

COVID-19 Community Response / Community Department Update for Galway City LCDC, 15th September 2021

Galway City COVID-19 Community Response Forum

The COVID-19 Community Response Forum, co-ordinated by Galway City Council continues to meet monthly to lead the co-ordination of COVID-19 community supports and resilience and to ensure that there is a co-ordinated community response, enabling all the voluntary and statutory agencies to collaborate in support of our communities and particularly our most vulnerable members.

Galway City COVID-19 Community Call Helpline

The Galway City COVID-19 Community Call Helpline, which is being led and coordinated by Galway City Council continues to provide a dedicated community response helpline to ensure that all vulnerable members of our community are appropriately supported as we move through the response to COVID-19. The Helpline is operational from 9am – 5pm, Monday to Friday by Freephone 1800 400 150 and email to covidsupport@galwaycity.ie. Outside of normal working hours, including weekend's calls / requests will automatically route to our out of hours call service and are dealt with accordingly. A key purpose of the Helpline is to continue to ensure that older people and those who are vulnerable in our community have access to very practical supports such as groceries, meals on wheels, medication collection and social supports / engagement. The Helpline has dealt with over 1,150 requests to date and the importance of a local response in this regard is essential.



Galway City Council Community Call

We're here if you need practical support or someone to talk to.

We can help with:

- Delivery of food, medication, fuel or other household items
- Someone to talk to or keep in touch with
- Other practical supports
- Signposting and referral to reliable information and services

1800 400 150
covidsupport@galwaycity.ie

KEEP WELL
IN YOUR COMMUNITY

 Comhairle Cathrach na Gaillimhe
Galway City Council

 Rialtas na hÉireann
Government of Ireland

#Keepwell Campaign Metrics

The Department of Housing, Local Government and Heritage with the input of others have developed a data hub to show the extensive work being done as part of the Community Call, Keep Well and other national COVID-19 response initiatives. The data hub will capture Community Call data for 2021 in addition to data relating to Keep Well. The objective is to collect data so that we can capture a sense of the levels of awareness about the campaign across the community and levels of engagement in events and activities. The Keep Well/Community Call data hub is now publicly accessible: <https://keep-well-campaign-geohive.hub.arcgis.com/>, noting that it is best to access this hub using Google Chrome or MS Edge.

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. More than 3 million people have been fully vaccinated in Ireland. By last weekend, 90% of adults will be partially vaccinated and 80% of adults will be fully vaccinated. For updates and information on each of the vaccine allocation groups, and when and where they'll be invited for their vaccine, please visit www.hse.ie/rollout

Vaccine advertising in other languages

The latest advertising campaign features advertising in other languages. Ads calling people in the current age groups to register for their vaccine are running on community radio in languages including Italian, Spanish, French, Polish, Punjab, Urdu, and Russian. Ads will also be shared across other platforms including TuneIn and Spotify, where dynamic audio will allow us to pick up the language setting on a person's phone to deliver a suitable ad.

Public Health Measures

You can find information here about the public health measures in place gov.ie - Public health measures in place right now (www.gov.ie)

Free online Minding Your Wellbeing Programme

HSE Health & Wellbeing have a free, online mental health and wellbeing programme called Minding Your Wellbeing. This consists of a series of 5 video sessions of 20 minutes – click here or www.yourmentalhealth.ie

Free online Stress Control Programme

HSE Health and Wellbeing are offering the next free online Stress Control programme from Monday 6th September 2021 that teaches practical skills to deal with stress. The six sessions are 90 minutes each and cover different topics. Participants are encouraged to watch all sessions, but participants can join at any stage for one or more sessions. To register visit www.stresscontrol.ie

TAKE CONTROL WITH STRESS CONTROL
SEPTEMBER 2021: Commencing Monday 6th September

EACH SESSION WILL BE AVAILABLE TO VIEW DURING THE FOLLOWING TIMES:

	What is Stress?	9am, Monday 6th September (available until 11pm Wednesday 8th)
	Controlling your Body	9am, Thursday 9th September (available until 11pm Sunday 12th)
	Controlling your Thoughts	9am, Monday 13th September (available until 11pm Wednesday 15th)
	Controlling your Actions	9am, Thursday 16th September (available until 11pm Sunday 19th)
	Controlling Panicky Feelings and Getting a Good Night's Sleep	9am, Monday 20th September (available until 11pm Wednesday 22nd)
	Controlling your Future	9am, Thursday 23rd September (available until 11pm Sunday 26th)

www.stresscontrol.ie

Self-management Support – HSE dedicated web page for people with long-term health conditions

For practical resources that support people to self-manage a long-term health condition, go to: <https://www.hse.ie/eng/health/hl/selfmanagement/resources-for-people-living-with-a-long-term-health-condition/>. These resources include:

- Minding Your Long-Term Health Condition During Coronavirus (COVID-19)
- Directory of Resources and Supports during Coronavirus

- Tips For Self-Managing your Health when living with a long-term health condition
- Practical, informative videos which support people to self-manage and to stay well

Exercise for Wellbeing Videos (Beginners Yoga and Pilates, Chair Yoga for Beginners)

HSE Health and Wellbeing have developed a free series of exercise videos. This includes beginner's videos for both Yoga and Pilates, (8 x 30 minute videos on each) and Chair Yoga for Beginners (4 short videos from 7-11 minutes each). These are available on the HSE Health and Wellbeing YouTube channel. [Click here](#)

Living Well

Supporting adults with long-term health conditions with skills to become effective self-managers of their own health - check out the Living Well Programme! Email triona.mcnamee@hse.ie or see <http://hse.ie/LivingWell>



Living Well
A programme for adults with long-term health conditions

Living Well is a free **online** group programme delivered over six workshops (2.5 hrs x 6). It is delivered by trained leaders, most of whom are also living with a long-term health condition. You will develop self-management **skills and confidence** to live well with your health conditions.

September Programmes

Dublin South East, Dun Laoghaire & Wicklow				Contact
Day	Start date	Finish date	Time	
Wednesdays	8 th Sept 21	20 th October 21	10am - 12:30pm	Triona – 087 405 3880
Fridays	10 th Sept 21	22 nd October 21	10:30am - 1pm	
Saturdays	18 th Sept 21	30 th October 21	10:30am - 1pm	

World Alzheimer's Month is September

Every September, people come together from all around the world to raise awareness and to challenge the stigma that persists around dementia. September 2021 marks the 10th year of this vital global awareness raising campaign. September 21st is World Alzheimer's Day. The focus for this year's World Alzheimer's Month campaign is diagnosis, stimulated by recent developments and potential breakthroughs, in both dementia treatment and diagnostics. In conjunction with this, we are encouraging people to recognise the potential warning signs of dementia and to understand the importance of a timely dementia diagnosis, motivating concerned individuals to seek out information, advice and support – ultimately with the aim of challenging the stigma that surrounds its diagnosis. We welcome your support in raising awareness for World Alzheimer's Month by posting or sharing key messages.

Link: <https://www.understandtogether.ie/about-dementia/>

Hashtags: #WorldAlzMonth #UnderstandTogether

Community Volunteers Programme

The guiding principle of the new Community Volunteers Programme is that communities in Ireland are better placed to respond quickly and effectively in times of local and national need, through the creation of a diverse, trained and flexible Community Volunteers programme. Community Volunteers will provide urgent support in their localities, and may stay connected and engaged with their communities by also providing support for community events. As local authorities are at the heart of our communities we will be a key partner in the programme, which will be managed by the Galway Volunteer Centre. Galway Volunteer Centre will provide a full Volunteer Management service, where they will recruit, interview, train and manage the Galway Community Volunteers directly at each event. The Community

Volunteers programme offers a new opportunity for people to connect with and support their neighbours and their wider community in times of challenge and in times of celebration. It provides meaningful short term and episodic volunteer roles, allowing people to volunteer in a way that suits their lifestyle. The Department of Rural and Community Development has committed to providing funding towards this new programme, with a base level funding contribution from Galway City Council. The Community Volunteers Programme will be launched nationally on 14th September 2021. Galway Volunteer Centre will then begin recruiting a large team of people to support City Council and community organisations at relevant community events. Galway Volunteer Centre is one of 10 Volunteer Centres developing the pilot programme that has the ultimate aim of having a national team of volunteers ready to help out in any future or local emergencies, where appropriate. This programme is being led at a national level by Volunteer Ireland.

IT Support – Galway Volunteer Centre’s team of IT Triage Volunteers are continuing to assist non-profit organisations around IT problems and will be launching a campaign to encourage more groups to contact them.

Volunteer Centre launches Autumn Academy for Community Groups

Galway Volunteer Centre is inviting volunteers, staff and Board members of local community and not-for-profit groups to participate in a variety of free upskilling workshops that will be taking place in September, October and November 2021. With funding from Galway City Council, the Volunteer Centre will be offering a 2 hour online workshop on a different topic each week to help groups improve their governance, social media, IT, event management and group development skills. The workshops start on Tuesday 21st September and run on Tuesdays until November 16th alternating between morning and evening to ensure as many people as possible can attend. Anyone interested in attending can find out more and register at <https://bit.ly/galvolevents>.

Volunteer Ireland Awards - Now open for nominations!

This year more than ever, we would ask you to consider nominating a Galway volunteer or volunteers for a Volunteer Ireland Award - the deadline is the 10th October 2021 - just click below for more details and an online nomination form. The Volunteer Ireland Awards are the major annual initiative to celebrate volunteers in Ireland. The awards shine a light on the remarkable achievements of volunteers around the country by honoring them at a national level. Anyone can nominate a volunteer, and the 12 categories are:

- Arts, Culture & Festivals
- Campaigning & Activism
- Children & Youth
- Environmental & Animal Care
- Health & Wellbeing
- Safety & Emergency Services
- Social Inclusion & Community Support
- Sports & Recreations
- COVID-19
- Small Group (3-20 volunteers)
- Large Group (20+ volunteers)
- Volunteer Manager

Click here for more information or to nominate [Volunteer Ireland Awards – Volunteer Ireland](#)

Galway City Comhairle na nÓg

The Galway City Comhairle na nÓg committee have resumed their weekly meeting on Friday at 4.30pm after a short summer break, meeting both outdoor and online. The topic for the committee this year is Mental Health. The main focus will be 'Invisible Disabilities' and the impact on mental health and the committee are continuing their work on developing online workshops and a podcast series to raise awareness of mental health. The committee will host a consultation with young people on the topic in order to gather information on the experiences of young people and to make recommendations on improvements needed in the school environment and the general community. The committee continue to be represented at a range of consultations and a member has been nominated to sit on a Youth Advisory Group to help design a survey for the Department of Children, Equality, Disability, Integration and Youth on Universal Youth Services. The committee are starting their preparations for their Annual General Meeting (AGM) in line with current public health guidelines and relevant guidance for youth organisations which will be held during Q4 2021. The AGM is an essential part of the Comhairle na nÓg life-cycle and September / October is the period when preparations, recruitment and selection of topics for the AGM begin. An additional fund of €5,000 has been approved by the Department to support the implementation of stakeholder engagement as outlined in the Comhairle na nÓg Five Year Plan which was launched nationally during April 2021.

Training and Equipment to Engage Young People through STEAM (Creative Technologies Programme)

Over August and September, the Creative Technologies Programme is offering training and support to staff and volunteers in youth settings in Galway on how to engage with young people through Science, Technology, Science, Arts and Maths. For staff and volunteers that haven't participated in Camara Ireland/Techspace training before, there is a choice of training on offer:

1. STEAM - This will be based on basic circuits, electronics and hands-on making.
2. Computer Science - Involves coding, using BBC Microbits and introduction to coding resources online
3. Digital Media - the basics of Video & Audio production, particular emphasis on using Smartphones

For each of those training courses there will be equipment supports of a starter kit with some essentials to get their groups up and running. All sessions will run in 2 x 2hr workshops with a week in between each one and a small piece of 'homework' to do during that week. For groups that have already done Camara Ireland/TechSpace training in the past, we are offering equipment support and a 3 weeks of one-hour support sessions to help them prepare groups for this year's Creative Tech Fest which will be in October 2021. Further information is available in the form below: <https://forms.gle/26NxEhoGcXJCNTp9>

Planet Youth - New SPHE website, Parents Booklet and Videos

The Planet Youth 'Guidelines for Parents' booklet is being distributed over the next couple of weeks to incoming first year parents via the schools, together with the bedtimes / screen times sticker and magnet. <https://planetyouth.ie/resources/parent-resources/>. The new SPHE website was completed during the summer [The Facts SPHE website](#). The website is designed to give local and up to date information that will help inform the delivery of modules in SPHE. The website will be updated with the latest Planet Youth survey data and topics will be added / removed based on feedback and use of the site. Briefing meetings for teachers are being planned and it is hoped to do an official launch on 8th November 2021 during the West Regional Drug and Alcohol Awareness Week.

Discover Educate Empower Progress - New course for 18-24 year olds

DEEP, an exciting new course offered by GRETB is commencing this September in Athenry, Co. Galway for 18-24 year olds. This programme is a combination of accredited content along with additional workshops to improve learner's personal and professional development.



The poster for the DEEP course features a blue and purple color scheme. At the top, the word 'DEEP' is written in large white letters, with 'Discover • Educate • Empower • Progress' underneath. The GRETB logo is in the top right corner. The main text asks 'Are you aged between 18 and 24? Out of education and feel stuck in a rut?' and 'Want an opportunity to meet new people, get back into education or employment, feel empowered and inspired, in a friendly environment?'. It lists suitability for those who wish to improve interpersonal skills, progress to further education or employment, and obtain a formal qualification. The programme content includes accredited course content, workshops for personal and professional development, and support services. The cost is free, and the principal location is Athenry Further Education and Training Centre. The duration is from September 2021 to June 2022. The 'How To Apply' section provides contact information for deegatheny@gretb.ie and 095-0677937. Logos for Youthreach, GRETB, and various government departments are at the bottom.

Healthy Homes Programme

Galway (City and County) have been selected as a pilot site under Phase 1 of the Healthy Homes Programme with Francis Kane, Local Co-ordinator appointed for Galway. The co-ordinator will develop and implement the local roll out of this national programme for both Galway City and County over a two year programme period. This programme which is funded by SláinteCare provides a test bed aimed at supporting older adults to remain living in their own homes and communities. The overall objective is to enable people to remain at home by coordinating more integrated community based services, providing more sustainable housing supports and connection to good public realm and more assistive technologies in an age friendly way. The local co-ordinator will work within the multi-agency structure of the Galway Age Friendly programme to develop and support the programme in Galway City. Each Local Coordinator will case manage a support package for each person referred, linking the supports from the variety of public, voluntary, private and community agencies in the area. For further information on the programme please contact Francis Kane, Healthy Age Friendly Homes Coordinator, francis.kane@meathcoco.ie / 046 9032182.

Age Friendly Housing Resources

Age Friendly Ireland have launched a new suite of resources to support the preparation of housing for the ageing population and a new website called www.agefriendlyhomes.ie. The website contains an array of information to support the development of Age Friendly Housing, such as case studies, research, funding information and design templates. This website was developed in collaboration with The Housing Agency and Age Friendly Ireland, the Department of Health and Department of Housing, Local Government and Heritage. This is a very unique web portal in an Irish context and will provide a one stop shop for all resources

to support Age Friendly Housing. In addition a suite of resources was also launched and can be accessed at the links below, which include guidance of features to include in a lifetime adaptable and age friendly home including how to make it more accessible and a checklist to use in your own home.

- [Ten Universal Design Features to include in a Lifetime Adaptable and Age Friendly Home](#) which synopsis the most critical features that make homes Age friendly
- [Age Friendly Homes Rating Tool](#) a user-friendly checklist of features to include in your home to make it more accessible and Age Friendly
- [Rightsizing Research Report](#) research on older people’s perceptions and experiences of going through a rightsizing process to future proof their home environment and living arrangements
- [Age Friendly Primary Care Centre Guidelines](#) guidance material on the inclusion of Age Friendly features in the development of new Primary Care Centres to meet the needs of the ageing population
- [Age Friendly Planning Guidelines & Recommendations](#) guidance for planning authorities on preparing development plans that consider all aspects of demands that will be generated by population ageing
- [Age Friendly Rightsizing Guide](#) information booklet for older people to explain their options regarding future proofing their homes, ranging from adapting the home, Homeshare or moving to more suitable accommodation
- [Age Friendly Parking Toolkit](#) schematic for developing Age Friendly car parking bays
- [Age Friendly Seating Toolkit](#) guidance on making public seating more Age Friendly using Universal Design features

Positive Ageing Week 2021 – 27th September 2021 – 1st October 2021

Positive Ageing Week 2021 is taking place from 27th September – 1st October 2021. This is annual opportunity to highlight the positive aspects of ageing and celebrate the contribution older people have made and continue to make in their communities. Its central aim is to dispel negative perceptions of ageing and transform attitudes towards ageing and older people. In addition the week is a great opportunity to shine a light on all the positive contributions of older people in our communities, and to create a buzz in the city which highlights positivity of older age. After the difficult year endured by older people due to cocooning and all its associated worries and anxieties and inability to take part in social activities, Galway’s Age Friendly Alliance feel that it is more important than ever to showcase and celebrate our older people and the contribution they make to their communities.

POSITIVE AGEING WEEK 2021 | Sept. 27-Oct. 1, 2021

WHO IS YOUR OLDER HERO

AIM Positive Ageing Week 2021 is an opportunity to shine a light on all the positive contributions of older people in our communities, and to create a buzz in the city and county which highlights positivity of older age.

One part of the campaign is to showcase older people in our communities who we know to be active contributors to friends, family, neighbourhoods and communities and/or who epitomise healthy and active ageing.

DO YOU KNOW SOMEONE LIKE THIS?
Wouldn't it be great to showcase them during Positive Ageing Week?

Here's what to do:

1. Write a short description of the person (no more than 200 words), describing their contribution and /or describe their approach to healthy and active ageing
2. Get their written permission to use the bio and photo in the media during positive ageing week
3. Get a photo of the person that they are willing to have used for the promotion.

Return the bios to Jacquie Lynskey jlynskey@copegalway.ie by the end of August with signed media permission and photo (Jacquie is happy to help with this)

OTHER ASPECTS OF POSITIVE AGEING WEEK FOR YOUR COMMUNITY TO GET INVOLVED IN

1. School children thanking their grandparents(s) or an older person they know for their contribution to their lives/family/neighbourhood
2. An art exhibition showcasing the theme of positive ageing
3. Music events
4. A lively and active social media presence across agencies and media using a coordinated hashtag and showcasing examples of the above
5. And others, so any ideas you have would be great to organise during Positive Ageing Week

#Galwaypositiveageingweek
www.copegalway.ie

GALWAY REGIONAL COUNCIL
Comhairle Chéimne na Gallíne
Galway County Council

Comhairle Cathain na Gallíne
Galway City Council

COPE Galway

Webinar Training on Public Procurement for Social Enterprises – Monday, 13th September 10am – 12pm

A practical workshop on writing a competitive tender & submitting it through e-Tenders, specifically for social enterprises. Register <https://www.eventbrite.ie/e/168551300477> for your place. This webinar will use a recent Request for Tender and take attendees through each stage of the writing process using a fictional social enterprise created for the purpose. It will be a practical, interactive workshop therefore numbers will be limited. It will highlight what is needed under each section, what the tenderer is specifically looking for and how to ensure your submission stands out. Participants will also be shown how the final tender is submitted on the e-Tenders website. Due to the practical nature of this workshop, the number of attendees will be limited to 60 (one per organisation.) Please note, this webinar will be recorded for future use. This Webinar is a joint venture of the Department of Justice, Department of Rural and Community Development and Pobal.

Launch of Developing a Community Response to Suicide, Wednesday 15th September 2021, 3:00pm to 4:30pm

This online event is to launch new operational guidance - Developing a Community Response to Suicide - a resource to guide those developing and implementing an inter-agency Community Response Plan for incidents of suspected suicide. The event will also showcase some of the suicide bereavement initiatives which support the activation of such plans. Developing a Community Response to Suicide will be officially launched by Anne O'Connor, Chief Operations Officer in the HSE. For more details and to register: https://ims.zoom.us/webinar/register/WN_Zpy7q-TsTfKJcJ0BECof0Q

Public Consultation - The next Sustainable Development Goals National Implementation Plan

The Department of the Environment, Climate and Communications (DECC) have launched the online public consultation to assist with the development of the next Sustainable Development Goal (SDG) National Implementation Plan. The consultation will be open for submission for an 8-week period, from Friday 16th July to Friday 10th September 2021. Please find the link to the consultation below: <https://www.gov.ie/en/consultation/5998d-sdg-national-implementation-plan-consultation-2021/>. Work is commencing on the development of the next SDG National Implementation Plan which will set out arrangements for interdepartmental coordination and governance, stakeholder engagement and actions needed for further implementation of Agenda 2030. A fundamental objective of developing the next National Implementation Plan is listening to and integrating the voices of stakeholders and this is why DECC are launching the consultation process at the outset of developing the Plan.

The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 – Programme Extension

During July 2021, the Department of Rural and Community Development extended the Social Inclusion and Community Activation Programme (SICAP 2018-2022) funding agreements for a period of 12 months, up to 31st December 2023. The extra year will give an opportunity to step back and see how SICAP has operated to date at a local level, what has worked and what perhaps hasn't worked so well. In order to do that a mid-programme review will be carried out locally, between the LCDC and Galway City Partnership as the programme implementer for Galway City. While looking at local need the DRCD will also be asking to focus on certain national priorities to ensure the programme remains focussed and continues to support those most in need. These programme priorities reflect current national policy and learning from

the programme to date as well as low representation of certain target groups on the caseload and acute needs highlighted by the pandemic.

Grant Support under SICAP - Community Group Restart Grant

Applications received under a new restart grant were approved during July 2021 to assist a number of smaller community and voluntary groups restart and get back up and running as many are not in a position to continue with their vital work supporting their communities during COVID-19. Galway City Partnership are administering this restart grant under SICAP funding with Galway City Council providing match funding. In total 25 community and voluntary groups were approved small scale funding to assist with restart costs, with total funding approved in the amount of €8,000.