



COPE Galway

Tribe Newsletter

Autumn 2023



I am not a Celebrity...

A fundraising event with a unique twist

**Fairgreen Hostel
City of Tribes Mural**

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



COPE Galway



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Thanks to PCG Media Group
who kindly sponsored the
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the Tribe Newsletter.

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

Registered Office: Calbro House, Tuam Road, Galway.

Registered Charity Number 20011314 · Charity Revenue Number CHY6339.

Embracing Community: Autumn 2023 Tribe Newsletter

Welcome.

As the summer ends, we reflect on what has been a busy season for us. Alongside our ongoing service delivery which is busier now than ever before, we had the opportunity to engage with much-loved community events like the Galway International Arts Festival and the Galway Races.

This newsletter shares stories of some of the key moments across our services over the summer months.

Read the stories behind the 'City of Tribes' mural – a radiant, artistic collaboration between the residents of our Fairgreen Hostel and a local artist, Tracey Moca. Read about the new 'fairy housing estate' in the garden of Modh Eile House, and discover what we learnt when we asked our Senior Support Service clients, "What's in a name?".

We also spotlight the diverse ways individuals, companies, and groups partner with us to transform lives, from hands-on volunteering and taking on challenge events, to creative fundraising activities like the recent "I Am Not A Celebrity..." fundraiser.

Every achievement we celebrate underscores the support and generosity of you, our community. You are the cornerstone of our efforts to bring positive change to families and individuals in Galway.

I hope you find it uplifting as you read about the work we are doing together with you, our community.

Go raibh míle maith agaibh,



Michael Smyth, CEO



COPE Galway logo featured on CLG Bhearna club jerseys

If you have been to any Bhearna Senior Men's team games recently, you may have noticed the COPE Galway logo on their jerseys. When McCann's Centra Moycullen were drawn as winners of CLG Bhearna's jersey draw, they generously donated their sponsorship to us. We are grateful to McCann's Centra and CLG Bhearna for this wonderful gesture, which gives visibility to COPE Galway in an arena that reflects and promotes our shared value of community.



Ray Conneely of CLG Bhearna presenting Ciara McGrath with a jersey for COPE Galway.



A special fundraising Golf Classic was held last June in memory of Colm Feeney, a remarkable family man and businessman, who had a passion for golf and a commitment to supporting local charities including COPE Galway.

Golf Classic in memory of the late Colm Feeney

As one of three beneficiary charities, we were deeply honoured to receive a generous donation of €5,000 from funds raised at the event.

Colm served on COPE Galway's Board of Directors for three years, providing valuable leadership and support in overseeing the strategic direction of our work. He also shared his business expertise in the development of our social enterprise, Meals4Health, and actively participated in numerous fundraising campaigns.

Colm played a significant role in empowering our work, and he is missed by everyone at COPE Galway who had the honour of knowing him. This donation will make a difference to those we support across our services, honouring his generosity and compassion.

Changing children's lives for good - RTÉ Toy Show Appeal funding

For the third year in a row, COPE Galway's Helping Kids First programme has been selected to receive funding from the RTÉ Toy Show Appeal (2022 Toy Show). Helping Kids First supports children living in emergency accommodation by addressing social exclusion, improving living conditions and providing vital education and social development support to children, teenagers and their parents.

In 2022, the project supported 111 children by delivering 37 homework clubs, enabling attendance at summer camps and working with families to help them access services and supports in the community.

Huge thanks to the RTÉ Toy Show and Community Foundation Ireland for their continued support for COPE Galway.



Charity Shop race collection is a huge success

COPE Galway's charity shop got great media coverage for our 'Race Week Collection', featuring in both the Connacht Tribune and Galway Advertiser ahead of the Galway Races Summer Festival.

The shop's carefully curated collection included headpieces, dresses, shoes and jewellery perfect for racegoers, all put together by the shop's dedicated volunteers.

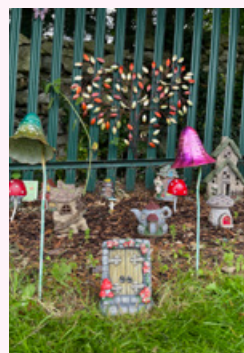
Huge thanks to everyone who bought their race outfit from our charity shop, and thanks to those who donated their pre-loved hats and outfits - all providing vital funds to support our services. Donations to our shop are always welcome and appreciated.



Solas Óg 'Fairy Housing Estate'

There has been a wonderful addition to Solas Óg with the creation of a new 'Fairy Housing Estate' in the garden of Modh Eile House. Maarit and Lorraine from the Solas Óg team wanted to create something magical that children who were staying in the refuge, and those coming to Solas Óg during the day, could enjoy.

They initially planned to create a fairy garden and invited the children staying in the refuge at the time to build it with them. When they started working on it, the children decided it should be a fairy housing estate instead, so this is what they built. It is a delightful addition to the garden at Modh Eile House which the children have made their own - unless it is raining they will be there every day!



Taking part in the national period poverty pilot



Period poverty is a major issue in Ireland, with people who menstruate struggling to afford the cost of products. Thanks to funding from the Department of Health Period Poverty Pilot Project, we are able to provide accessible products for those who need them. Osterley Lodge manager, Elaine Power, said they do everything they can to minimise any stigma, and encourage and promote self-care and hygiene associated with period poverty by providing free products.

She hopes to establish a system in which each COPE Galway service has a nominated team member who will communicate the products that clients need. Elaine aspires to establish subscription-based programmes and confidential deliveries of period products across COPE Galway services.



Taking on challenges at Wildlands

In July, staff and clients of COPE Galway's Resettlement Service embarked on a fun day out to Wildlands Activity Centre, Moycullen. Ben Igoe and Mags Coleman took Bridge House residents through a Zip 'n' Trek challenge, taking on an obstacle course 15 metres above the ground. Both staff and residents navigated through 40 variations of rope, bridge and swing obstacles and some adrenaline-inducing zip lines, with determination and courage! The group enjoyed a well-deserved treat after completing the course.

The trip to Wildlands was inspired by Men's Health Week. The day out was an opportunity for the men to take on an enjoyable physical and mental challenge and also spend some social time out and about in nature.

Activities like these are a great way to escape, for a short while, the day-to-day challenges of experiencing homelessness. The Wildlands experience gave clients a great sense of accomplishment, reminding them of their ability to overcome challenges. These experiences also help build confidence, and communication and teamwork skills.

“It was my first time to do anything like that. I totally forgot about everything that day. It was really great fun!”

Bridge House resident

What's in a name?

How we refer to people in older age matters. Words have power. Words influence how we think and feel. Words influence how we age.

We conducted a survey asking older people how they prefer to be referred to, and to guide us on what we call our services for older people.

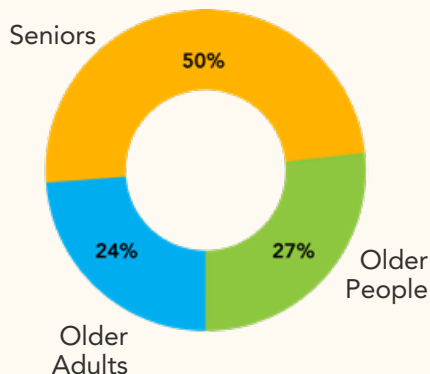
From 198 responses, most preferred 'Seniors' as a term to be used when referring to older people. The clear winner for what we should call COPE Galway services for people in older age was Senior Support Service - the name we are currently using.

The majority of respondents were in the age range 61-70, followed almost evenly by 71-80 (41) and below 50 (40). 32 of the respondents were 51-60 and 7 were over 80 years.

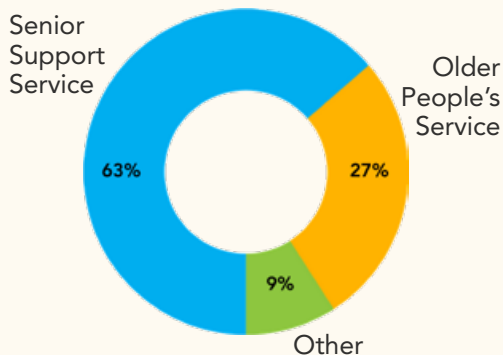
In the comments, the term "Senior" was referred to as conveying the positive experience that the older person can contribute to our world and helps defeat ageism. One said:

“I think Senior is a more defined term, and maybe holds more clout in society, like a rank or position.”

How do you think people in older age should be referred to?



Which name would you prefer for COPE Galway services for older people?



Our thanks to everyone who took part and shared their thoughts!

Activities for Seniors at our Day Centres

Explore the current variety of activities for seniors at Sonas Day Centre and The Bungalow, Mervue. From breakfast mornings, lunch clubs, exercise classes and walking groups to quiz time, community bingo and more.

Please note that dates and times may change.

For the latest on what's on during any week, please go to

copegalway.ie/seniorsupport



Activator Pole Walking

Mon 12.30pm-1.30pm
The Bungalow, Mervue



Breakfast Club

Mon-Fri 9.30am-11.30am
Sonas Day Centre, Mervue



Community Lunch Club

Thursdays 1pm
The Bungalow, Mervue



Exercise Classes

Tue 11am-12pm
The Bungalow, Mervue

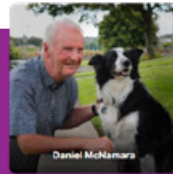
1-7 OCT 2023

Positive Ageing Week

Positive Ageing Week is a wonderful opportunity to celebrate the remarkable contribution of the countless older people who make our lives and communities better; and to highlight the positive aspects of ageing.

For more information on how you, your school, company or group can get involved, go to:

copegalway.ie/positiveageingweek



Daniel McNamara



Gerry Lyden



Liz Brennan



Maggie Woods

LOCAL POSITIVE AGEING HEROES

COLOURING COMPETITION

COMMUNITY EVENTS



New 'City of Tribes' mural unveiled by residents of Fairgreen Hostel

Residents of Fairgreen Hostel teamed up with local artist, Tracey Moca, last July to create the 'City of Tribes' mural.

The mural, which celebrates all things Galway, has transformed the side of the hostel building facing Fairgreen Road.

The project was a collaborative effort led by the artist. Tracey consulted with the residents of Fairgreen Hostel to put together the mural design.

Tracey worked on the project with residents and within two weeks they had created an incredible piece of visual art they are all deeply proud of.

"The Fairgreen Hostel residents have created a wonderful tribute to Galway," Tracey said. "Their commitment and engagement with the project has been fantastic. Thanks to the guys for all their kindness, hard work and generosity on this, and for giving the Galway community such a beautiful gift!"

Paudie Cunningham, Fairgreen Team Leader, said the project gave residents a real sense of purpose and ownership of their space, and encouraged some to think about pursuing a career in either painting or art.

We are thrilled the team is getting so much positive feedback and appreciation from the community.

The project was funded by Galway City Council and Creative Ireland, and supported by T. O'Higgins Homevalue who donated paints and other materials.



Local artist, Tracey Moca with Paudie Cunningham.

Brian Nolan of Walking Tours Galway, said he had “watched the progress of the mural with great interest and delight”, and congratulated the team on a job well done, brightening up the space.

“It’s isolating being homeless, and this brought us together. It is always great to be a part of something from start to finish. It’d be good to do it again because people have really enjoyed it.”

- Fairgreen resident



Special thanks to the Cisco volunteers (above) who power washed the wall and helped prepare the area before painting started.



Fairgreen Hostel residents, COPE Galway staff and supporters at the ‘City of Tribes’ unveiling event.



Meet Elaine

Elaine Biggins is Team Leader at Solas Óg, COPE Galway's children and young people's domestic abuse service.

She has worked with COPE Galway since 2016, but her sights were set on working for the organisation long before then.

"Going through school and college I always felt that COPE Galway was an organisation that stood out to me."

Being naturally empathetic, having a want to help others and to work with younger people, Elaine studied social care in Limerick, but was not sure what area she wanted to branch into.

It was her college work placement with the Garda Youth Diversion Project in Moyross in Limerick that lead her to working with COPE Galway.

"When I did that [placement] I knew that was the route I wanted to go down. I wanted to work with young people from disadvantaged areas, that had difficult upbringings".

As a Team Leader in Solas Óg, Elaine does not have a "typical day". Although there are standard practices for staff within the service, like morning hand overs and opening the in-house playroom for morning and evening sessions with children, each day is different. This variety is one of the things Elaine loves about working with COPE Galway.

"I love the idea of coming in and not really knowing how the day is going to pan out. It keeps us on our toes."

Not only is there variety in her work, the diversity within Elaine's team and among the people they support is something she finds very beneficial for continual learning and challenge. Within the Solas Óg team, backgrounds range from play therapists and family support workers, to people who have worked in childcare and studied neuroscience.

"When all that comes together you learn so much from each other. I just feel like I'm constantly learning."

“Going through school and college I always felt that COPE Galway was an organisation that stood out to me.”

Reflecting on her time with COPE Galway to date, Elaine’s advice for anyone looking for a role with COPE Galway is to “go for it”:

“Go for the position if you think you want it and see how you get on. If you get the post, don’t be afraid to ask questions or come to other team members for support if you need it - because that is what we are all there for.”

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Join Our Team

We are actively recruiting for talented, professional, mission-driven people to join our service, administration and development teams.

Follow COPE Galway on LinkedIn or go to our website to see current career opportunities.

copegalway.ie/careers



Noreen Joyce New COPE Galway Head of People

We are delighted to welcome Noreen Joyce, our new Head of People.

Noreen joined COPE Galway as Head of People in May 2023. Noreen brings 17 years’ experience in human resource management, spanning a number of industries including financial services, retail and utilities.

Noreen will lead on delivering the COPE Galway ‘Our People’ strategy, with a key priority of enabling and empowering our teams - ensuring that we are an organisation where every employee and volunteer is valued, inspired and supported in their roles.

Mayor's Awards for COPE Galway volunteers

We are immensely proud of our volunteers who were nominated for the 2023 Galway City Council Mayor's Awards! COPE Galway Homework Club volunteers received recognition for their volunteer work helping primary school children who are living in emergency accommodation with their homework and afterschool learning.

The wonderful team from Yoga Darsana, who volunteer their time to provide yoga and exercise to clients in our Homeless and Senior Support Services, were also recognised for their volunteer work.

Congratulations! We are very grateful to all our volunteers for the work that they do.



Volunteers Dolores Deegan, Sarah Lydon and Maryrose Mc Loone from our Homework Club with Mayor Higgins.



Volunteers Tara Duffy, Eva Du, Sarah Falvey and Saibh Egan from Yoga Darsana with Mayor Higgins.



Thank you DHKN team

As part of their Community Action Day, 30 DHKN staff spent the day tending to the gardens at Osterley Lodge and Bridge House. Split into two teams, they helped with weeding, planting, clearing and general gardening.

Ben Igoe from Bridge House was delighted - "The team from DHKN did brilliant work in the garden and donated garden tools which will get plenty of use. These gardens offer vital outdoor havens for our residents, fostering a peaceful, enjoyable environment."



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Trad concert raises €16,000

A special thank you to these three remarkable friends - Iomar Barrett, Chris Kelly and Proinsias Kitt, who presented us with a cheque for €16,147, proceeds of the tremendously successful traditional and variety concert which they organised earlier this year.

The event received wonderful support from the community with musicians, dancers and comedians traveling from all over the country to take part. Thanks to all who performed on the night and everyone who attended the event and generously donated to the work of COPE Galway.

Arts Festival support for COPE Galway

We received a generous donation of tickets from the Galway International Arts Festival this year. Ticket sales and raffles raised €6,500, and these funds will go to supporting children, young people, women and men across our homeless, domestic abuse and senior support services.

Some of COPE Galway's clients attended arts festival events and the remaining tickets were offered to our volunteers and staff. Our deepest thanks to the Arts Festival team and to the individuals and companies who bought their festival tickets from COPE Galway. We hope you enjoyed the festival as much as we did.



This year's Church Gate Collection took place in June, raising a total of €3,126. COPE Galway would like to extend our sincere gratitude to the parishioners of Athenry, Corrandulla and Annaghdown, Craughwell, Caherlistrane and Kilcoona and Headford for their generosity. Sincere thanks to the volunteers who give their time to the collection each year.

I'm Not A Celebrity... But I Can Do It!

Long-established local Galway business, T. O'Higgins Homevalue Hardware, recently held a fundraising event with a unique twist in aid of COPE Galway.

Taking inspiration from "I'm a Celebrity...Get Me Out of Here!", T. O'Higgins organised their own "I'm Not a Celebrity... But I Can Do It" event, where staff member, Sean Black, volunteered to eat just about anything he was given.

Sean, who works part-time while also studying law, said the idea formed when he jokingly told his co-workers that he could eat anything since he had lost his sense of taste after contracting COVID-19. They then came up with the idea for Sean to eat crazy foods to raise funds for COPE Galway.

They started planning and promoting their event, and set a goal to hold the event within two weeks and to raise €2,000. "We were scared that we weren't going to make the goal in two weeks, but we managed to do it

“I'm from Corrach Buí, in Westside. Throughout the years there have been a lot of neighbours who have moved out of homes and ended up homeless and stuff. So, I kind of see it a lot, you know. I am really glad I could help COPE Galway.”

Sean Black



in the first week.”

On the day, the Black Cat restaurant presented Sean with the dishes, which included sheep's tongue, monkfish eyeball, a fish gut milkshake and live crickets. "Some of them were really bad. That monkfish eye was awful," Sean said.

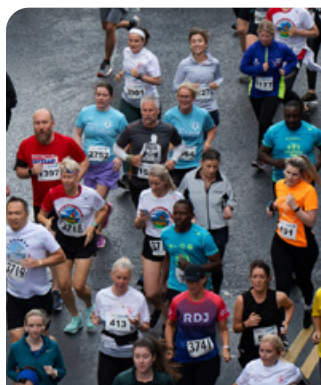
Sean ate it all and, while he does not plan on doing that again, he said doing it for COPE Galway made it worthwhile.

So far they have raised over €4,000, thanks to the generosity of people in the community.



Women's Mini Marathon team

Ladies of Team COPE Galway were out in force on the June Bank Holiday weekend for the Women's Mini Marathon in Dublin. They set off that Sunday morning with a team of 20 fantastic runners and walkers. Not only did the team complete the 10k race in the sun and heat, they did it while having a laugh and brought great energy to the day too. Together, they raised an incredible €3,030 for COPE Galway services. Our deepest thanks to each one of you for taking part, supporting COPE Galway and making the day truly remarkable.



Streets of Galway

COPE Galway were represented once more when our team of 23 walked, jogged and ran the annual Streets of Galway 8k race on 12th August, raising over €2,500 for our services. We would like to thank everyone who took part and fundraised in aid of COPE Galway, the Galway City Harriers for organising such a great event, as well as Health Plus and SnapFitness Galway for their generous donations for the team.





HARDIMAN
1988

Join us for great food, musical bingo,
great prizes and lots of laughs

Lunch at the Hardiman

Friday, 6th October at 2pm

€65 per person or €480 for a table of 8

Register at copegalway.ie/lunch

*Proceeds go to COPE Galway's Senior Support, Domestic Abuse
and Homelessness Services.*



Table Quiz



Menlo Park Hotel

Thurs, 12th October 2023

**Doors 7pm,
Quiz 7:30pm**

Table of 4 €40

TICKETS: copegalway.ie/quiz

Colouring Competition



Come meet our team and
find out about our 2023
Positive Ageing Week
colouring competition.



Sat 9 Sept, 11am-12:30pm
Charlie Byrne's Bookshop
with special children's storytime



Sat 9 Sept, 2pm-3pm
Galway Atlantaquaria



copegalway.ie/positiveageingweek

