

COPE Connections

Summer 2021



COPE Galway

Let's help together



Galway campaigns raise awareness of domestic abuse

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COPE Galway

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COPE Galway Services

Our Homeless, Domestic Abuse and Senior Support Services continue to operate with Covid-19 prevention and social distancing measures in place. If you are looking to access one of our services, please call the service before coming in. Thank you.

Older People's Helpline

Practical help and support
085 876 7785

Meals4Health

Meal delivery service
091 354 000

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

Out of Hours

Homeless Service
From 7pm to 11pm
1800 788 887

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.

Welcome to our Summer 2021 Newsletter

We are hopefully moving into a phase where we can move about more freely, meet up with friends and family again, treat ourselves to a meal out and enjoy the approaching summer season.

I hope you find this newsletter uplifting as you read about the work we are doing on your behalf to support our community, and how you are helping us achieve **our mission of making a difference by empowering people, creating change and strengthening communities.**

Read about how we continue to support people across our three services – sending out special gifts and treats for older people with our meals, valuing women and promoting a community where everyone lives free from domestic abuse, reaching out to people who are sleeping rough in our city and supporting children’s education with homework clubs.

The community supports our work in so many ways - volunteering, campaigning and with an amazing range of fundraising events. It is so heartening to see young people with a genuine compassion for others, wanting to help out – like seven-year-old Matthew who ran 30 laps of his green every day for a week to raise funds for people who are homeless.

On May 31, I will be handing over the reins of COPE Galway CEO to Michael Smyth. We will introduce Michael to you during his first few weeks with us. I wish him the very best in his new role and have every confidence that he will be a strong advocate in supporting **our vision for a community where every person is cared for, valued and supported at every stage of life.**

It has been my immense pleasure and privilege to steward this organisation for the past 24 years and I thank each and every person who has contributed to our work and impact across the community of Galway.

Jacque Horan, CEO



News & Updates

New Board Members

We are thrilled to welcome new directors to the COPE Galway Board. Our board members volunteer their time, skills and experience to help direct and develop the organisation. Learn more about our board at copegalway.ie/board



Ariana Dunne



Ciara Greaney



Máire Treasa Ní Dhubhghaill



Colm O'Donnellan



Colette Mangan

COPE Galway Shop selling on Thriftify.ie

We now have a COPE Galway Shop on Thriftify, the national online selling platform for charity shops, where we offer some of our best stock to shoppers in Galway and beyond.

Brides-to-be can browse our collection of stunning designer wedding dresses and shoes. You might find your fabulous dress and save money whilst supporting our services. Many of the bridal items are brand new, having been donated by local bridal shops.

Find our wedding range in the "Sustainable Bridal" range on thriftify.ie.



Tech2Students donates laptops for Homework Club

The COPE Galway Homework and Learning Club Project, which supports school children living in emergency accommodation, received eight donated laptops under the Tech2Students programme, which is coordinated by NUI Galway Access Centre. Project volunteers supervise children's homework and provide a safe, learning environment where children can access resources, materials and support.

Families who did not have a computer for their children can now use these laptops to access homework support, lessons and learning materials.



(From left: Michael Hartnett, Homework and Learning Club Volunteer; Imelda Byrne, Head of NUI Galway Access Centre; Lucia Canavan, COPE Galway Volunteer Coordinator)

Business Sleep Out Thank You!

We held a virtual event last March to thank our 2020 Business Sleep Out participants for raising a whopping €130,000 for COPE Galway homeless service. These funds help our homeless service continuously adapt to the Covid-19 challenges, providing vital support services to individuals and families in Galway. Go raibh maith agaibh!



(From left: Jacquie Horan, Sharon Fitzpatrick, Hannah Kiely, Irina Komarov, Martin O'Connor, Donna O'Neill, Leonie Woutersen)



New Head of Homeless Services

We are delighted to announce the appointment of Sinéad Carey as Head of COPE Galway Homeless Services. Sinéad brings 15 years' experience working in homeless, addiction, health and recovery services in Limerick and is a strong advocate of service users. She also has experience and particular interest in Trauma Informed Care, peer initiatives and harm reduction.

Riding the waves of change

Delivering services during the Covid-19 lockdowns

“It’s been just over a year since the first onset of the pandemic, but it feels like a decade ago”, says Geraldine Ryan, Head of our Community Catering and Meals4Health services.

She describes the impact of those first 3-4 months “as a series of tidal waves – one after the other”.

So many things changed overnight. Over 60 of our volunteers had to step aside and cocoon, we had a dramatic increase in demand for our meal delivery service, and we had to quickly adapt and make multiple changes within a very short time.

We were determined that no matter what, we were going to do everything we could to keep the service going - that was our ultimate goal, and we had to do that.

Referrals were coming in from the Gardaí, HSE and local Councils. We also received calls from concerned family members all around the world, looking for meals for their parents, aunts and uncles.

Thanks to the volunteers who came on board especially in the early months, and thanks to the reliability, loyalty and positivity of the team, our meals service was able to make sure that no older person we were made aware of went without a meal.

Our team has continued adapting, providing services and supporting our clients all through the challenges of the last year.

Looking to the future, Geraldine says the service will never be the same.

“We have a vision for how we can support more people through every aspect of the service. We offer more than just a meal. We add value as we work to make our communities better and stronger.

“As a community we can do better at looking after our older people in a way that values them, supporting them without taking away their independence or making them feel like a burden.”



Celebrating every occasion

Over the last few months we have celebrated every special occasion and included some extra treats in each meal delivery for our clients.



Mother's Day



Valentine's Day



Easter treats





Meals4Health
Eat well, Live well

Home delivered,
fresh nutritious
meals supporting
independent
living.





Social Enterprise of the Year 2020

♥ WELLNESS MEAL RANGE
♥ HEALTHCARE MEAL RANGE
♥ FORTIFIED MEAL RANGE

www.meals4health.ie | info@meals4health.ie

Phone: 091 354 000 / 085 871 9384

Galway supports domestic abuse

It was truly encouraging to have so many people taking part in key campaigns against domestic abuse in March and April.

#GoPurple Day

On Friday 23rd April, individuals, groups and businesses in Galway marked #GoPurple Day – a joint initiative of An Garda Síochána and domestic abuse services nationwide, to raise awareness and support domestic abuse services.

Social media was alive with people in purple, purple cupcakes, flowers, ribbons and more. Garda Western Region Headquarters in Renmore and Galway City Council buildings were lit up in purple to support the campaign.

Together, our message was strong: We want Galway to be a community where everyone lives free from domestic abuse, a community that sees domestic abuse as a crime.

The law is on your side

In an interview on Galway Bay FM, Dr Carol Baumann, Head of COPE Galway Domestic Abuse Service and Garda Sergeant Michael Walsh reassured women that the law is on their side, and when they contact the Gardaí they will be heard, understood and supported.

“There are laws to protect you. If you are unsure, call the COPE Galway Domestic Abuse helpline – 091 56 59 85 or call the Garda emergency line on 999 / 112.”



Joining the #GoPurple campaign: Left, NUI Galway Women in STEM Society and right, COPE Galway board members.

awareness campaigns



International Women's Day

Celebrating the value of every woman

On International Women's Day, we celebrated all the incredible women of COPE Galway. The professional, caring women who work and volunteer and the strong, resilient women who use our services.

The COPE Galway team also joined the International Women's Day #ChoosetoChallenge campaign.

The campaign called on everyone to choose one thing they will challenge in order to drive positive change towards gender equality for women and girls in their community.

THANK YOU to everyone who hosted an International Women's Day virtual tea party to raise funds for our Domestic Abuse Service.



“Women are so often defined in terms of their relations to others – daughter, mother, wife, sister, aunt – yet the term ‘woman’ is the term that belongs to her, not one that defines the roles she plays for other people. International Women's Day is the day we take notice of each woman, celebrating her own value. It's also an opportunity for all in our communities to acknowledge the many remarkable women in our lives - to accept her, support her, believe her, believe in her.”

Dr Carol Baumann, Modh Eile House

On Thursday mornings the COPE Galway Day Centre outreach team is out early on Galway city centre streets, reaching out to and supporting people who are sleeping rough.



Since the onset of the pandemic last March, we have had accommodation available in single en-suite rooms, for rough sleepers in the city - initially in the Bunk Hostel, and now in Glen Oaks Hotel.

“There are still some rough sleepers who remain on the streets,” David Byrne, COPE Galway Advocacy and Policy Officer says, “so our outreach service has continued throughout Covid-19.”

“We go out early in the morning. It’s usually myself and one or two other Day Centre staff, and the GP and/or nurse who support clients in the Day Centre.

“There are some rough sleepers that we know of, we know their usual spots and will check on them. Other rough sleepers are people who are not previously known to us. We offer all of them a sandwich, water and, if they need medical support, the nurse or GP will help.

“We encourage people we meet to access available emergency accommodation in Glen Oaks, and/or to come to the Day Centre for a tea or coffee, soup or sandwich; to do laundry, shower, get a change of clothes and access available support and information.”

Although they are not currently able to avail of the social element at the Day Centre, like meeting and chatting with others, our team organises appointments for people to come in for support, link in with a project worker and avail of the GP, nurse and other health and medical support if they need it.

Over the last year we have continuously adapted to respond to the needs of people who access the service and to make sure the service is available to anyone who reaches out for support.



Our Homeless Services

COPE Galway's Homeless Service offers a range of emergency and ongoing supports for men, women and families in Galway who are homeless or at risk of becoming homeless.

While Covid-19 has meant operating with restrictions, social distancing and prevention measures in place, our services did not close. On the contrary, the need for support and services increased. Our services have constantly adapted through the pandemic to continue supporting families, men and women in Galway.

This is a list of our homeless service centres.

To find out more, visit copegalway.ie/homeless-service

COPE GALWAY HOMELESS SERVICES

Emergency / Supported Temporary Accommodation

Fairgreen Hostel – emergency accommodation for men

Osterley Lodge – emergency accommodation for women

Cold Weather Response – emergency accommodation for rough sleepers (winter months)

Teach Corrib Day Centre – emergency accommodation placement and support

Family Support Service – emergency and transitional accommodation

Corrib Haven – Family Hub

Independent Living and Transitional Accommodation

Towards Independence Project (Bridge House)

Transitional and community accommodation for singles

Prevention, Resettlement and Tenancy Support

Teach Corrib Day Centre – drop in

Family Support Services

Resettlement and Tenancy Support Services



Thank You

When you lift someone up and make a difference, you are giving a special gift.

Your act of kindness for others will bring you the tranquillity and happiness that you seek.

*Marie Nicholson,
COPE Galway Volunteer*

A big heartfelt THANK YOU to all our incredible volunteers, who provide extraordinary support across COPE Galway services.

Your generous gift of time, energy, friendship and commitment are truly appreciated. We just would not be able to provide the services we do without your support.

During National Volunteer Week we celebrate and recognise the incredible difference our volunteers make to families, children, men and women in our services.

This year, we could not meet in person, so we held a virtual Volunteer Recognition Event. It was great to see and chat with volunteers, share photos, and enjoy a fun virtual quiz.

We also had a photo competition themed 'fun, happiness or something you like doing'. These are our winning photos.



1st Enakshi Chanda
'Lucky' my new puppy



2nd Cora O'Rourke
'Girl with Hedgehog'



3rd Enakshi Chanda
Meeting Charlie



4th Tessie Nevin
Spiddal Pier



Patrick McCabe Architects raises €4,000 in aid of COPE Galway

A safe and secure home is something we value and aim to make reality for people in Galway who are homeless or experiencing domestic abuse.

So, we were thrilled when Patrick McCabe Architects approached us with a fundraising initiative that could help homeowners bring their home improvement ideas to life and at the same time raise funds for COPE Galway.

Customers were offered a two-hour consultation in exchange for a €200 donation to COPE Galway. McCabe Architects then generously matched the amount raised through the ten sessions which meant COPE Galway received €4,000 from the initiative.

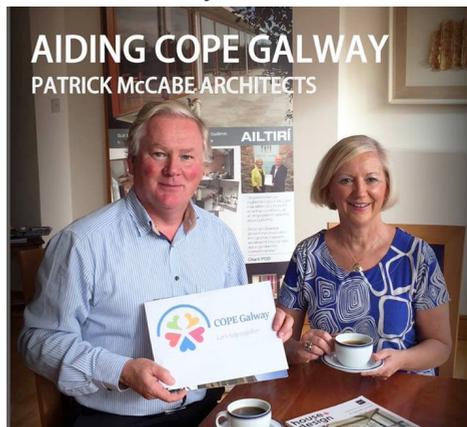
“We would like to thank all those who supported us with this initiative and look forward to seeing what exciting projects come to life as a result.”

- Sarah Kelly, McCabe Architects.

Pale Blue Dot® chooses COPE Galway as Charity of the Year

For three years running Pale Blue Dot® Recruitment have been enthusiastic and creative supporters of COPE Galway. They have fundraised, volunteered, run the Streets of Galway, participated in the Business Sleep Out and continue to find new ways to support us.

Pale Blue Dot® are not letting Covid-19 slow down their enthusiasm. As well as supporting COPE Galway's Domestic Abuse Service on Go Purple Day, they started the year with their 300 & 60 Challenge in which team members took on a personalised '300 challenge' to complete over 60 days - and they exceeded their fundraising target! THANK YOU all so much!



THANK YOU!



We appreciate every single person who has fundraised and made it possible for us to continue providing services. The difference you make is invaluable. THANK YOU!



Brigid Mae Power song for COPE Galway

Brigid Mae Power recently released an alternate version of her song 'I Had to Keep My Circle Small' and is donating all proceeds to COPE Galway. Brigid's song is available on [bandcamp.com](https://www.bandcamp.com).

"I can attribute a lot of my happiness now to their compassion and listening back then," Brigid Mae Power says, speaking of the staff at COPE Galway's Domestic Abuse Service. "The women working at the service work tirelessly and without much recognition. They are absolute angels that go above and beyond to protect women and children."

Thank you for taking on the challenge

We can not say thank you enough to everyone who fundraises for COPE Galway. You make a real difference to people who need our support.

A special thank you to all who are taking on challenges to support our services.

- ♥ Emily Concannon who raised €625 with her 280K steps challenge.
- ♥ Oisín Ó Muireagáin, for braving the Freezebruary challenge and raising over €3,600.
- ♥ Aisling Gaffney raised €460 with her 300k steps challenge.
- ♥ Cathy Daniels, who walked 100km and raised €555 for our Domestic Abuse Service.





An absolute champion!

Seven-year-old Matthew wanted to help people who were homeless. He decided to run 30 laps of his green every day for a week over the Easter Holidays and raised €185!

"He thinks it must be so difficult for people not to have their own home to feel safe in during Covid," his mom, Siobhan said. "So, he wanted to do something to help." Well done, Matthew! You are an absolute champion.

Special Easter treats

The Easter Bunny was very busy over Easter making sure that many children and adults in our services received an Easter egg! We would like to thank the generous staff at Medtronic Galway who donated almost 500 Easter eggs, cards and colouring sheets for children. Thanks to Kinvara Community Children's Centre and Bon Secours Hospital for their generous Easter egg donations! Your donations made Easter so much brighter for many children, and grown-ups in our services.



St Brigid's Crosses

Massive thanks to Tommy and James Flaherty for donating €1,100 to COPE Galway - money they raised from selling St. Brigid's Crosses during the feast day of the saint. Thank you also to Barna Furbo Parish for supporting them by buying the crosses.



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online shops

copegalway.ie/shop
thriftify.ie



COPE Galway



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When you shop with us, you
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domestic abuse and senior
support services
in Galway.



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