partnership with Galway City and County Councils as part of the Community Call Forum. We have received grant funding from both Councils to help us meet the needs of older people in Galway. We are grateful for this support, and for the major nationwide effort in response to COVID-19.

The Civil Service Charities Fund

We are grateful to The Civil Service Charities Fund for their grant of €16,500 for the fit out of one of the apartments in Modh Eile House. Members of The Civil Service Charities Fund donate by payroll deduction to the fund, supporting projects throughout Ireland. Thank you all for your generosity.

The Community Foundation for Ireland

Thank you to The Community Foundation for Ireland for their support, through a Donor Advised Fund, for the employment of a Life Skills Support Worker in our Homeless Service.

Our sincere thanks also to The Hospital Saturday Fund, Tuath Housing, Neighbourly and many others for your support for COPE Galway.

Adapting homeless services to keep people safe

At a time when ‘home’ is key to staying safe and protected, COVID-19 continues to be a huge challenge for people who access services in our Day Centre.

When COVID-19 advanced last March, the COPE Galway Day Centre team were faced with new challenges that needed urgent and immediate response.

We could no longer safely have clients dropping in for support and information, a meal, a shower or a bed for the night. Yet they needed our support even more.

In addition to continued access to services, our clients needed a place where they felt safe and protected, with space to socially distance. We had to adapt very quickly.

By the end of March, we had moved the Day Centre and Cold Weather Response into Bunk Hostel, a 35-bed hostel in Galway City Centre.

Here, rough sleepers have a safe and secure place to sleep and socially distance. It is a good standard accommodation with individual ensuite rooms, meals and additional supports. Bunk Hostel has been operating at near full capacity each night, with more than 90 people staying there since opening.

Our outreach teams reach out to rough sleepers and encourage them to come in to the Bunk Hostel.

If you are concerned about someone who is sleeping rough, you can call us on 085 800 9641 / 085 800 9709.

“We don’t know how long this situation will remain. A huge concern for us was for those who were sleeping rough. How do we keep them safe? How can they possibly self-isolate?”

“In many ways having the Bunk Hostel has helped people who are homeless stay safe and protect themselves during this public health crisis.”

- Dave Byrne, Project Worker



Self-isolation in Emergency Accommodation

Families and individuals in emergency accommodation are faced with major challenges if they need to self-isolate when experiencing COVID-19 symptoms or while awaiting test results. There is limited capacity for clients to self-isolate within existing services.

In the immediate aftermath of the outbreak, Corrib Haven, the COPE Galway Family Hub, was identified and, together with Galway City Council, the HSE and Galway Simon Community, the building was repurposed to serve as a self-isolation facility for anyone in homeless services in Galway.

We made necessary modifications to keep clients and staff safe. We put in additional separations and provided rooms with microwaves, fridges and kettles so clients could heat up and make basic meals, which we provide for from our meals service.

Self-isolation can be a stressful time for people in homeless services. We have staff on site 24/7 who support and reassure them during their stay. The Galway Simon Community Nurse Manager tests clients generally on the day they arrive and results are usually returned within 1-2 days which helps reduce their anxiety.

Having the self-isolation facility available has had a hugely positive impact for our clients. If a client is displaying COVID like symptoms, the client can be referred to Corrib Haven, which helps keep other clients within the service safe.

The service is available to clients of COPE Galway and Galway Simon Community. 36 people have used the facility since March.

Maintaining support for older people in Galway

At the beginning of the COVID-19 crisis our community support workers reached out to all older people known to us through Community Catering, Sonas Day Centre and our Community Support Work.

We linked people with practical supports like arranging shopping, pension collections and check in calls and we opened a helpline for any older people in Galway in need of assistance.

Our focus for the helpline then moved to identifying ways to support people to maintain good mental and physical health, by offering and distributing food bags, care packages, knitting kits, library books, exercise sheets, DVDs and window flower boxes and continuing one to one support and phone calls.

We are now exploring ways to re-engage with older people through one to one work and activities. We are starting by trying to safely progress some activities outdoors and reconnect people with their community and friends by setting up a weekly walking group with tea afterwards in the community garden area in Mervue.

We are also looking at ways to adapt our supports for older people with more of an emphasis on using technology to support social contact for people who are living alone and are more isolated.

Helping Hands at Home

Our Helping Hands at Home project is restarting. It involves matching an older person with a volunteer who offers weekly support such as light housework and a friendly chat in their homes once a week, with an added phone call element also.

We are currently providing training for the volunteers around COVID-19 safety measures.



One of the clients we support tells us how she has been affected by COVID-19

Having to cocoon and stay at home at the beginning of the COVID crisis felt very frightening for me. I knew I needed to look after my health as I was very ill two years ago. My confidence has been affected by this virus.

I am a woman in my 80s living alone and usually lead a very independent life, I have friends and family that I would see and they would visit me, so not being able to plan trips and visits made me feel alone.

It was comforting to know that COPE Galway was there to help in a variety of ways and I knew that I could get help with shopping and my pension collection and a chat over the phone if I needed it.

I am slowly gaining my confidence and independence back but still somewhat anxious about the future. It is nice to know that COPE Galway is there for us at this difficult time.

30,504
meals delivered

250+
phone calls to
older people

80
people called
helpline for
practical support

Can I just say a big thank you to the team at COPE Galway Community Catering. Keeping the meals on wheels running throughout the current COVID-19 crisis is no mean feat and as someone who relies on the service to ensure my father has nutritious meals throughout the week, the efforts are greatly appreciated.

Please pass on my appreciation to the team. Thanks.

Son of Community Catering client

#THANKYOU to all who organised, participated and supported fundraising activities for COPE Galway.

Here's a snapshot of some community fundraising events



Killimordaly Hurling Club and Kiltullagh Killimordaly Camogie Club joined forces for one big club fundraiser - a '24hr Jog in the Bog'. The event was a huge success and they donated €8,000 to COPE Galway!

Shout out to the committee for their time and energy in organising such a unique event! Many thanks to the whole parish of Killimordaly and surrounding area for their great support and to hurling legend and COPE Galway Board member, Sean Silke for supporting this event.



Seo chugaibh Saileog!

Shocraigh an cailín iontach seo, atá 8 mbliana d'aois, tabhairt faoi dhúshlán 24 uair an chloig chun airgead a bhailiú le haghaidh COPE Gaillimh agus í faoi ordú dianghlasála. Léirigh sí dúinn an chaoi ar féidir leis na gníomhartha cróga is lú, an saol a athrú dóibh siúd atá ar an ngannchuid.



Chodail Saileog sa charr ar feadh 24 uair an chloig, agus rinne sí físeán álainn a roinnt lena teaghlach, a bhí ag tacú go flaitiúil léi. Go raibh maith agat, Saileog, as ucht tabhairt faoin dúshlán seo agus buíochas le teaghlach Shaileog a thug tacaíocht mhór agus spreagadh di.

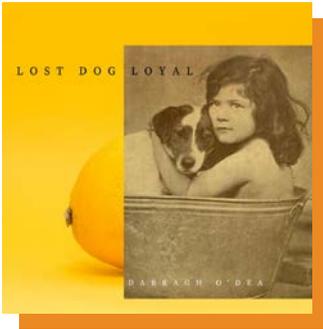
Saileog raised €685 for COPE Galway!

Kinvara 24-hour Run

Thanks to the amazing Run Kinvara team who created a 24-hour running challenge to raise funds for COPE Galway. The team committed to run a mile an hour, every hour, for 24 hours and actually ran a full marathon distance of 26.2 miles!



The local Kinvara community got behind the event with many people running or walking a mile or more resulting in an amazing €6,552.97 donated to COPE Galway. Thank you so much to everyone who ran and donated.



Music to make you smile

Talented local musician, Darragh O'Dea, has released his latest single and video "Lost Dog Loyal" with all proceeds going to COPE Galway. Darragh credits the talents of the musicians with whom he collaborated and said, "The recording of the song was a real community effort - a coming together of Tuam's two great recording studios, Sunstreet Studios and The Stables." Special thanks to Darragh for his time and talent and for raising €806.74! darraghodeamusic.com



#challengethirtytwo

We are so grateful to the individuals and corporates who got together to support COPE Galway for #challengethirtytwo. Thanks in particular to the Cisco team who walked 11.5 million steps as part of their challenge, to Claire Purcell from Genesys, and to Pale Blue Dot® Recruitment for completing multiple challenges and always being such a tremendous support – a huge shout out to all the teams who participated and all their supporters - we hope you had fun!



VIRTUAL WOMEN'S

MINI MARATHON

1-10 October, 2020

JOIN TEAM COPE

Run, jog or walk the first ever virtual women's mini marathon and raise funds for COPE Galway.

copegalway.ie/run



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COPE Galway CLG is a registered charity in the Republic of Ireland.

Registered Office. Calbro House, Tuam Road, Galway.

Registered Charity No. 20011314. Revenue No. CHY6339. Company No. 248134.