



Tribe Newsletter

Spring/Summer 2024

COPE Galway



Solas Óg Empowering the Youth of Galway

Meals4Health Awarded Funding

to scale operations

International Women's Day 2024

Inspiring the inclusion of women

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

Pg.7 International
Women's Day 2024



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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.

Welcome to our Spring/Summer 2024 Tribe Newsletter

With the welcome arrival of longer, brighter days we are looking forward to the opportunities that the spring/summer season will bring. As we look back on the time since our last newsletter, it is difficult not to feel a deep sense of gratitude to our community, for time and time again, seeing opportunity to support the work we do.

In the pages that follow you will learn of the impactful work of our staff working tirelessly to support our clients each day. From our Senior Support Service activities for older people in the community, to the preventative work being done by our Domestic Abuse Service and Homeless Service.

Our volunteers share their experiences and discuss what they value about COPE Galway during an event to celebrate our second time achieving the Investing in Volunteers standard.

Read about the incredible fundraising efforts by our supporters, from record funds raised by 'The Jes' sixth year students on their annual sleep out, to the COPE Galway Christmas Day Swim which over 850 of our supporters took part in.

We would like to take this opportunity to say a heartfelt thank you to our community - our staff, our volunteers, individuals, businesses, organisations and schools. Without your tireless efforts we could not provide services to people in Galway who need them most. Your support makes a positive difference to the lives of families and individuals in Galway every day and for that, we are truly grateful.

Go raibh mile maith agaibh,



Michael Smyth, CEO



No cold feet on Christmas Day!

Over 850 courageous sea dippers and swimmers didn't let the elements get the better of them on Christmas Day, when they braved the cold in aid of the annual COPE Galway Christmas Swim.

Their support raised an incredible **€45,420** for our homeless, domestic abuse, and senior support services in Galway. Thank you to everyone who donated, fundraised, volunteered and shared stories and photos.

A special thank you also to our key event sponsors GoFundMe and Stewart Construction.



Hanging with Hector at Meals4Health

Meals4Health, a social enterprise of COPE Galway, had an extra set of hands in the kitchen recently, when Irish television and radio presenter, Hector Ó hEochagáin, paid a visit to experience the important work they do, first-hand.

Hector is a keen supporter of their work in advocating for community-based services that support the wellbeing of older people, promoting healthy eating habits, and enhancing quality of life at home.



Hector with the team at Meals4Health.



Galway business leaders raise over €250,000

47 business leaders from across Galway city and county took part in the COPE Galway Business Leaders' Sleepout last December, when they spent 12 hours sleeping out on Shop Street.

Thanks to the incredible generosity of everyone who supported them, they raised a phenomenal **€251,340**. These funds enable us to provide services and support to individuals and families in our community who are homeless or are at risk of becoming homeless.

Volunteer fair returns for first time in 4 years



For the first time since 2020, the Galway City Volunteer Recruitment Fair, organised by Galway Volunteer Centre, made a return and took place in Leisureland in February.

COPE Galway joined over 50 charities and community organisations to showcase our volunteer opportunities to the public.

Speaking at the event, Lucia Canavan, COPE Galway Volunteer Coordinator said: "We were amazed by the huge numbers of people who came to our stand with a desire to do something to help others. Many of these people have signed up to become volunteers and we look forward to welcoming them to the COPE Galway volunteer family".



COPE Galway get choral

The COPE Galway singing group enjoyed a night at the SCCUL Choir Factor in March, held in Kilcornan Hall, Clarinbridge.

The group, a collection of staff members, volunteers, clients and friends of COPE Galway, offered their dulcet tones to deliver their rendition of Van Morrison's 'Brown Eyed Girl' and Fleet Foxes' 'White Winter Hymnal'.

A big thank you to our choir director, Ronan De Burca, for all the preparation and direction, and to SCCUL Sanctuary for organising such an enjoyable event.

"16 Days" concert held at Modh Eile House

Singer Eimear Crehan paid a visit to our Domestic Abuse Service women's refuge, Modh Eile House, as part of our "16 Days" 2023 campaign.



16 Days of Activism against Gender-Based Violence is an annual global campaign which aims to end violence against women.

Eimear shared some of her music in a concert for staff and clients, accompanied by some refreshments and sweet treats for everyone to enjoy.

International Women's Day 2024

We asked Our People - our staff and volunteers - two questions based on this years' theme, 'Inspire Inclusion':

1. What does inspiring women's inclusion mean to you?
2. How can we inspire the inclusion of women?

Here is a sample of what they had to say:



#IWD2024 cards

We offered a special 'International Women's Day' eCard or notecard which could be sent to the woman in our lives who inspires us most.

The bespoke design was created by Jennie O'Connell Art and Illustration, with each card bought including a donation towards our work supporting women through our domestic abuse, senior support and homeless services.





Volunteers “key to the lifeblood” of COPE Galway

In the last edition of Tribe Newsletter we announced our award, for the second time, of the Investing in Volunteers standard. This recognition was achieved as a result of the dedication of our volunteers so we decided to bring staff and volunteers together to celebrate and show our appreciation.

Kindly hosted by O’Reilly’s Bar and Kitchen in Salthill, it was a great evening of munching and mingling, with plenty of stories being told.

Several volunteers shared their experience of volunteering with COPE Galway, with one describing COPE Galway as “an extremely positive, inclusive and supportive environment” while another noted that “it has been an opportunity to give something greater than myself”.

We would like to thank all our wonderful volunteers who bring their time, energy, and skills to COPE Galway.

Are you interested in volunteering but cannot commit to a regular or long-term role?

Join our occasional volunteering team to help with COPE Galway events that take place throughout the year.



Scan QR code to sign up.



From volunteering to Team Lead

Frances began volunteering with COPE Galway in June 2022. Earlier this year, a role became available at Sonas Day Centre, and following a successful interview, Frances is now working as Sonas Day Centre Team Lead.



The effects of the pandemic and the isolation that it brought for everyone, coupled with Frances' passion for working with older people prompted her to research available volunteering opportunities in Galway.

Frances discovered COPE Galway's Befriending Service, which matches a volunteer with an older person in the community that has registered for the service. Once matched up, the volunteer and older person arrange a time, at least one hour a week, where they can meet and socialise. Frances was matched up with Carmel and immediately saw the benefit for them both:

“ I feel there's so much importance in bringing people back together, back to the community.”

While volunteering, Frances also worked as a home care assistant

to older people in Galway. Frances frequented Sonas Day Centre through the clients she worked with, and got to know Noelle Jennings, Manager of COPE Galway Senior Support Community Support Team.

It was through Noelle that Frances learned of the Team Lead vacancy at Sonas Day Centre. Frances' positive volunteering experience with COPE Galway made applying for the Team Lead role a no-brainer for her.

“ The reason there are so many volunteers at COPE Galway, and the reason they do so much is because they are given the necessary supports, and they're getting something back.”

Frances still keeps in touch with Carmel who says she has been enjoying Frances' company, joking that they "haven't had a fight yet!".

Solas Óg Education Team empower young people across Galway

The Education Team at Solas Óg, COPE Galway's children and young people's Domestic Abuse Service, are leading efforts to deliver important education to secondary schools across Galway city and county.

Education is key to preventing and addressing issues related to abuse. The programme delivered by the team is designed to be interactive and engaging.

Through workshops, the aim is to create a safe and supportive environment where young people feel empowered to speak up, seek help, and advocate for themselves and others in abusive relationships.

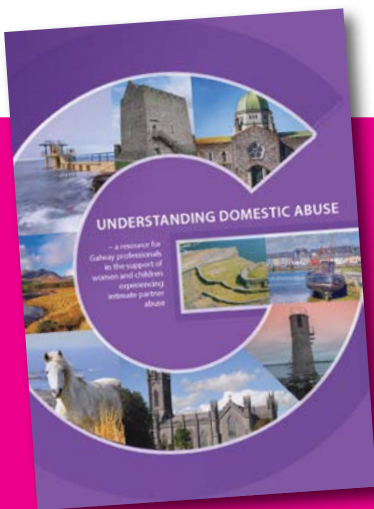
Thanks to the support of The Joe and Helen O'Toole Charitable Trust, we will be expanding the programme beyond schools, and delivering workshops in community settings such as GAA, boxing and Foróige clubs in the Tuam area.



Launching 'Understanding Domestic Abuse' resource

COPE Galway launched 'Understanding Domestic Abuse', an informative resource that provides the tools for professionals and all those in the community to be able to **recognise, respond and refer** when they meet someone affected by domestic abuse.

The resource was produced in collaboration with local Family Resource Centres (Loughrea and Roscommon) and kindly funded by Children and Young People's Services Committees.



Domestic abuse awareness training provided by COPE Galway Domestic Abuse Service

Since November 2023, 120 employees from local and national businesses have taken part in domestic abuse awareness training provided by COPE Galway.

In November, domestic abuse paid leave was introduced as part of the Work Life Balance Miscellaneous Provision Act 2023. This is a statutory requirement that means all employers must provide a minimum of five days paid leave to employees who are victims of domestic abuse, or where they are supporting their spouse, partner or child who is the victim.

Since the introduction of this statutory requirement, our Domestic Abuse Training and Development Officer, Jackie Carroll, has provided online information and awareness raising sessions to companies including Business in the Community Ireland, Merit Medical, Goodman Medical and The Knot Worldwide. The trainings have seen a mix of managers, HR professionals and employees attending.



Jackie Carroll

The training sessions explore what domestic abuse is, how to recognise it and how to respond to a colleague who may be victim of abuse in the home or in their intimate relationship.

The impact of abuse on the victim and on the workplace is also examined, along with the importance of the legislation as a support to victims.

Visit copegalway.ie/resources to access the resource, or email modheile@copegalway.ie if you would like a hard copy.

If you would like more information about this online or in-person training for your business or workplace, contact Jackie Carroll at 091 39 48 82 or email jcarroll@copegalway.ie.



Meals4Health awarded funding to scale operations

Meals4Health is one of 14 new social enterprises to join the Community Services Programme (CSP), an initiative of the Department of Rural and Community Development.

The CSP supports employment opportunities that help build sustainable, inclusive and empowered communities, by providing a contribution towards employment costs. This support will enable Meals4Health to employ a manager, a social enterprise development officer and a driver team lead and will strengthen operations and continued growth.

This funding is a recognition of the vital role Meals4Health plays in supporting Ireland's ageing population and the health needs of older members of our community.

Pictured (L-R): Geraldine Ryan, Social Enterprise Manager at Meals4Health, Minister Joe O'Brien, Sharon Fitzpatrick, Head of Development, COPE Galway.



Active living in Galway

COPE Galway's Senior Support Service has been hosting a range of activities in Mervue for older adults in the community.

Activities include balance-promoting

Group 'Get Engaged' in their community

'Get Engaged' is a 5-week course delivered by Age & Opportunity, and brought to Galway by COPE Galway with support from Community Foundation Ireland.

The course is designed to develop the skills and knowledge of people aged 50+ who wish to play a part in helping to make their communities more age-friendly and to strengthen participation within them.

The course covers topics such as positive ageing, teamwork and collaboration, working for change, and planning and implementing a community project.

Jacquie Lynskey, Head of Senior Support Services, hopes that some of the course participants will be a future resource to help COPE Galway ensure our services and supports are meeting the needs of the older people we work with.



exercises, stretching and mobility, as well as social and mindfulness activities.

The programme of activities addresses the holistic wellbeing of clients who attend, to support their healthy ageing and contribute to their quality of life. It is also a great opportunity for older people to create social connections while they connect with their body and mind.



'The Jes' raise record funds at annual Sleep Out

In December, Coláiste Iognáid ('The Jes') sixth year students held their annual sleep out in aid of COPE Galway, raising an astounding €15,800.

Spending the first night sleeping in their school hall, the group left the school at 8am the next morning to spend the day and night on Galway streets, equipped with just a sleeping bag and €5 each.

"We were excited for the challenge, but it also gave a new perspective of how that would be an everyday occurrence for a person experiencing homelessness", said Shay and Josh, two students who took part in the event.

From 4pm the students fundraised through bucket collections, sleeping that night on the grounds of St. Nicholas' Church.

Reflecting on the two days, Shay noted:

"We could imagine the boredom and psychological effects of having nowhere to go during the day."

He also admitted that knowing "the next night you're going to be in your own bed was like a crutch".

Ciara McGrath, our Community Fundraising Executive, commended the students on their efforts: "Sleeping out for two nights is not an easy choice of fundraising event by any means. They should feel very proud of themselves".

Jerry Sheehan, Chaplain at 'The Jes', shared his enthusiasm for their sleep out initiative: "To have raised so much is a phenomenal achievement...the students take so much value from the experience. We hope to raise even more again next year!"

COPE Galway 'pop up' to University of Galway

As part of University of Galway's Raising and Giving (RAG) Week, we were one of a number of local charities invited along to host a pop-up shop on-campus.

It was great to meet and greet so many of the student community who came down on the day to see what we had on offer, with all purchases of COPE Galway merchandise, and sales from our Charity Shop going to support COPE Galway's services.

Thanks to the Students' Union in University of Galway for the opportunity to take part in this event.



Cold-water 'dip-a-dee-doo-dah' in aid of COPE Galway services



Pictured (L-R): Ciara McGrath, Community Fundraising Executive COPE Galway, Aisling Lynch, Into the BLUE Aquatic Wellbeing, Marie Moran, Women's Officer at Galway Triathlon Club.

In February, Galway Triathlon Club organised a fundraising event which raised €500 in aid of COPE Galway services.

The event was a wild Atlantic cold-water immersion session on Ladies Beach in Salthill, hosted by Aisling Lynch of Into the BLUE Aquatic Wellbeing, who generously donated her fees to this fundraising event. The 16 attendees on the day were guided on how best to safely take a cold-water dip.

Thank you to everyone who braved the cold for the event, and to everyone who donated.

Network Galway making a difference

We were delighted to be Network Galway's charity of choice in 2023. Through hosting various events in aid of COPE Galway, Network Galway members raised a fantastic €8,084.

Throughout the year the Network Galway team also showed their support through their involvement in events such as the Streets of Galway and our fundraising lunch at The Hardiman, before finishing the year with Suzanne Ryan, Network Galway 2023 President's participation in the annual COPE Galway Business Leaders' SleepOut.



Nordson Medical support older people in the community



Nordson Medical Galway donated €1,000 to fund a 12-week Siel Bleu physical activity programme for our Senior Support Service clients in Sonas Day Centre, Mervue.

Thanks to this donation, our clients received a tailored programme designed to promote physical independence.

The preventative programme aims to reduce some of the common physical issues experienced by older adults such as challenges with balance and co-ordination. It is also a great socialising opportunity that fosters team spirit, inclusion and better psychological health.

Evergreen support

When Helen Mannion, Manager of Evergreen, Galway Shopping Centre branch was awarded the 2023 Pat Curran Memorial Award, she generously chose to donate the €500 charitable donation part of her award to COPE Galway.

The Pat Curran Memorial Award celebrates excellence in customer service in independent health food shops throughout Ireland, with nominations made by customers.

Congratulations Helen on this incredible recognition and thank you for choosing COPE Galway as the beneficiary charity.



M&M Qualtech fundraiser for COPE Galway services

Thank you to M&M Qualtech staff - Angelina, Karina, Marie, Connie and Martina - who organised a raffle for COPE Galway which raised €1,000.

Thank you to all the staff at Qualtech who donated so generously – thank you all for seeing the importance of the work we do through our homeless, domestic abuse and senior support services.



Growth of COPE Galway's Resettlement Team and Community Based Housing

COPE Galway's Resettlement Service team and Community Based Housing has undergone significant change and expansion over the past number of months.

COPE Galway's **Resettlement Service team** focuses on providing support to people out of homelessness when they are moving on from Supported Temporary Accommodation (STA) hostel settings. The team supports individuals back into housing in the community, to reintegrate and break their cycle of homelessness by supporting them to sustain their tenancies.

Community Based Housing (CBH) is a preventative approach to homelessness, and a tenancy sustainment service aimed at single homeless people. It is a housing-led approach where COPE Galway work with Galway City Council to acquire and secure properties within the community.

Starting with just 5 houses in 2015, COPE Galway's Resettlement Service rapidly extended its community-based services and now work with a total of 125 clients across two strands of service delivery. This includes 79 clients across 24 houses across Galway City. An additional 46 clients receive tenancy sustainment support across Galway city and county.

The provision of these properties allows single individuals to move from STA hostel settings into shared accommodation in the community. It is a practical solution to homeless provision in an environment where one-bed housing units are extremely difficult to source. It prevents people from remaining in an emergency accommodation environment in the longer term, reducing the risk of institutionalisation and over-reliance on services.



COPE Galway Resettlement Service team.

WEST OF IRELAND
Women's Mini Marathon



COPE Galway

SUN 5 MAY, 2024

Ballina, Mayo

Join #TeamCOPEGalway
and raise vital funds for homeless, domestic abuse and older people services in Galway.

€25 Registration

INCLUDES: Race registration. Bus to/from Ballina. Medal. Running T-Shirt. Goody Bag.

€150 Fundraising target



copegalway.ie/minimarathon



COPE Galway Charity AM AM

Friday 10 May, 2024
Galway Golf Club
Team of 4 €400
Food included.

BOOKINGS AND ENQUIRIES:

 Eamon Bradshaw 087 252 0368
Lynia O'Brien 085 859 7898

 events@copegalway.ie

copegalway.ie/golf



All proceeds to COPE Galway Charity No. 20011314 | Revenue No. CHY 6339

COPE Galway Lunch
at the
HARDIMAN



COPE Galway


FRIDAY 24th MAY 2024 • 1.30pm
The Hardiman Hotel, Galway

Canapés & Drinks Reception. 2 Course Meal.

Tickets: €65 per person.
Table of 8, €500. Table of 10, €600.

Book tickets at copegalway.ie/lunch

@ events@copegalway.ie ☎ 091 778 750



Guest Speaker
DR. KAREN WEEKES
Endurance Adventurer
Performance Psychologist



Meals4Health

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affordable meals
supporting
independent
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Call 091 354 000   

Meals4Health is a social enterprise of COPE Galway.