

COPE Connections

Winter 2020



COPE Galway

Let's help together



15 A new and exciting way to do your 2020 COPE Galway Christmas Swim

Accessing our services during Covid-19 restrictions

Older People's Helpline

Practical help and support

085 876 7785

Meals4Health

Meal delivery service

091 565 985

Domestic Abuse Service

24-hour helpline for women

091 565 985

Teach Corrib Day Centre

Supporting homeless individuals

091 525 259

Family Support Service

Supporting homeless families

091 527 571

Cold Weather Response

Night beds for rough sleepers

085 800 9641

085 800 9709

Out of Hours

Homeless Service

From 7pm to 11pm

1800 788 887

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a prison



COPE Galway

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

Registered Office. Calbro House, Tuam Road, Galway.

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Message from our CEO

I know these past months have been challenging for so many across our community as we continue to grapple with a global pandemic and live with continuously evolving restrictions.

Yet, even in the midst of such uncertainty, you have remembered people in your community that need extra support. Here you will read about what we can achieve in adapting and working together to address the ongoing obstacles we still face in relation to homelessness, domestic abuse and the nutrition and social support needs of older people in Galway.

Thanks to your continuing kindness, we can build on the positives of the previous months and continue to adapt our services as we head towards 2021.

Our ambitious new strategy for the five years ahead focuses our staff and volunteers on **making a difference by empowering people, creating change and strengthening communities**. Our vision is for a community where every person is valued, cared for and supported at every stage of life.

It is with this in mind that in the New Year, I will be stepping down from my role as CEO, and taking on a new and exciting role of COPE Galway Head of Older People's Services - an area for which I have particular passion. I do this in the full confidence that COPE Galway will continue to make a very real and positive difference in the lives of people in Galway.

I would like to take this opportunity to thank you for your support for COPE Galway, our clients, our frontline workers and for me as CEO. I look forward to our continued engagement in the future.

Go raibh maith agaibh.

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

Jacquie Horan, CEO

An Post donates 'recycled' bikes to homeless service

We were thrilled to receive three freshly refurbished bikes, donated by An Post as they move to using electric vehicles.



These sturdy bikes will help our teams link in more easily and directly with people who move around when sleeping rough on the streets of Galway. They also offer a more human way to visit those whom we are supporting in accommodation. Galway Postman Ciaran Burke is pictured handing them over to Mags and Dave of our Homeless Service.



Hannah Kiely shortlisted for Charities Institute Excellence in Leadership Award

Congratulations to our Board member Hannah Kiely, who was a finalist for the Charities Institute Ireland's Charity Excellence Award for her Excellence in Leadership.

We nominated Hannah to acknowledge her outstanding contribution to our Board over the past ten years. A well-known and respected leader in Galway's business, arts and non-profit communities, Hannah's network of connections has consistently benefited COPE Galway over the past decade. An astute and proactive leader, Hannah has led the successful development of many of the organisation's projects over the past decade, including Modh Eile House and the COPE Galway Business Sleep Out.

Strategy 2020–2025

We recently unveiled our new COPE Galway Strategy 2020-2025 to over 350 staff and volunteers, who had taken part in a consultation process that underpinned its development.

The strategy sets out our ambitions for the next five years and focuses our organisation on achieving its mission. It is ambitious in achieving the impact and outcomes we want for the people we work with in our homeless, domestic abuse and older people services.

Our Vision

A community where every person is valued, cared for and supported at every stage of life.

Our Mission

Making a difference by empowering people, creating change and strengthening communities.

Homelessness | Domestic Abuse | Senior Support

Our Values



Strategic Priorities 2020–2025

- 1 Prevention and Early Engagement
- 2 Responsiveness
- 3 Our People
- 4 Advocacy
- 5 Impact
- 6 Sustainable Funding Model

Glen Oaks Garden Project

Margaret O Connell, Project Worker

It all started as a simple idea. We had just moved the emergency accommodation service from Bunk Hostel to Glen Oaks and I suggested to Jarlath Feeney, the service manager, that we should get some flowers to brighten up the place and bring some colour to the service.

Jarlath agreed and suggested we build a raised bed and plant some vegetables and flowers.

Various local garden centres generously donated seeds, flowers, plants, bulbs and compost and we set about on starting our garden. Before long, residents got involved and the project took off.

Clients started taking more ownership of the garden. They suggested things they would like to see there and made hanging baskets, bird boxes, butterfly houses, solar lights, paints, wooden pallets and other pieces for it.



They are taking responsibility for caring for the plants and flowers while also learning more about gardening and horticulture.

The Covid-19 situation has caused anxiety and isolation for many. I wanted to start a project in the service that would benefit the mental health of both clients and staff in a therapeutic environment.

I am thoroughly enjoying seeing the benefits of the garden project for our residents and staff. The atmosphere is definitely more enthusiastic, positive and energetic. It has also given participants a sense of belonging and purpose, boosting their self-confidence, as they see and enjoy the benefits of what they plant and grow.





The garden project has provided a therapeutic space for people to unwind and lift their mood in a safe and positive environment and has brought people in the service together in a really positive way. They are engaging more with others, especially around their interests in gardening, nature, birds and wildlife.

It has become such a huge success that we now have permission to use the front garden at Glen Oaks as well.

In these unprecedented times, it is “better to light a candle than curse the darkness”. The garden project is our candle and to ensure we keep the flame burning, we will do our best to drive our garden project forward.



A heartfelt **THANK YOU** to our amazing volunteers!

We are deeply grateful to all our volunteers who so generously give their time, skills and expertise across all our services.

COPE Galway volunteers make an invaluable contribution across all our services. Our team of over 200 volunteers take on a range of roles including delivering meals, chefs and kitchen assistants, drivers, food rescue volunteers, fundraising and shop volunteers.

Some support clients by providing life skills support, homework support for children in our homeless services and Helping Hands at Home for older people.

In 2019 our volunteers gave more than 27,500 hours across COPE Galway services and since the start of 2020, an amazing 13,340 volunteer hours have been donated.

**Thank you for all you do.
Without your support we
could not provide the range of
supports and service we do.**



Celebrating Older People during Positive Ageing Week in Galway

Positive Ageing Week is a great opportunity to highlight the contribution older people make in our communities.

This year, we worked together with Age Action and other agencies to identify and share stories of some of the many older people in our communities who epitomise healthy and active ageing.

Local media featured some of their stories and interviews and featured letters children wrote to their grandparents and other older people who inspired them.

Other Positive Ageing Week activities included an exhibition of positive ageing inspired art from the Galway Art Club; Festival in a Van - pop-up musical performances brought to older people's residential areas by Galway 2020 and extra tours on Galway Tourist Train for older people.

We also had Mayor Cubbard and local musician, Matt Keane join our meal delivery volunteers and bring special deliveries of flowers and a goodie bags to our clients.

More about #PositiveAgeingGalway activities at copegalway.ie/paw

**“
Be brave,
my granddad,
bring your masks
and wash your hands
and I will do the same.
And together we will
keep each other safe.**

A line from Amelia's letter to her grandfather





Mayor Mike Cubbard making special deliveries.



One of the art pieces from the Galway Art Club

There's no slowing Ann Breheny down.

Ann has 3 children and 5 grandchildren. She also has a strong sense of community. Her local Corrandulla community have benefited greatly from her energy, and ability to bring people together.

Ann worked in the parish office for 6 years. She was instrumental in setting up the Corrandulla Tidy Village group and has a great sense of pride in seeing the area looking well. She also set up the local active retirement group which has up to 35 people meeting regularly. "We were having a ball," she says, and is looking forward to when the group can meet again. There were many outings, country and western music nights, storytelling and lots of tea and home baking. In 2011 Ann returned to education and completed a Diploma in Community Development at NUIG.

Ann is 70 years old. She describes herself as "always being on the go", loves to swim and is a keen dancer. There is no slowing her down!



One of the many stories featured during positive ageing week in Galway. Read more at www.copegalway.ie/paw

Galway's homeless crisis has not gone away

Our services are needed more than ever

Martin O'Connor, Assistant CEO

'Home' is one of the words most closely associated with the Covid-19 response.

The 'Stay at Home' message first featured with the initial restrictions last March and once again in the most recent Level 5 guidelines. Home has never been more important.

However, many in our community have never felt the absence of 'home' more acutely.

At COPE Galway, we see this first-hand in our day-to-day work with families and individuals who are homeless.

There continues to be enormous and commendable efforts to ensure that those who are homeless have a suitable place to stay and are safeguarded against contracting Covid-19. COPE Galway is playing a central role in this.

In March, when the first lockdown occurred and many retreated to home, our staff stepped forward and very quickly adopted measures to keep our clients and themselves safe while ensuring continued support for people who needed it.

We acted swiftly, opening a new hostel to accommodate 35 single people and putting more suitable accommodation arrangements in place for families and individuals. Rough sleeping was all but eliminated locally.

Over the course of the months since, we have continued to adopt and further develop our responses to this situation and to remain focused in our efforts to help end homelessness for those we work with and support.

However the homeless crisis continues to be a reality for many in our community. For many, getting out of homelessness is proving even more challenging.

There are also very real concerns that the impact of the pandemic on the wider economy will result in an increase in homelessness over the coming weeks and months.

On a positive note, the response to Covid-19 has demonstrated what is possible when there is the will to take action on all of our parts.



e away

“

Our clients rely on our services even more now. They need extra help accessing services and finding houses, and additional support while in emergency accommodation dealing with the increased challenges and stress from the Covid-19 pandemic and restrictions.

– Zach Worrall,
Family Support Service.

1,622
people

HOMELESS
SERVICE

IN 2019

1,189 Adults



433
Children



187
Families



18
Couples



868 Single People
(629 men, 239 women)

BUSINESS SLEEPOUT 2020

The annual COPE Galway Business Sleep Out will take place on Friday 4 December.

Business and community leaders will spend the night outdoors to raise awareness and funds for homelessness. Funds raised will help ensure continued services for people in Galway who are homeless, especially during Covid-19.

If you or your organisation would like to join us, email Sharon Fitzpatrick at sfitzpatrick@copegalway.ie.

copegalway.ie/sleepout

4 DECEMBER 2020 | 6PM-6AM



COPE Galway *Sleep Out*
Business leaders giving hope



When home becomes a prison

Domestic abuse during the pandemic

Jackie Carroll, Modh Eile House
COPE Galway's Domestic Abuse Service

When things get tough, we generally have a way of pulling together and supporting each other however we can.

This winter, as we enter into a season of uncertainty, and with increased Covid-19 restrictions, we'll cope with confinement with support from loved ones, or through simple things like going for a walk to clear our heads.

Imagine then what it must be like for those who cannot leave their home.

For women and children who are isolating with an abusive and controlling partner, who can now use Covid-19 to further wield power over those he claims to love, what choices do these women have when their home becomes a prison?

Domestic abuse and coercive control by their very nature, ensure that the woman's world becomes smaller. This is even more so with Covid-19. Abusers use isolation to prevent their victims from connecting with the world.

Since March, our service has seen increased numbers of women reporting that their partners are using Covid-19 to further restrict them. Some women report that before Covid-19 they managed a little better because when he was out, she could use the time to catch up with friends and family, or get some respite from the abuse.

Now women are reporting lists of 'rules' they are expected to live by at home from keeping children quiet and out of his way, to lists of jobs around the house which must be completed on time and in line with an ever-changing standard.



“

You do not have to stay at home – you can leave. If you are ready, and can safely do so, contact us.

They speak of relentless control, abuse, and unbearable loneliness and isolation.

Women who have left and are parenting alone, worry about court mandated access and having to send children to fathers who flout Covid-19 restrictions. They worry about getting ill and having no one to look after their children. With many services shut or with limited capacity, they have also lost important social supports from groups and services.

If you haven't heard from a woman you care about in a while, reach out and check in on them, keep the channels open, and if you think it is appropriate, tell them about our service.

Modh Eile House is a 24-hour support service for women and children who experience abuse.

The service is also open to women who have left the relationship and are still experiencing abuse from their ex-partners.

We provide refuge, a helpline and an outreach service. Most of all we provide a listening ear.

**Call our 24-hour helpline
091 56 59 85**

Thank You for fundraising! Go raibh maith agaibh!



Well done to the incredible women who took on the challenge and raised money for COPE Galway by completing the VHI Virtual Women's Mini Marathon! Agata Jagodzinska, Alice Heanue, Elizabeth Ward, Maoiliosa Lydon, Alice Shaughnessy, Eimear Morrissey, Orla Moriarty, Kathleen Guy and Susan Keane - you are heroes. Together we are making a difference. Thank you!



To mark his 80th birthday, Michael Monahan cycled an incredible 100km around Connemara and raised €2,545 for COPE Galway! These funds will help our frontline teams deliver homeless, domestic abuse and older people services in Galway. Thank you Michael and congratulations on completing your cycle!

A massive thank you to all Boston Scientific staff who took part in the Virtual Multi Site World Trip by walking, running or cycling over 69,000km over eight weeks. The event raised €3,413 for COPE Galway. Thank you to everyone involved for choosing to support COPE Galway.

**Boston
Scientific**
Advancing science for life™



In July, 45 Cisco employees did a virtual walk from Cisco Galway to the Cisco HQ in San Jose to fundraise for COPE Galway. Together they walked 1.5m steps and raised €6,000! Huge thanks to the event organisers, participants and all who supported them.

#SwimWhereYouAre

Take part in the 2020 Christmas Swim from wherever you are

For 30 years, thousands of people from the Galway community and beyond have gathered at Blackrock, Salthill to take part in the annual COPE Galway Christmas Swim and raise funds for homeless, domestic abuse and older people services in Galway.

Each year families, friends, neighbours and community groups brave the cold and raise funds for COPE Galway Homeless, Domestic Abuse and Older People services.

And each year, because of the generous support of our community, we are able to provide essential services to thousands of men, women, children and families in Galway.

While the 2020 Christmas Swim will be different due to Covid-19 restrictions, we can still connect as a community, brave the cold and make a difference to those who need our support.

The 2020 COPE Galway Christmas Swim will take place from 21-30 December. We are calling on Galwegians at home and abroad to swim wherever you are.

Register today at copegalway.ie/swim. You will receive a free swim t-shirt and fundraising tips and resources.

Brave the cold this Christmas so others don't have to



For more information on how to get involved in the 2020 Christmas Swim go to copegalway.ie/swim or email swim@copegalway.ie.



COPE Galway

Christmas Swim

Swim Where You Are

This year is the first year in 31 years that we won't be together at Blackrock on Christmas Day. We might need to stay apart to keep each other safe but that doesn't mean that we can't still swim to support COPE Galway. We are launching a new and exciting way to do your COPE Galway Christmas Swim - **Swim Where You Are!** Let's fill this Christmas with fun and memories that count. Together, let's make a difference.



Brave THE COLD

so others don't
have to

Swim
Where
You
Are

21st - 30th December

To take part in the COPE Galway
Christmas Swim, register online at:

copegalway.ie/swim

Cost: €20 (Includes T-Shirt)