



Tribe Newsletter

Winter 2023

COPE Galway



Positive Ageing Week

2023 Campaign Highlights

COPE Galway Christmas Appeal

Bring hope where it is needed most

Investing in Volunteers Award

COPE Galway Services

Main contact numbers for our Homeless, Domestic Abuse and Senior Support Services.

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

Senior Support Service

Practical help and support
for older people

091 753 402

Meals4Health

Meal delivery service

091 354 000

COPE Galway

Calbro House
Tuam Road
Galway H91 XR97

 091 778 750

 info@copegalway.ie

 copegalway.ie



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

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Welcome to our Winter 2023 Tribe Newsletter

In the few months since our last newsletter, COPE Galway has been a hive of activity.

We recently welcomed the Minister for Justice, Helen McEntee, to our Domestic Abuse Service; we introduced paid domestic abuse leave to our staff; we now have two new murals added to the Fairgreen Hostel walls; we celebrated Positive Ageing Week 2023; our Charity Shop marked 10 years and we hosted a number of fundraising events, including our annual Table Quiz and our first 'Lunch at The Hardiman' event.

One thing that is strongly evident from the pages that follow, is the unwavering support and generosity of you, our community. Through ongoing economic and societal challenges, you have remained with us, showing the same dedication that allowed us to support 2,961 people across Galway in 2022.

As we enter the busy Christmas period, there are plenty of ways you can continue to get involved and make a difference to the lives of the people we support. Read all about our 2023 Christmas Appeal on pages 10 and 11.

Finally, a note of thanks. Thank you to our staff, volunteers and community supporters, for all you have done throughout 2023 to support our work in providing person-centered, trauma-informed support to each client we have the privilege of serving.

It is truly heartening to see the dedication and determination you have shown to make Galway a community where every person is valued, cared for and supported at every stage of life.

Míle buíochas agus Nollaig shona daoibh go léir.



Michael Smyth, CEO



Making a difference for 2,961 people across Galway

In October we launched our 2022 Annual Report, looking back on a year where the demand for our services stretched our resources to the maximum.

We reflected on some highlights of our work in 2022, which we couldn't have achieved without your support. We also had a keynote address from Dr. Katriona O'Sullivan, author of the Irish bestselling memoir, 'Poor'. Katriona shared some profound insights and her own remarkable personal story. (Also featured on page 13)



copegalway.ie/annualreport

COPE Galway Charity Shop turns 10!

We marked our Charity Shop's milestone tenth birthday with an in-store celebration in September. The day was filled with tea, cake, and a 25% discount on all purchases, as a token of appreciation for the support of our community. We would like to express our sincere gratitude to all our customers and dedicated volunteers for their continued support and for joining us in marking this milestone – we couldn't do it without you!



Modh Eile House welcomes Minister for Justice, Helen McEntee

We were honoured to have Minister for Justice, Helen McEntee TD, Minister Hildegarde Naughton TD and Senator Seán Kyne, visit our Domestic Abuse Service in Modh Eile House, in November.

Meeting some of the women and children at the refuge, Minister McEntee praised the 'phenomenal' work that our Domestic Abuse Service team does, commending Modh Eile House as 'a place where women walk in and they're free, where they're given opportunities, and where they are safe.'



Pictured (L-R): Jackie Carroll, Ciara Tyrrell, Amy Donohoe, Minister Helen McEntee, Gillian McNamee, Minister Hildegarde Naughton, Senator Seán Kyne.

ESF+ supporting children returning to school

In August, families supported by COPE Galway benefitted from 1,180 school stationery kits kindly provided by the European Social Fund Plus (ESF+). These kits were also distributed among charity and community partners supporting families most at risk in our community.

ESF+ Food and Basic Material Support (formerly FEAD) helps support people take their first steps out of poverty and social exclusion. Along with the school kits generously donated, all of our services also benefit from monthly food assistance from the programme.



Fairgreen Hostel Residents get creative

Following the success of our 'City of Tribes' mural on one of the walls of Fairgreen Hostel, residents have been busy working with local artist Tracey Moca, to add murals on two other walls at the service.

By the end of October, two murals were painted that have beautifully transformed the hostel's back garden. Those who got involved said they valued the opportunity to work together on something they can all feel proud of.

“ I felt part of something that made me feel positive about myself for the first time in a long time.”

- Fairgreen Hostel resident



Fairgreen Hostel Team Leader, Paudie Cunningham, with artist Tracey Moca.



City of Tribes mugs on sale now!

Gift
idea

We are delighted to share our City of Tribes mug, celebrating the new mural at the COPE Galway Fairgreen Hostel - our accommodation service for men who are homeless. The mural was designed by local artist, Tracey Moca, and painted with the help of residents of the hostel.

A perfect stocking filler this Christmas, **each mug is €15**, with profits from each sale going towards our homeless, domestic abuse and senior support services.



copegalway.ie/shop



Meet Eileen

Eileen became homeless while in an abusive relationship and experiencing drug dependence. She became a resident of Osterley Lodge, COPE Galway's Supported Temporary Accommodation (STA) service for women who are homeless.

Another of COPE Galway's homeless services, our Community Based Housing Plus Service (CBH+), commenced in November 2022. Using shared scatter site houses in Galway City, the aim of this service is to accommodate single person households living in STA hostels. Osterley Lodge, where Eileen resided, was one of the participating services and Eileen was offered a space in a Community Based House, which she was delighted to accept.

Each person availing of COPE Galway's Homeless Service is assigned a keyworker to work with them one-to-one to identify goals and work together to create a care and support plan. Relationships are at the heart of this work and the one that Eileen built with her keyworker, Paula Nolan, was hugely positive.

“ Paula makes me feel like I can do things and I'm not stuck doubting myself. She boosts me up.”

Eileen is currently engaged in an Opioid Substitution Treatment programme for drug addiction, and also currently works at a technology manufacturing company, which she says is going well.

Paula set up life coach sessions for Eileen after Eileen voiced a desire to help people and maybe work with children.

“ I've just never done anything about it. I've just been stuck in a rut – but not anymore.”

Eileen is hopeful she'll be able to start saving money and move into her own place through Housing Assistance Payments, ideally closer to her sister who she describes as the “best person in her life”.



Positive Ageing Week 1-7 OCT 2023

2023 featured 30 people from across Galway city and county who are active, engaged and full of life, and who are very connected socially. They inspire us all to support our own ageing journeys so we can look forward to good health, happiness and an enjoyable experience as we move up in years which, after all, is only a number.

Hosted in partnership with:



Colouring Competition

Children across Galway got involved in our colouring competition, sending us a photo of themselves presenting the card to the special older person in their life. The competition was launched with an event at Charlie Byrne's Bookshop and Galway Atlantaquaria, both of whom we would like to say a special thank you to. Congratulations to Eleanor Cronnolly, pictured presenting her granny Ger with her card, who won herself a year-long family pass to Galway Atlantaquaria.

Recognition of our 2023 Local Galway Heroes

As part of our Local Heroes Initiative, the 30 older people which were showcased for Positive Ageing Week 2023, were recognised at exhibitions held in Galway City Library, Ballinasloe Library and Oughterard Courthouse. At each event, each older person was presented with a photo momento by Mayor of Galway City, Eddie Hoare; Galway County Cathaoirleach, Liam Carroll or Leas Chathaoirleach, Dr Evelyn Francis Parsons. Thanks to all those in older age who contribute so much to our families, neighbourhoods and communities and inspire our own ageing journeys.



copegalway.ie/positiveageingweek

Eat well, live well, age well this Christmas

Meals4Health, a social enterprise of COPE Galway, assists people year-round to remain living at home within their own community for longer, through the provision of nutritional and social support.

To gift a family member, friend, neighbour, or COPE Galway client a Meals4Health gift voucher, call 091 354 000 or visit meals4health.ie.

Meals4Health
Eat well, Live well, Age well

Meals4Health Gift Vouchers

GIFT VOUCHER

The Perfect Gift for Christmas!

This Christmas, you can bring hope where it is needed most

Christmas can be a time filled with magic, a time of celebration, tradition, memories and home. But for people who are homeless, women and children experiencing abuse and older people living alone and isolated, Christmas can be the most difficult time of the year.

This Christmas, hundreds of families, men, women and children are relying on COPE Galway services, which means we are relying on your help to support them.

We will work tirelessly, doing everything we can to support people in our community.

Our homeless day centre will stay open, offering food, laundry facilities and showers. We will provide food, fuel and other essential supplies to those who need them. We will deliver meals, make calls and visit older people. Our domestic abuse helpline will be answered 24/7 over Christmas and throughout the year.

Your donation will ensure our services are available to anyone who needs support this Christmas.

€40

Could help provide an older person with healthy, home-delivered meals for four days.

€100

Could help provide food and clothing for children living in emergency homeless accommodation.

€125

Could help provide food, toiletry, festive and household items to fill a christmas hamper for a family.

€200

Could help provide play therapy for children who are growing up in the shadow of abuse in their home.

Your donation will change someone's life this Christmas.

SCAN TO DONATE



copegalway.ie/christmasappeal

Buy a COPE Galway Christmas Gift

Buying a COPE Galway Christmas Gift is another great way to make a difference this Christmas. Get a Christmas gift for a family, a woman, a man or a child in our services. You can also buy on behalf of a loved one and send them a special ecard about their life-changing Christmas gift.

copegalway.ie/shop



Other ways you, your school, company or community group can get involved this Christmas.



Christmas Hamper Donations

Donate food, treats, gifts, vouchers, toiletries and other items to fill hampers for families and individuals across our services. Every year we deliver over 400 hampers to people who may otherwise go without. Hamper contents are donated by individuals, schools and companies in the community.

copegalway.ie/hampers

Host a Christmas Jumper Day

Get into the festive spirit at work, school or in your community. Hold a Christmas Jumper Day in aid of COPE Galway.

copegalway.ie/christmasjumper



Christmas Fundraisers

Christmas fundraisers are a great way to get colleagues and friends together for some Christmas cheer while also raising vital funds. We have put together some fun, festive ideas to get you started.

copegalway.ie/christmas

Charity Christmas Cards

Buy a pack or two of our fabulous Galway themed Christmas cards and send festive greetings to your loved ones, friends and colleagues. Your cards will lift their spirits and the income from your purchase will go towards COPE Galway services.

copegalway.ie/shop





COPE Galway achieves Investing in Volunteers award

For the second time, COPE Galway has been awarded the Investing in Volunteers standard.

Investing in Volunteers (IiV) is the national quality standard, in both Ireland and the UK, for good practice in volunteer management. We embarked on our renewal journey earlier this year, having first achieved the award in 2018.

Achieving the standard demonstrates our commitment to maintaining a quality volunteer programme. As part of the assessment process, 32 volunteers were interviewed.

Michael Smyth, COPE Galway CEO, said: "Volunteers are a huge part of the fabric of COPE Galway, and I am delighted the value we place in them has once again been recognised."



“Thank you to every single one of our volunteers. We would not have the reach in the community that we do without your dedication to our vision of a community where every person is valued, cared for and supported at every stage of life.”

- Michael Smyth,
COPE Galway CEO

Speaking at the launch of our 2022 Annual Report, Dr. Katriona O'Sullivan, author of Irish bestselling memoir, 'Poor', shared her remarkable personal story and the impact of the support she received.

Dr. Katriona O'Sullivan is a psychologist, academic and author of Irish bestselling memoir, 'Poor', which tells her story of growing up in extreme poverty, teenage pregnancy and homelessness. Katriona said that, due to the non-judgmental support of some of her teachers and keyworkers who understood the impact of trauma and believed in her potential, her dreams which were once "limited by poverty", are now "endless".

Speaking of her first experience in education, Katriona noted she was lucky that it was with a teacher, Miss Arkinson, who understood trauma "in the same way I think the staff in COPE Galway have been trained".

One thing Katriona mentioned Miss Arkinson had done which was lifechanging for her, was always believing that Katriona could achieve. Dr. O'Sullivan stated that having someone in services or in education that believes in you, especially when you're struggling, is "fundamental to change and fundamental to survival."



“ I feel so lucky to be speaking today at the launch of COPE Galway's annual report because I know that this is the work that you are providing to young women who are the same as me.”

Focusing on the investment in supports and services, Katriona believes that we provide people "with an opportunity to participate fully in life".

Addressing COPE Galway staff, she promised that "the investment that you put into the people that you work with, it lives on forever. So please keep up the good work."

Watch Katriona's full keynote speech at copegalway.ie/annualreport

Funding from Department of Justice for Initiative to Enhance Legal Supports

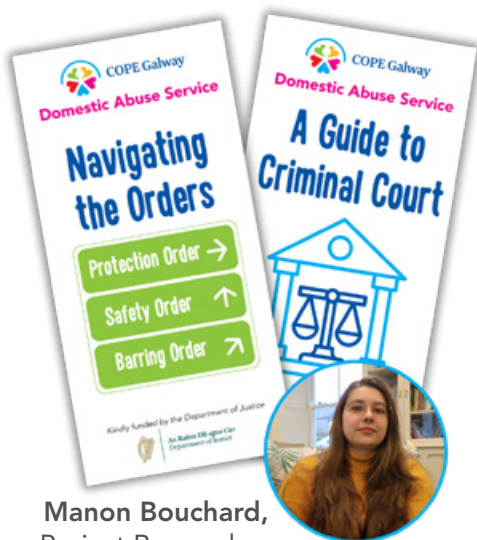
Our Domestic Abuse Service received funding for a Legal Development Project from the Department of Justice Victims of Crime grant fund. The project aimed to identify the obstacles women face when navigating the legal system under the Domestic Violence Act 2018 and develop a training for support workers who provide legal and court accompaniment services.

The research captured the lived experiences of domestic abuse survivors through online surveys and in-depth interviews. We also interviewed Gardaí, solicitors and court staff, as well as staff from Women's Aid, Safe Ireland, Dublin Rape Crisis Centre and COPE Galway Domestic Abuse Service.

Sadly, the dynamics of power and control within domestic abuse are often replayed throughout the justice system and women regularly report being retraumatised by their experiences. Conclusions and recommendations from the research pointed to a lack of understanding of these dynamics, and the urgent need for in-depth training for all professionals in the field.

Two training modules, several training materials and an online recording of the training were produced as a result of this project. Manon Bouchard, the project researcher and a former support worker with our Domestic Abuse Service, also produced two leaflets - 'Navigating the Orders' and 'A Guide to Criminal Court', providing useful information for women who are accessing the legal system.

Our recommendations for training for professionals within the legal system have been called for in previous research, and by the sector, for several years now. It is imperative for the safety and welfare of women and children experiencing domestic abuse that these recommendations are followed through.



Manon Bouchard,
Project Researcher

Solas Óg Schools Pilot reaches 268 young people

COPE Galway's Solas Óg service piloted a new 'Healthy and Unhealthy Relationships' programme for children aged 12-15 years old, thanks to funding from a philanthropic trust.

The programme was piloted with 10 schools and reached 268 young people. It was delivered through interactive workshops on healthy relationships, setting boundaries, assertive communication, identifying warning signs of unhealthy relationships, and attitudes to toxic masculinity and gender stereotyping.

The workshops are an important element of our preventative work, helping young people have a better understanding of healthy and unhealthy relationships and challenging negative attitudes about relationships.

Feedback on the workshops has been positive from both teachers and young people. We are planning to roll out the programme to schools in Galway city and county and to develop community youth leader and teacher training modules.

Solas Óg (Irish for 'young lights') is the leading provider of therapeutic supports to children and young people affected by domestic abuse.



COPE Galway leads way with extended domestic abuse leave

We warmly welcomed the Government's introduction of fully paid domestic abuse leave as part of the Work-Life Balance Act. The initiative, which was introduced in autumn and came into effect on 27th November, provides five days of full paid leave from work for anyone impacted by domestic abuse.

As a trauma-informed organisation, we are committed to creating a safe and supportive work environment for all employees and volunteers. We strive to be leaders in the elimination of the stigma attached to domestic abuse and, with this new addition to legislation, offer 10 full days paid domestic abuse leave to all our employees.

Fit for cause

There was laughter, music and more than a little bit of sweat at the UBFit Fundraiser in aid of COPE Galway's services on the 2nd September. Eoin O'Donnellan arranged a host of activities including Dancing with Anita, Yoga with Eimear and singing courtesy of The Choir as part of an energy-filled morning at The Range in Salthill. The event raised over €1,740 - an incredible amount, thank you to everyone involved!



A full house at our annual COPE Galway Table Quiz

The annual COPE Galway Table Quiz returned on 12th October at the Menlo Park Hotel. With our quizmaster Ray at the helm, 43 teams put their knowledge to the test over the course of the fun and entertaining evening, which ended with a tie breaker finish. With raffle prizes generously sponsored by Galway businesses, the event raised a fantastic €2,800. A sincere thanks to everyone who took part and made the evening such a success.



An afternoon of fine dining and fun at The Hardiman

We held our Lunch at The Hardiman fundraising event back in October. It was great to see some new and familiar faces show their support for our work by joining us for a fun-filled afternoon. The event started with a drinks reception accompanied by canapés and live music, followed by a two-course gourmet meal and a game of musical bingo hosted by DJ Fergus McKiernan. Local businesses generously sponsored a range of great prizes which we are very thankful for. A heartfelt thank you to all the staff at The Hardiman for hosting us and for taking such good care of everyone on the day.



Galway students get hands on for Christmas

The students of both the University of Galway and ATU have been getting behind COPE Galway in the run up to the Christmas period this year. The students have shown their passion for giving back to the community and supporting the work that we do by volunteering with gift giving projects and organising on-campus Christmas hamper donation drives. We are incredibly grateful for their work. Thank you to each and every one of you who have gotten involved so far this year.





Christmas pampering for our clients at The Hair Space

On Saturday 6th January 2024, in the true spirit of Nollaig na Mbán (Women's Christmas), Laura Murphy and her team in The Hair Space, Liosbán Industrial Estate, are once again closing their doors to the public in order to pamper our clients in Osterley Lodge and Modh Eile House. Huge thanks to all the crew for this wonderful gesture.

COPE Galway chosen as charity partner of the year

Thank you to Penn Engineering Galway who chose COPE Galway as their charity partner for the year for 2023. President of Penn Engineering, Mary Ann Fleming, presented our Fundraising Manager, Lynia O'Brien, with a cheque for a fantastic €10,268 which was raised from their Global Day of Giving as part of their Community Service initiative. These funds will make a difference to the lives of the men, women and children across our homeless, domestic abuse and senior support services.



Thank you, B&Q!

B&Q have been more than generous with both donations of items and their time. Pictured here with our Property Manager Jackie Feeney, is the team who worked on revamping the sitting room and kitchen at one of our Community Based Housing units, providing paint, furnishings...and volunteers! Through the donation of items such as decorative stone, plants and soil, they also played a part in transforming the garden at Bridge House, our Transitional Housing service. Thank you, B&Q!

Titan HQ and AIB lend a Helping Hand

Teams from both Titan HQ and AIB volunteered at our services through our Helping Hands projects, part of our Corporate Volunteer Engagement Programme.

One of the groups from **Titan HQ** cleared out the attic space at Osterley Lodge, our emergency homeless service for women. The other groups transformed the garden at one of our resettlement service properties, revamping and refreshing the space for residents to enjoy. Titan HQ chose COPE Galway as their charity of the year 2023 and have really helped make a difference.



Titan HQ hard at work.



AIB making a difference.

A team of 12 from **AIB** travelled from Donegal, Dublin and Mayo to take part in another of our projects, led by a member of our Senior Support team, who provides community support to older residents. The project involved a garden clean up and the group very kindly supplied a bench for the garden they were working in. This great addition will allow the residents of the area to relax and enjoy the space.

Thank you to both AIB and Titan HQ for your time, support and generosity.



TE Connectivity donates €5,000 to our services

Huge thanks to TE Connectivity for their generous donation of €5,000 which will go towards supporting the people who access our homeless, domestic abuse and senior support services.

Thank you too to Susana Figuerda who nominated COPE Galway to be one of the chosen charities for this donation.



25 December
Christmas Day Swim

20-26 December
Swim Where You Are

[**copegalway.ie/swim**](https://copegalway.ie/swim)

Brave the cold so others don't have to

Take part in the 2023 COPE Galway Christmas Swim and raise vital funds for homeless, domestic abuse and senior support services in Galway.

Our event sponsors and partners



[**copegalway.ie**](https://copegalway.ie)

