



# Tribe Newsletter

Summer 2023

COPE Galway



Go Purple Day 2023  
Campaign Highlights

Stories from our volunteers

Shining a light on our community  
and corporate partners



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### COPE Galway

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✉ [info@copegalway.ie](mailto:info@copegalway.ie)

🌐 [copegalway.ie](http://copegalway.ie)

## COPE Galway Services

Main contact numbers for our Homeless, Domestic Abuse and Older People Services in Galway. If you need to access one of our services, please call the numbers below. Thank you.

### Homeless Services

Teach Corrib Day Centre  
Supporting men and women

**091 525 259**

### Family Support Service

Supporting families

**091 527 571**

### Domestic Abuse Service

24-hour support helpline

**091 565 985**

### Older People Service

Practical help and support  
for older people

**091 753 402**

### Meals4Health

Meal delivery service

**091 354 000**

COPE Galway 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 2023 Tribe Newsletter

As summer approaches we look ahead in anticipation of longer and warmer days, which hopefully bring many opportunities to get out and about. I hope you will find some time to read our latest newsletter, which highlights some of our projects and illustrates some of the ways in which our community is supporting our work.

You will read about how we are partnering with community groups to create opportunities for older people to stay active and socially connected. We share stories that shine a light on how our volunteers are helping us provide vital support to others.

We were encouraged to see so many people get involved in campaigns like Go Purple Day and through fundraising initiatives undertaken to support our work. We were also very proud to see our charity shop take second place in the national charity retail awards in April.

We would like to extend our heartfelt appreciation to our community - individuals, businesses, schools, companies, organisations and local media for your exceptional support. We are truly amazed by your generosity and unwavering kindness for COPE Galway.

We have accomplished so much together, and are aware that there is still much more to be done. We are confident however, that together, we can make a real difference to individuals and families in our community.

Míle buíochas,



Michael Smyth, CEO





## COPE Galway Charity Shop takes second place at Charity Retail Awards

We couldn't be prouder of our Charity Shop team who recently won second place at the 2022 Charity Retail Awards for Online Presence of the Year. A fitting recognition to Allison, Kasia and the whole team for their hard work and creativity in making sure all our shop customers and supporters have the best experience - both online and in the Augustine Street shop. The team are always finding inclusive, creative and fun ways to engage with the community, so we are particularly thrilled to see their efforts recognised at a national level.

Follow the COPE Galway Shop on Facebook, Instagram, TikTok, and thrifty.ie.



## 560 books received for World Book Day

World Book Day was an exciting day for our Family Support Services, thanks to a special delivery of 560 children's books from An Post, World Book Day Ireland and Children's Books Ireland. Our Family Hub team organised a special World Book Day celebration complete with entry tickets to their own special World Book Day celebration, making the day even more fun and exciting for the children.

World Book Day Ireland donate books every year specially for #WorldBookDay. Their mission is to promote reading for fun, offering every child and young person the opportunity to have a book of their own.







## Thank You to our Art Installation Hosts

We would like to extend our heartfelt gratitude to all the businesses, libraries and community groups who hosted our domestic abuse **We See You, We Hear You** art installation as it toured Galway city and county during the past 6 months. Our sincere thanks also to everyone who volunteered at each of these locations.

Our hosts included: Medtronic, Atlantic Technological University, Treasure Chest, Western Region Garda Headquarters, Alcock & Brown Hotel, Athenry Community Centre and Tuam, Oranmore and Ballinasloe Libraries.

Read more: [copegalway.ie/weseeyou](http://copegalway.ie/weseeyou)

## COPE Galway Choir gives "inspiring" performance at Choir Factor event

Last March, the COPE Galway choir, a group of staff members, volunteers and clients, performed at 'Choir Factor', the annual choral fundraising event in aid of the SCCUL Sanctuary.

The group sang Elvis Presley's 'Can't Help Falling in Love' and Clare Sands' 'Awe na Mna' (Praise the Woman), which they learnt over ten weeks. On the day they performed alongside another community choir from Ukraine and three established choirs

- ATU Staff Choir, High Fidelity and Medtronic Harmonics. Our choir truly rose to the occasion and gave it their all on the day.

Choir Director Ronan De Burca said the COPE Galway choir performance made a big impact and was a shining example of how much enjoyment can come from getting involved in a choir. The judges offered special praise for their "inspiring and spirited performance".





# Older residents staying active and connected in their communities.

Our Older People's Service has even more opportunities for older community members to engage in social activities and stay connected.

At Sonas Drop-in Centre, residents in Mervue and Renmore find a welcome space to call in for a cuppa and a chat, with plenty of opportunities to meet up with old friends and make some new ones, play board games or get involved with whatever activities are taking place that day.

Around the corner from Sonas, our newer community hub, The Bungalow, also offers a range of activities where older people can get active, such as yoga, as well as social activities including tea mornings and lunch clubs.

Our staff and volunteers are always on hand to help clients with practical supports, and to link them to other services.

We are always keen to ask older people for their ideas about what they would like to do and recently, we held a series of activator pole classes to promote balance and improve mobility.

The weekly class, which had between 10 and 12 participants, ran over 13 weeks and was hosted by instructor Alan Raycroft, through Galway City Partnership sponsorship.

The feedback from participants was great and they want to keep it up.

**“It has improved my balance, and it is a great excuse to get fresh air while meeting new people.”**

- class participant

Galway City Partnership is looking for people who want to train and become instructors, or people who are already trained, to help continue the classes.

As well as the Mervue lunch club which takes place in the Bungalow on Thursdays, Sonas Drop-in Centre is now also offering a nutritional breakfast to clients. The team at Sonas had become aware that some clients were not eating a proper breakfast and were coming to Sonas in the morning to have a tea or coffee with biscuits, rather than having a good breakfast. There was also a social aspect to introducing the breakfast, as some clients had expressed a desire to eat less meals alone.



"It is all about older people and responding to what they need" said Louise Glynn, Older People Service Support Worker, "so we regularly ask them for suggestions for what would improve their quality of life".

COPE Galway Older People's Service is always looking for people to host a class or an activity. If you know of someone who could run some sessions for our older clients, please contact Karen on 085 747 5021 or Sonas on 091 753 402.

## Befriending Service

If you, or an older person you know, could benefit from the support of a trusted volunteer, please get in touch with us.

Our Helping Hands at Home befriending service provides companionship to older people in Galway City. Volunteers offer a weekly home visit, where they have a chat and a cuppa and offer practical help such as light housework, shopping and prescription collection if needed. Our befriending service is delivered by trusted volunteers who are vetted, trained and supported by COPE Galway.

For more information contact Noelle Jennings 085 874 3803 or [njennings@copegalway.ie](mailto:njennings@copegalway.ie).





# Galway Marks #GoPurpleDay 2023

Raising awareness about domestic abuse  
and standing in solidarity for #ZeroTolerance.



Members of An Garda Síochána joined some of our Domestic Abuse Service team to plant a tree at Modh Eile House as a symbol of their commitment to work together in supporting and protecting women and children across Galway City and County.

We want to express our heartfelt gratitude to the Galway community for coming together and making Go Purple Day 2023 a huge success.

Every individual, business, school and group who embraced purple to show their support, sent a strong message that we are a community that is committed to ending domestic abuse and working towards zero tolerance, and a community that supports those affected by domestic abuse. We hope the momentum created by events like this continues.

Special thank you to all the women and children who trust us with their journey and continue to remind us how phenomenally courageous and strong we can be.



Thank you to Mrs Bennett and her team in the Treasure Chest, Galway for hosting our "We See You, We Hear You", art installation, passionately brought to life by the artist Maura Finnegan.



COPE Galway

## Domestic Abuse Service and Refuge

For a free and confidential support  
**Call our 24-hour Helpline**

# 091 56 59 85

[modheile@copegalway.ie](mailto:modheile@copegalway.ie)





Tracy at Tasty Treats donated 60 beautiful, delicious cupcakes to our Go Purple coffee morning for clients and staff in Modh Eile House. She said it was her way of saying to each woman - 'You've Got This'.

Our Domestic Abuse Service team visited seven Garda stations (Ballinasloe, Tuam, Gort, Mill Street, Loughrea, Oranmore and Clifden) and spoke to Gardaí about our range of services. The goal was to ensure Gardaí are fully equipped with information to best support women experiencing domestic abuse.

Working collaboratively with Gardaí is an integral element of protecting and supporting women and children. At COPE Galway we are committed to continue to work together with An Garda Síochána to achieve this.

More highlights and photos at:  
[copegalway.ie/gopurple](https://copegalway.ie/gopurple)

### Meet Volunteer Food Rescue Driver **Peter Queeney**



Every week, Peter (70) collects surplus food from our retail partners, brings it to our Community Catering depot and then redistributes it across COPE Galway services.

Peter first started volunteering with COPE Galway back in 2000, delivering meals to people out in the community. He had picked up a flyer asking for volunteers One Sunday at Mass, and said he wanted to give something back.

"The first day was scary," he said. He remembers getting lost while making deliveries in Shantalla. "It was such a maze and some of the houses didn't have numbers. I thought I would never get my head around this!".

Once he got his bearings, Peter enjoyed meeting all the different people in the community who he said were always happy to see him. There was one woman whose delivery he would leave until last because she always invited him in for a chat.

So what has he learnt over the 23 years? "I learned a lot about people, and how appreciative and thankful they are," he said.

He also looks forward to going to Community Catering on a Friday morning and having a cup of tea with the team who he says are 'great craic'.

**“I don't have any plans to give it up, so long as I'm enjoying it. I'm still enjoying it as much as I did the first day if I'm honest. I come away after I've volunteered and say to myself, 'I've done a good morning's work'.”**

**15-21 May is National Volunteer Week. Follow COPE Galway on social media as we celebrate our amazing volunteers.**



# Diligent team take on Helping Hands project for their Global Day of Action

For the second year running, Diligent employees spent the day volunteering with our Older Peoples Service as part of their Global Day of Action.

The team of 20 rolled their sleeves up and spent the day in Whitehall and Melody Court cleaning, weeding, tidying up, and painting while also chatting to some clients.

“You really brightened up older people’s surroundings and spirits, we would have you back anytime!” Derval Burke, Community Support Worker said, singing their praises. Our team and clients appreciated the outstanding job that the Diligent team did and also enjoyed engaging with them.

Diligent Brand Manager, Sarah Caplice, said: “Our CEO Brian spent some time in Whitehall with the team and was amazed at the breath of work that COPE Galway do in our community here in Galway. The team really enjoyed the experience and took away so much from their time spent in both Whitehall and Renmore.”

It was also heartwarming to hear that after their experience and feeling that they had made a tangible difference in their community, some of the team enquired about getting involved and regularly volunteering with COPE Galway.





### Easter Egg-cellence

Galway businesses Tempo Antiques, Genesys and TitanHQ donated almost 300 Easter eggs to people in our services. Their generous donation brought Easter cheer to many, young and old, as they face some of life's challenges. We would like to thank all the companies involved in this wonderful act of kindness. Their egg-cellent gesture is a great example of how businesses can make a real difference in the community.



### International Women's Day

Bláthnaid, Annie and Eoin from John Sisk & Sons celebrated International Womens Day by raising €1,100 for COPE Galway. The group of employees organised a 25km walk at their site in Boston Scientific.

Annie who is on a student placement also researched and created a presentation about COPE Galway's services for women which was shared with the staff to create awareness of where the funds raised are going.

### Give It Socks Challenge

Clare Rogerson and the team at Lyreco have partnered with us for 2023. They kicked off their fundraising efforts by taking part in our 'Give it Socks' challenge for the month of March. The team took on an 80km walking challenge to raise funds and awareness for COPE Galway.

Pictured sporting our socks, which are awarded to participants of the challenge - Jillian Glynn, Clare Rogerson, Olivia Shine and Michael Fitzpatrick.



# Network Galway and COPE Galway – a partnership of friendship and support.

Network Galway, the association for women in business, have selected COPE Galway as charity partner for 2023. As well as helping to raise awareness of COPE Galway's services, Network Galway members want to give something back to their local community through sharing their skills and ideas as well as fundraising for COPE Galway services.

On 28th April Network Galway members came together to organise a fundraising coffee morning at the Salthill Hotel. Of course 28th April was also GoPurple Day, a national, Garda led initiative to raise awareness of supports and services available to people experiencing domestic violence and abuse.

There was something very fitting about so many Galway business women coming together on GoPurple Day to talk about domestic abuse and stand in solidarity for zero tolerance of domestic abuse in Galway.

Thank you to all the wonderful women who supported the event which raised an amazing €1,285.



## Connemara Help the Homeless Fundraising Event

After facing a number of setbacks with the weather in December, Connemara's community spirit prevailed and in February their Connemara Help the Homeless event went ahead. Coordinated by a team of volunteers led by Sarah McLoughlin, the art auction, raffle and bake sale raised an incredible €7,630!

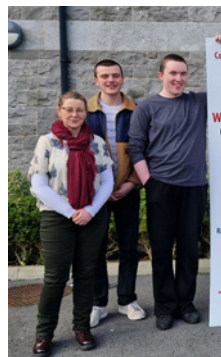
A lot of time and effort went into this event and we are very grateful to all of the volunteers, artists, bakers, businesses and supporters who made the event so successful. Funds raised will go to COPE Galway's Homeless Service which provides support and services for individuals and families who are homeless or are at risk of becoming homeless.



## The Jes surpass Sleep Out target

Coláiste Iognáid (The Jes) smashed their fundraising target with their Leaving Cert Sleepout 2022, which raised an impressive €10,700 for our Homeless Services. The Jes annual sleepout event was superbly organised by School Chaplain, Jerry Sheehan, and saw students experience a small taste of the reality of homelessness when they slept out for two nights in December. Students had a maximum spending budget of just €5 on their second day, which added to the experience and tremendous achievement of this group of enthusiastic students. Well done and thank you to everyone who took part and all those who supported this event.

Additionally, as part of Catholic Schools Week in February, teachers and pupils organised a Shave, Dye or Wax event, themed 'Walking with the Excluded'. Pictured, PE teacher Mr Leonard, 'suffered' through a leg wax himself; student participants Joe Kelly and Oisín O Domhnaill braved a head shave while Matthew Flaherty got his hair dyed! The event went beyond its target, raising €1,384 for our Older People's Service.







## Scaling New Heights of Generosity

Becca Patterson, 17, inspired us all when she got in touch to tell us about her Everest Base Camp Trek which she undertook in support of COPE Galway.

"I used my year out to learn to drive and to save to travel to Nepal to trek to Everest Base Camp with my dad. I decided to use the trek to raise funds for two local charities, COPE Galway and Pieta"

Much to the relief of her Mother, Annette, Becca completed her climb on Mother's Day. "To get there she needed gritty determination, sheer hard work, resilience and good humour, which she kept the whole time", said Annette. Becca even surpassed her fundraising target, raising €4,552, half of which has been donated to COPE Galway.

We are hugely grateful to Becca and her Dad for choosing COPE Galway. What a fantastic achievement at 17 years of age, we disagree with GB Shaw; youth is not wasted on the young!





COPE Galway

When you shop with us, you  
are supporting our homeless,  
domestic abuse and older  
people's services  
in Galway.



SHOP.  
DONATE.  
VOLUNTEER.

## COPE Galway Shop

St Augustine Street, Galway, H91 FP4F  
charityshop@copegalway.ie  
091 569 715

## Online and Social Media

copegalway.ie/charityshop  
thriftyfy.ie/seller/cope-galway-charity-shop

