Comhairle Chontae na Gaillimhe
Galway County Council

Healthy Galway

Social Inclusion Unit
Aonad um Chuimsiú Sóisialta

OFFICIAL LAUNCH OF SOCIAL INCLUSION WEEK 2018
Sunday 14th October @ 2:30pm in O'Sullivans, Gort

An open invitation is extended to everyone to attend the official launch of Social Inclusion Week 2018 for Galway County Council. This year's theme is 'Health and Wellbeing' and will be launched by Cathaoirleach of Galway County Council Cllr Séan Ó'Tuairisg. Come and join us for an afternoon of fun for everyone! The afternoon will feature the much-anticipated community screening of the Gort based film 'Town of Strangers' along with a range of entertainment from various cultural communities including drumming from Community Spirt Drumming, didgeridoo playing, puppeteering, imagination playground and much more.

Social Inclusion Week

for Galway County is organised by Galway County Council.

For more information: Linda Potter, Social Inclusion Officer, Galway County Council.

T: 091 509160 | E: inclusion@galwaycoco.ie
W: www.galway.ie/inclusion
Follow us on twitter: http://twitter.com/HealthyGalwayCo
http://twitter.com/galwaycoco

Museum of Broken Hearts

During Social Inclusion Week, 15th – 21st October

Ballinasloe Library

Love is love, a broken heart is a broken heart, regardless of who you love or who broke your heart.

Contact Anne Marie Hession: 087 7738529 or shout@youthworkgalway.ie

HEALTHY IRELAND

Where everyone can enjoy physical and mental health and wellbeing to their full potential, and where wellbeing is valued and supported at every level of society and is everyone's responsibility.

Galway Rural Development Co. Ltd

Galway Age Friendly Programme

Líonra Rannpháirtíochta Poiblí Chontae na Gaillimhe
Galway County Public Participation Network
Ag obair le chéile - ag múnlú ár todhchaí | Working together - shaping our future

Galway, West of Ireland 2018 European Region of Gastronomy

Monday 15th October

Parent and Child Friendship Bracelet Making

9.15am and 10.15am | Scoil Mhuire Mercy Primary School

Parents of students in both 2nd and 4th classes will be invited to their child's class to enjoy singing, poetry and activities based around the theme of inclusion and friendship. Part of this is making friendship bracelets with parents and peers.

Contact Erin Conway: 087 9140946 or erinconway@patstuam.ie

Coffee Morning with Guests from Ability West

10.30am | Arus Uilinn, Church Road, Moycullen

Coffee and Chat and Get Together with Visitors from Ability West.

Contact Walter McDonagh: 087 2573329 or walterfmcdonagh@gmail.com

Men's Shed Information Day

11.00am–1.00pm | Athenry Men's Shed, Teagasc, Athenry

Invitation to all to come and see the output of the volunteers and enjoy a cuppa in their company.

Contact Sonny Murray: 087 9024593

Try Boccia!

11.30am–1.30pm | Tuam Stars Complex, Tuam

Come and play a game of Boccia – an inclusive sport that can be played by anyone regardless of age or ability.

Contact Francis Kane: 093 26659 or francis.kane@iwa.ie

Walking and Refreshments

6.00pm | Clifden Library, Market St, Clifden

Clifden Walking Group Information Evening to get walking and enjoy refreshments.

Contact Mary Jo Heanue: 087 9956275

Silent Books at your Library

11.00am | Ballinasloe Library

Too wonderful for words: using silent books to cross cultures - Different languages and levels of literacy can mean that words sometimes fail. But stories never do. And the power of pictures to cross borders and inspire imaginations has been harnessed throughout history, from cave paintings to modern picture books. In this workshop, Debbie Thomas (children's author and committee member of the International Board on Books for Young People Ireland) will explore ways of using silent (wordless picture) books to connect cultures and foster understanding and friendship between people of different cultures, nationalities, ages and literacy levels.

Tuesday 16th October

Positive Parent Seminar

9.30am–2.00pm | Family Centre, Dublin Road, Tuam

GRD in collaboration with Tusla, Croí, Youth Work Ireland Tuam, Galway Sports Partnership and Aids West will host a positive parent seminar for East Galway.

- *9.30am–10.30am* Tea/Coffee.
- *10.30am–12.30pm* David Coleman a clinical psychologist, broadcaster & author will facilitate a lecture with time allocated for questions and answers on Effective Communication with Children and Teenagers.
- *12.30pm–1.00pm* ***Lunch will be provided.***
- *1.00pm–2.00pm* Sharon Fitzmaurice a Holistic Wellness Coach & Author will deliver a mindfulness workshop in the afternoon.

Croí will also provide free health screening for adults present at the event from 9.30 am- 12.30 pm. Please note that Croí cannot provide health screening on pregnant women or children.

Contact Melinda Coen Ryan: 087 3515832 or mcoenryan@grd.ie

uachtarARTS Creative Coffee Mornings: Sumi Ink Club Workshop

10.30am–12.30pm | The Courthouse, Oughterard

Collaborative Drawing Event - Join us and draw together at the Sumi Ink Club Workshop. Participants will move around and add to each other's drawings. Tea/Coffee served. No skill required. All Welcome.

Contact Kathleen Furey: uachtararts@gmail.com

Intergeneration Event with Afternoon Tea

2:30pm | Community Centre, Inishbofin

Intergenerational event to discuss best way forward for providing services for the Island of Inishbofin.

Contact Siobhan Ryan: 095 45989 or cspmanager@inishbofin.com

Wednesday 17th October

Disability Seminar

10.00am–3.00pm | Connemara Coast Hotel, Furbo, Co. Galway

Disability Seminar directed at service providers, employers and the general public. Supporting Choice and Independence.

Contact Gearóid Ó Fátharta: 087 1835841 or gofatharta@grd.ie

International Parents Coffee Morning

9.15am | St. Patrick's Primary School and Scoil Mhuire Mercy Primary School

Invitation to all parents with an emphasis on international parents who may be new to the school community to come to a gathering event to meet school personnel and other parents in a relaxed environment.

Contact Erin Conway: 087 9140946 or erinconway@patstuam.ie

Health and Wellbeing Day

10.30am–12.30pm | Ellis Hall, Letterfrack

Talks will be delivered by the Croi Health Team on Healthy Eating and Active Living for Healthy Ageing, free health screenings and also a chance to try some new activities for health and wellbeing.

Contact Martina Gavin: 087 9633970 or m.gavin@forumconnemara.ie

Ballygar Diversity Café

11.00am–3.00pm | Ballygar Town Hall, High Street, Ballygar

A Day of Diversity information and education in the informal and relaxed atmosphere of a 'Drop in Café'. Invited groups representing various minority and disadvantaged people and communities will attend to support and share their stories and skills.

Contact Sheila Flanagan: ballygartownhall@gmail.com

Getting to know the MS Community

11.00am | Saint Jarlath's Court, The Glebe, Tuam

Interactive talk with the MS community, music and refreshments.

Contact Olivia Murphy: 093 26308

Health and Wellbeing Afternoon with new communities

2.00pm–4.00pm | Loughrea Family Resource Centre

Come along to meet and greet new communities, see demonstrations of healthy intercultural cooking.

Contact Paul or Joelle: 085 2795322 or 085 1604482

Believe. Begin. Become

TBC | Youth Work Ireland Galway, Marina Point, Ballinasloe

A Consultation Workshop discussing the development of a targeted Personal Life Skills Development Programme, for Leaving Certificate Applied students (LCA aim: hopefully of preparing them for further training and employment) attending school in Ballinasloe town.

Contact Maria Coyne Twomey / Helen Butler: 087 7707775 / 087 6780640 or eastgalway@youthworkgalway.ie

AMACH! Galway information night

6:30pm–7:30pm | Ballygar Town Hall, Ballygar

Information session about services and events of Teach Solais LGBT+ resource centre, Galway city. AMACH! LGBT hope to make connections with community groups in county Galway for more LGBT+ activities to occur around the county.

Contact Maria Molloy: 085 7364536

Living Colour

8.00pm | The Courthouse, Kinvara

Screening of the Film – Living Colour - KCats delivers a film which outlines opportunities for all abilities to become Artists.

Contact Brian Twomey: 087 7761855 or Briantwomey@live.com

Musical Drama Q & A

8.30pm-10.00pm | Colaiste Bhaile Chlair, Claregalway

How a musical stage scene is erected and rehearsed – Followed by a Q & A session with Director.

Contact Feargal Cavanagh: 9archmusical@gmail.com

Thursday 18th October

Make a Day of it at Woodford Library

10.00am–1.30pm | Woodford Library

- *10.00am–10.30am* Storytime
- *12.30pm–1.30pm* National Screening Service
- *10.30am–1.00pm* Marie Keating Cancer Information Unit
- *11.00am–12.00noon* Dean é coding session for class visit

Demo on e-books and e-resources throughout the morning!

Contact Woodford Library: 090 9749887 or woodford@galwaylibrary.ie

Coffee Morning

10.30am–12.30pm | Town Café, Athenry

Meeting for coffee/scones with Athenry & District Active Retirement members and Brothers of Charity to develop ongoing friendships.

Contact Florrie O'Shea: 087 7939903

"Techno-Together"

10.45am–1.00pm | Tearmann Mhuire, Oranmore

The one to one intergenerational event will involve transition year students passing on their technology skills in mobile communication devices to older members of the community to enable them to have a better understanding of their smart phones, tablets, etc.

Contact Lily Considine: 087 6184022 or activeinageoranmore@gmail.com

Men's Shed Sharing Day

11.00am–1.00pm | Men's Shed, An Fuaran, Moycullen

Cró na bhFéar invite you to come meet, chat and enjoy a cuppa and some finger food.

Contact John Ashton: 085 2199776 or ash71ton@gmail.com

Getting Social with Ability West

11.00am–1.00pm | Commerce House, Moycullen

Coffee and a treat with your neighbours in Meitheal, Moycullen.

Contact: Stephen Togher: 091 868361

Coffee Morning & Inhouse information and awareness morning

11:30am-1.00pm | Tuam Youth Café, Dublin Road, Tuam

Tuam Youth Service & The Irish Wheelchair Association Coffee Morning – Creating Awareness and Inclusion for Young People with disabilities within the Youth Service.

Contact Karyn Gavin: 083 -3112173 or tuam@youthworkgalway.ie

Coffee Afternoon

12:00noon | GAA Clubhouse, Headford

An afternoon of coffee, tea, cakes to celebrate inclusion and diversity.

Contact Mary Gavin: 087 6471762

Art Workshop between KAVA, Kinvara artists and Brothers of Charity Dolmen Centre

1.30pm–3.30pm | The Courthouse, Kinvara

Explore painting, drawing and mixed media individually and in collaboration with each other.

Contact Brian Twomey: 087 7761855 or briantwomey@live.com

Hand in the Bag

2.30pm–4.30pm | Ballymacward Community Centre

Hand in the Bag: lucky dip prizes for your poem, joke, story, song or dance.

Contact Mary Gorman: 087 6400067 or moyardwood@gmail.com

Community Session of Mindfulness

2.00pm | Inishbofin National School

Inishbofin NS welcome to a community session of mindfulness led by practitioner Aoife Lydon.

Contact Celine McCormack: 095 45880

Knitting and Wellbeing

6.00pm-9.00pm | Seomra Eile, High St, Dunmore

Explore the positive effects of knitting.

Contact Sally: 087 2638753

Health and Wellbeing Afternoon with new communities

6.00pm-8.00pm | Gort Family Resources Centre

Come along to meet and greet new communities, see demonstrations of healthy intercultural cooking.

Contact Paul or Joelle: 085 2795322 /085 1604482

Friday 19th October

Make a Day of it at Ballygar Library

10.00am–1.30pm | Ballygar Library

- *10.30am–1.00pm* Marie Keating Cancer Information Unit
- *12.00noon–1.00pm* National Screening Service

Storyteller Niall de Burca will have storytelling sessions with local classes

Demo on e-books and e-resources throughout the day.

Contact Ballygar Library : 090 6624919 or ballygar@galwaylibrary.ie

Big Fish to Small Fish

10.00am-11.30am | The Family Centre, Dublin Road, Tuam, Co. Galway

Information talk for parents who have no experience of the Irish Secondary School system. Practical advice on how to prepare and support your child for the transition to secondary school and your legal responsibilities.

Contact Deirdre Swords: 0872579849 or deirdre.swords@tusla.ie

Over 55's Pilates

10.30am | Ballinderreen Community Centre

Senior members of the community are invited to join us for an introduction to Pilates for Over 55's to promote health & wellbeing for those in advancing years.

Contact Breandán Ó Loinsigh: 085 1743916 or ballinderreencc@gmail.com

Pop Up shop and Link with Men's Shed

10.30am-12.30pm | Árus Uileann, Moycullen

Sonas Senior Citizens hosts a pop up shop with community links.

Contact Mary Downes: 087 6824859 or marydownes5@gmail.com

Disability Showcase - A space where services can showcase the supports they offer to the community

11.00am-3.00pm | Shearwater Hotel, Ballinasloe

Galway Rural Development are hosting a showcase so the services in Galway County can show the supports they have in place for people with disabilities.

Spaces will be provided for organisations and voluntary bodies to set up a table and stand so that these services can provide the public with relevant information for supporting people with Intellectual, Physical, Sensory Disabilities and Autism. Services that provide support to groups such as the elderly are also welcome to set up a stand at the event.

Contact Martin Ward: 087 6808263 or mward@grd.ie

Tea & Coffee Morning

11.00am-3.00pm | The Dolmen Centre, Main Street, Kinvara

You are invited to a tea/coffee morning and find out what happens in the Dolmen Centre – Storytelling, workshop, Art & Craft Display on the day.

Contact Pamela Stanford: 091 638000 or dolmencentre@bocsi.ie

Introduction of a "Buddy Bench"

1.30pm | St. Patrick's Primary School

Unveiling a "buddy bench" to help towards creating positive mental health in our students and to help our students to foster friendships and eliminate loneliness in our playground.

Contact Erin Conway: 087 9140946 or erinconway@patstuam.ie

Health and Wellbeing Afternoon with new communities

4.30pm-6.30pm | Youth Work Centre, Ballinasloe

Come along to meet and greet new communities, see demonstrations of healthy intercultural cooking.

Contact Paul or Joelle: 085 2795322 / 085 1604482

Parish of Ross Link up Event

8.00pm | All Saints, Clonbur

Clonbur Community Alert is hosting a get together to meet the neighbours, prevent crime, celebrate diversity and enjoy refreshments.

Contact Margaret Kineavy: clonburcommunityalert@gmail.com

Saturday 20th October

International Evening of cuisine, culture and craic

6.00pm | Claregalway Educate Together National School, Cloonbiggen Road, Claregalway

Join us at our pop-up restaurant – Bring a dish to share and sample food from around the world.

Contact Lisa Fenwick, Parents Together: 087 9561132 or joelisa2005@gmail.com

Sunday 21st October

Bring a Buddy Day & Post Training Healthy Snacks & Treats

10:30am-12.00noon | Oughterard RFC

Bring a buddy day – Can you change description of event to 'Bring a buddy during U7 – U12 and girls mini rugby training, followed by a cuppa and healthy snacks/ treats.'

Contact Derval Dalton: www.facebook.com/oughterard.rugby

Maigh Cuilinn/ Moycullen Heritage Walk and Talk - hundreds of years in a couple of hours

11:00am | Moycullen GAA Pitch

A wheelchair friendly walk and talk down Moycullen's mini Burren Trail - we would especially welcome new or older members of the community of any age or background or ability.

Contact Mark McNally: 087 9508087 or moycullenhistoricalsociety@gmail.com

Afternoon Session with Belclare Comhaltas

2:30pm | Stella Maris Nursing Home, Cummer, Tuam

An afternoon of Irish music, song and dance with members of Belclare Comhaltas.

Contact Aileen Maloney: 085 8212216 or belclarecomhaltas@gmail.com

Comhairle Chontae na Gaillimhe
Galway County Council

Sláintiúil Gaillimh

SEOLADH OIFIGIÚIL NA SEACHTAINE UM IONCHUIMSIÚ SÓISIALTA 2018

Dé Domhnaigh an 14 Deireadh Fómhair ag 2:30pm in Óstán O'Sullivan's, ar an nGort.

Tá cuireadh oscailte á thabhairt do chách freastal ar sheoladh oifigiúil na Seachtaine um Ionchuimsiú Sóisialta 2018 do Chomhairle Chontae na Gaillimhe. 'Sláinte agus Folláine' téama na bliana seo agus is é Cathaoirleach Chomhairle Chontae na Gaillimhe, an Comhairleoir Seán Ó Tuairisg, a sheolfaidh í. Bígí linn don spraoi agus siamsaíocht! Mar chuid d'imeachtaí an tráthnóna, taispeánfar an scannán 'Town of Strangers' atá bunaithe ar an nGort don phobal. Beidh neart imeachtaí siamsaíochta ó phobail éagsúla cultúir lena n-áirítear drumadóireacht ó Community Spirt Drumming, seinm ar an didiridiú, puipéadóireacht, clós spraoi samhlaíochta agus neart eile.

Comhairle Chontae na Gaillimhe a eagraíonn an tSeachtain um Chuimsiú Sóisialta thar ceann Chontae na Gaillimhe.

Chun tuilleadh eolais a fháil: Linda Potter, Social Inclusion Officer, Galway County Council.

T: 091 509160 | E: inclusion@galwaycoco.ie
W: www.galway.ie/inclusion
Follow us on twitter: http://twitter.com/HealthyGalwayCo
http://twitter.com/galwaycoco

Músaem na gCroíthe Briste

Le linn na Seachtaine um Ionchuimsiú Sóisialta, 15 – 21 Deireadh Fómhair

Leabharlann Bhéal Átha na Sluaighe

Is rud ann féin é an grá, mar aon le croí briste, beag beann ar cé hé nó hí do ghrá geal nó cé a bhris do chroí.

Contact Anne Marie Hession: 087 7738529 or shout@youthworkgalway.ie

ÉIRE SHLÁINTIÚIL

Áit inar féidir le gach duine taitneamh a bhaint as sláinte agus folláine fhisiceach agus meabhrach chun a n-acmhainneacht a bhaint amach, agus áit a bhfuil luach ar fholláine agus go dtacaítear leis ar gach leibhéal den tsochaí agus go bhfuil sé mar fhreagracht ar chách.

Galway Rural Development Co. Ltd
Galway Age Friendly Programme
Líonra Rannpháirtíochta Poiblí Chontae na Gaillimhe – Galway County Public Participation Network – Ag obair le chéile - ag múnlú ár todhchaí | Working together - shaping our future
Galway, West of Ireland 2018 European Region of Gastronomy

Dé Luain
an 15ú Deireadh Fómhair

Déanamh Bráisléad Cairdis do Thuismitheoirí agus Leanaí

9.15am and 10.15am |Scoil Náisiúnta Mhuire

Tabharfar cuireadh do thuismitheoirí dhaltaí sa 2ú agus sa 4ú rang teacht chuig an scoil chun an rang a fheiceáil ag amhránaíocht, ag filíocht agus ag déanamh gníomhaíochtaí a bhaineann leis an téama 'ionchuimsitheacht agus cairdeas'. Beidh bráisléid cairdis a dhéanamh in éineacht leis na tuismitheoirí agus le daltaí eile mar chuid de sin.

Contact Erin Conway: 087 9140946 or erinconway@patstuam.ie

Maidin Caife le hAíonna ó Ability West

10.30am | Áras Uilinn, Bóthar an tSéipéil, Maigh Cuilinn

Caife & Comhrá & Teacht le Chéile le Cuairteoirí ó Ability West.

Contact Walter McDonagh: 087 2573329 or walterfmcdonagh@gmail.com

Lá Eolais Sheid na bhFear

11.00am–1.00in | Seid na bhFear Bhaile Átha an Rí

Cuireadh do chách teacht agus toradh na hoibre a fheiceáil agus cupán tae a bheith agat in éineacht leis na fir.

Contact Sonny Murray: 087 9024593

Bain triail as Boccia!

11.30am–1.30in | Coimpléasc Tuam Stars, Tuaim

Tar agus bain triail as an gcluiche Boccia - is spórt uileghabhálach é seo agus is féidir le duine ar bith é a imirt, beag beann ar aois nó cumas.

Contact Francis Kane: 093 26659 or francis.kane@iwa.ie

Siúlóid agus Sólaistí

6.00pm | Leabharlann an Chlocháin, Sráid an Mhargaidh, An Clochán

Oíche Eolais Ghrúpa Siúlóide an Chlocháin le hugacht a thabhairt do dhaoine dul amach ag siúl agus taitneamh a bhaint as sólaistí.

Contact Mary Jo Heanue: 087 9956275

Leabhair Thostacha sa Leabharlann

11.00am | Leabharlann Bhéal Átha na Sluaighe

Tabharfaidh an t-údar agus an t-áisitheoir Debbie Thomas ceardlann phraiticiúil maidir le Leabhair Thostacha a úsáid. Is féidir le leanaí Leabhair Thostacha (leabhair gan focail) a thuiscint agus taitneamh a bhaint astu beag beann ar theanga.

Dé Máirt
an 16ú Deireadh Fómhair

Seimineár Tuismitheora Dhearfaigh

9.30am–2.00in | Ionad na dTeaghlach, Bóthar Bhaile Átha Cliath, Tuaim

Reáchtálfaidh Forbairt Tuaithe na Gaillimhe (GRD) i gcomhar le Tusla, Croí, Obair d'Ógra Éireann Thuama, Comhpháirtíocht Spóirt na Gaillimhe agus Aids Westwill seimineár tuismitheora dhearfaigh do Ghaillimh Thoir.

- *9.30am–10.30am* Tae/Caife
- *10.30am–12.30in* Tabharfaidh an síceolaí cliniciúil, craoltóir agus údar, David Coleman, léacht ar Chumarsáid Éifeachtach a dhéanamh le Leanaí agus le Déagóirí. Beidh am leagtha amach freisin do cheisteanna agus freagraí.
- *12.30pm–1.00in* ***Beidh lón ar fáil.***
- *1.00in–2.00in* Ceardlann aireachais sa tráthnóna le Sharon Fitzmaurice, Teagascóir agus Údar ar Fholláine Iomlánaíoch.

Cuirfidh Croí scagthástáil sláinte saor in aisce ar fáil do dhaoine fásta ag an imeacht ón 9.30 am- 12.30 in. Tabhair ar aird le do thoil nach féidir le Croí scagthástáil sláinte a chur ar fáil do mhná atá ag iompar clainne ná do leanaí.

Contact Melinda Coen Ryan: 087 3515832 or mcoenryan@grd.ie

Maidineacha Caife Cruthaitheacha uachtarARTS: Ceardlann Sumi Ink Club

10.30am–12.30in | Teach na Cúirte, Uachtar Ard

Imeacht Comhlíníochta - Tar ag tarraingt pictiúr in éineacht linn i gCeardlann Sumi Ink Club. Beidh rannpháirtithe ag dul ó dhuine go duine agus ag cur le líníochtaí a chéile. Beidh Tae/Caife ar fáil. Níl aon scileanna ag teastáil. Fáilte roimh chách.

Contact Kathleen Furey: uachtararts@gmail.com

Imeacht Idirghlúine agus Tae Beag

2:30pm | Ionad Pobail, Inis Bó Finne

Imeacht idirghlúine chun an bealach is fearr chun cinn le seirbhísí a chur ar fáil d'Inis Bó Finne a phlé.

Contact Siobhan Ryan: 095 45989 or cspmanager@inishbofin.com

Dé Céadaoin
an 17ú Deireadh Fómhair

Seimineár Míchumais

10.00am–3.00pm | Óstán Chois Fharraige, Na Forbacha, Co. na Gaillimhe

Seimineár míchumais atá dírithe ar sholáthraithe seirbhíse, ar fhostaithe agus ar an bpobal i gcoitinne Ag Tacú le Rogha agus le Neamhspleáchas.

Contact Gearóid Ó Fátharta: 087 1835841 or gofatharta@grd.ie

Maidin Caife do Thuismitheoirí Idirnáisiúnta

9.15am | Scoil Náisiúnta Phádraig agus Scoil Náisiúnta Mhuire

Tugtar cuireadh do na tuismitheoirí ar fad agus do thuismitheoirí idirnáisiúnta go mór mór nach mbeadh mórán eolas acu ar phobal na scoile teacht le chéile chun bualadh le pearsanra na scoile agus le tuismitheoirí eile i dtimpeallacht shuaimhneach.

Contact Erin Conway: 087 9140946 or erinconway@patstuam.ie

Lá Sláinte agus Folláine

10.30am–12.30in | Halla Ellis, Leitir Fraic

Tabharfaidh Foireann Sláinte Croí cainteanna ar Bhia Sláintiúil agus ar Shaol Gníomhach maidir le bheith ag Dul in Aois go Sláintiúil, scagthástálacha sláinte saor in aisce agus deis chun tabhairt faoi ghníomhaíochtaí nua atá go maith ag an tsláinte agus ag an bhfolláine.

Contact Martina Gavin: 087 9633970 or m.gavin@forumconnemara.ie

Caifé Ilchineálachta Bhéal Átha Ghártha

11.00am–3.00in | Halla Baile Bhéal Átha Ghártha, an tSráid Ard, Béal Átha Ghártha

Lá eolais agus oideachais faoin Ilchineálacht in atmaisféar neamhfhoirmeálta agus suaimhneach mar a bheadh i 'gCaifé Buail Isteach' Tá cuireadh tugtha do ghrúpaí a dhéanann ionadaíocht ar dhaoine agus ar phobail mhionlaigh nó ar phobail atá faoi mhíbhuntáiste a bheith i láthair ar an lá chun tacaíocht a thabhairt agus a gcuid scéalta agus scileanna a roinnt.

Contact Sheila Flanagan: ballygartownhall@gmail.com

Cuir aithne ar an bPobal MS

11.00am | Cúirt Naomh Iarfhlaith, An Ghléib, Tuaim

Caint idirghníomhach leis an bpobal MS, ceol agus sólaistí.

Contact Olivia Murphy: 093 26308

Tráthnóna Sláinte agus Folláine le pobail nua

2.00in–4.00in | Ionad Acmhainní Teaghlaigh Bhaile Locha Riach

Tar agus cuir eolas ar phobail nua, beidh taispeántais maidir le cócaireacht shláintiúil idirnáisiúnta ar siúl chomh maith.

Contact Paul or Joelle: 085 2795322 or 085 1604482

Believe. Begin. Become

Le Deimhniú | Obair d'Ógra Éireann na Gaillimhe, Marina Point, Béal Átha na Sluaighe

Ceardlann Comhairliúcháin ina bpléifear Clár Forbartha spriocdhírithe chun Scileanna Pearsanta Saoil a Fhorbairt do dhaltaí na hArdteistiméireachta Feidhmí (aidhm an LCA: le súil is daltaí a ullmhú do bhreis traenála agus fostaíochta) atá ag freastail ar an scoil i mBéal Átha na Sluaighe.

Contact Maria Coyne Twomey / Helen Butler: 087 7707775 / 087 6780640 or eastgalway@youthworkgalway.ie

AMACH! Oíche eolais na Gaillimhe

6:30in–7:30in | Halla Baile Bhéal Átha Ghártha, Béal Átha Ghártha

Seisiún eolais faoi sheirbhísí agus imeachtaí Theach Solais, an t-ionad acmhainní LGBT+ i gCathair na Gaillimhe. AMACH! Tá súil ag LGBT breis nasc a dhéanamh le grúpaí pobail i gContae na Gaillimhe chun tuilleadh gníomhaíochtaí LGBT+ a chur ar bun ar fud an chontae.

Contact Maria Molloy: 085 7364536

Living Colour

8.00in | Teach na Cúirte, Cinn Mhara

Léiriú den Scannán – Living Colour - Cuireann KCats scannán ar fáil ina ndéantar cur síos ar na deiseanna atá ann le go mbeadh duine ar bith in ann a bheith ina Ealaíontóir, beag beann ar a chumas.

Contact Brian Twomey: 087 7761855 or Briantwomey@live.com

Ceoldráma - C & F

8.30pm-10.00pm | Colaiste Bhaile Chlair, Claregalway

How a musical stage scene is erected and rehearsed – Followed by a Q & A session with Director.

Contact Feargal Cavanagh: 9archmusical@gmail.com

Déardaoin
an 18ú Deireadh Fómhair

Déan Lá de i Leabharlann na Gráige

10.00am–1.30in | Leabharlann na Gráige

- *10.00am–10.30am* Am Scéalaíochta
- *12.30in–1.30in* An tSeirbhís Náisiúnta Scagthástála
- *10.30am–1.00in* Aonad Eolais Ailse Marie Keating
- *11.00am–12.00in* Seisiún Códála do chuairt ranga 'Déan é'

Taispeántas ar ríomhleabhair agus ríomhacmhainní i rith na maidine!

Contact Leabharlann na Gráige: 090 9749887 or woodford@galwaylibrary.ie

Maidin Caife

10.30am–12.30in | Caifé an Bhaile, Baile Átha an Rí

Teacht le chéile le haghaidh caife/scónaí le baill Chumann Gníomhaíochta Lucht Scoir Bhaile Átha an Rí agus Cheantar Bhaile Átha an Rí agus le Bráithre na Carthanachta chun cairdeas leanúnach a dhéanamh.

Contact Florrie O'Shea: 087 7939903

"Techno-Together"

10.45am–1.00in | Tearmann Mhuire, Órán Mór

Beidh daltaí na hidirbhliana ag glacadh páirte san imeacht idirghlúine duine le duine seo chun a gcuid scileanna teicneolaíochta ar ghairis cumarsáide mhóibíleacha a thabhairt do dhaoine níos sine sa phobal chun go mbeidh tuiscint níos fearr acu ar fhóin chliste, ar tháibléid etc.

Contact Lily Considine: 087 6184022 or activeinageoranmore@gmail.com

Lá Eolais Sheid na bhFear

11.00am–1.00in | Seid na bhFear, An Fuarán, Maigh Cuilinn

Tugann Seid na bhFear cuireadh daoibh teacht le chéile, bheith ag caint agus cupán tae agus méaróga bia a bheith agaibh in éineacht leo.

Contact John Ashton: 085 2199776 or ash71ton@gmail.com

Bígí Sóisialta le Ability West

11.00am–1.00in | Teach Commerce, Maigh Cuilinn

Bíodh cupán caife agus rud éigin deas le hithe agat in éineacht le do chomharsana i Meitheal, Maigh Cuilinn.

Contact: Stephen Togher: 091 868361

Maidin Caifé & maidin eolais agus feasachta Intí

11:30am-1.00in | Caifé na nÓg, Bóthar Bhaile Átha Cliath, Tuaim

Maidin Caife Sheirbhís Aos Óg Thuama & Chumann Cathaoireacha Rothaí na hÉireann – Feasacht agus Cuimsiú a Chruthú do Dhaoine Óga atá faoi mhíchumas sa tSeirbhís don Aos Óg.

Contact Karyn Gavin: 083 -3112173 or tuam@youthworkgalway.ie

Tráthnóna Caife

12:00in | Clubtheach CLG, Áth Cinn

Tráthnóna caife, tae agus cácaí chun cuimsiú agus éagsúlacht a cheiliúradh.

Contact Mary Gavin: 087 6471762

Ceardlann Ealaíne idir KAVA, Ealaíontóirí Chinn Mhara agus Bráithre na Carthanachta in Ionad Dolmen

1.30in–3.30in | Teach na Cúirte, Cinn Mhara

Tabhairt faoin bpéintéireacht, tarraingt agus na meáin mheasctha i d'aonar agus i gcomhar le chéile.

Contact Brian Twomey: 087 7761855 or briantwomey@live.com

Lámh sa Mhála

2.30in–4.30in | Ionad Pobail Bhaile Mhic an Bhaird

Lámh sa Mhála: duaiseanna lucky dip ar do dhán, scéal grinn, scéal, amhrán nó damhsa.

Contact Mary Gorman: 087 6400067 or moyardwood@gmail.com

Seisiún Aireachais don Phobal

2.00in | Scoil Náisiúnta Inis Bó Finne

Cuirfidh Scoil Náisiúnta Inis Bó Finne fáilte romhat chuig seisiún aireachais don phobal faoi stiúir Aoife Lydon.

Contact Celine McCormack: 095 45880

Cniotáil agus Folláine

6.00in-9.00in | Seomra Eile, An tSráid Ard, Dún Mór

Fiosraigh na tionchair dhearfacha a bhaineann le bheith ag cniotáil

Contact Sally: 087 2638753

Tráthnóna Sláinte agus Folláine le pobail nua

6.00in-8.00in | Ionad Acmhainní Teaghlaigh Gort

Tar agus cuir eolas ar phobail nua, beidh taispeántais maidir le cócaireacht shláintiúil idirnáisiúnta ar siúl chomh maith.

Contact Paul or Joelle: 085 2795322 /085 1604482

Dé hAoine
an 19ú Deireadh Fómhair

Déan Lá de i Leabharlann Bhéal Átha Ghártha

10.00am–1.30in | Leabharlann Bhéal Átha Ghártha

- *10.30am–1.00in* Aonad Eolais Ailse Marie Keating
- *12.00in–1.00in* An tSeirbhís Náisiúnta Scagthástála

Reáchtálfaidh an scéalaí Niall de Búrca seisiúin scéalaíochta le ranganna na háite

Taispeántas ar ríomhleabhair agus ríomhacmhainní i rith na maidine!

Contact Leabharlann Bhéal Átha Ghártha: 090 6624919 or ballygar@galwaylibrary.ie

Big Fish to Small Fish

10.00am-11.30am | An tIonad Teaghlaigh, Bóthar Bhaile Átha Cliath, Tuaim, Co. na Gaillimhe

Caint eolais do thuismitheoirí nach bhfuil aon taithí acu ar chóras Meánscoile na hÉireann. Comhairle phraiticiúil chun do leanbh a ullmhú agus tacaíocht a thabhairt dó nuair atá siad ag tosú sa mheánscoil chomh maith leis na freagrachtaí atá ortsa de réir an dlí.

Contact Deirdre Swords: 0872579849 or deirdre.swords@tusla.ie

Pilates do Dhaoine níos sine ná 55

10.30am | Ionad Pobail Bhaile an Doirín

Tugtar cuireadh do dhaoine níos sine an phobail a bheith linn chun blaiseadh a fháil de Pilates do Dhaoine níos sine ná 55 chun an tsláinte agus an folláine a chur chun cinn i measc daoine atá ag dul in aois.

Contact Breandán Ó Loinsigh: 085 1743916 or ballinderreencc@gmail.com

Tobshiopa agus Nasc le Seid na bhFear

10.30am-12.30in | Áras Uilinn, Maigh Cuilinn

Tobshiopa atá nasctha leis an bpobal á óstáil ag Seanóirí Shonas.

Contact Mary Downes: 087 6824859 or marydownes5@gmail.com

Cur i láthair maidir le Míchumais - Spás inar féidir le lucht seirbhísí na tacaíochtaí a chuireann siad ar fáil don phobal a chur i láthair

11.00am-3.00in | Óstán an Shearwater, Béal Átha na Sluaighe

Tá Forbairt Tuaithe na Gaillimhe chun cur i láthair a óstáil ionas gur féidir le lucht seirbhísí atá lonnaithe i gContae na Gaillimhe na tacaíochtaí atá acu do dhaoine atá faoi mhíchumas a chur os comhair an phobail.

Cuirfear spásanna ar fáil d'eagraíochtaí agus do chomhlachtaí deonacha chun bord agus seastán a shocrú le gur féidir leis an lucht seirbhísí eolas ábhartha maidir le tacaíocht a thabhairt do dhaoine atá faoi mhíchumas Intleachtúil, Fisiciúil nó Céadfach nó a bhfuil uathachas orthu a chur ar fáil. Chomh maith leis sin, cuirfear fáilte roimh lucht seirbhísí a chuireann tacaíocht ar fáil do ghrúpaí ar nós daoine aosta seastán a shocrú ag an imeacht.

Contact Martin Ward: 087 6808263 or mward@grd.ie

Maidin Tae & Caife

11.00am-3.00in | Ionad Dolmen, An tSráid Mhór, Cinn Mhara

Tugtar cuireadh duit teacht chuig maidin tae/caife chun eolas a fháil ar an obair a bhíonn ar bun in Ionad Dolmen – Beidh scéalaíocht, ceardlann agus taispeántas Ealaíona agus Ceardaíochta ann ar an lá.

Contact Pamela Stanford: 091 638000 or dolmencentre@bocsi.ie

Eolas ar an "mBinse Cairdis"

1.30in | Scoil Náisiúnta Phádraig

Seoladh an "Bhinse Cairdis" a chuideoidh leis an tsláinte intinne a chur chun cinn i measc daltaí agus cairdis a chothú agus deireadh a chur leis an uaigneas sa chlós súgartha.

Contact Erin Conway: 087 9140946 or erinconway@patstuam.ie

Tráthnóna Sláinte agus Folláine le pobail nua

4.30in-6.30in |Obair d'Ógra Éireann na Gaillimhe, Marina Point, Béal Átha na Sluaighe

Tar agus cuir eolas ar phobail nua, beidh taispeántais maidir le cócaireacht shláintiúil idirnáisiúnta ar siúl chomh maith.

Contact Paul or Joelle: 085 2795322 / 085 1604482

Teacht le Chéile Pharóiste an Rois

8.00in | All Saints, An Fhairche

Tá Pobal ar Aire na Fairche chun teacht le chéile a chur ar bun chun bualadh le comharsana, coireacht a chosc, éagsúlacht a cheiliúradh agus sult a bhaint as sólaistí.

Contact Margaret Kineavy: clonburcommunityalert@gmail.com

Dé Sathairn
an 20ú Deireadh Fómhair

Tráthnóna Idirnáisiúnta le bia, cultúr agus craic

6.00in | Scoil Náisiúnta Ag Foghlaim Le Chéile Bhaile Chláir, Bóthar Cloonbiggen, Baile Chláir

Bígí linn sa tob-bhialann – Tabhair leat mias le roinnt agus blais de bhianna as áiteanna éagsúla ar fud an domhain.

Contact Lisa Fenwick, Parents Together: 087 9561132 or joelisa2005@gmail.com

Dé Domhnaigh
an 21ú Deireadh Fómhair

Lá chun Cara a Thabhairt leat & Sneaiceanna Sláintiúla & Deasa i ndiaidh Traenála

10:30am-12.00in | RFC Uachtar Ard

Tugtar cuireadh do dhaoine aosta an phobail tae nó caife agus sólaistí tráthnóna a bheith acu linn agus a bheith ag comhrá linn. Ócáid neamhfhoirmeálta.

Contact Derval Dalton: www.facebook.com/oughterard.rugby

Bí ag Caint agus ag Siúl le hOidhreacht Mhaigh Cuilinn - na céadta bliain i gcúpla uair an chloig

11:00am | Páirc CLG Mhaigh Cuilinn

Caint agus siúlóid, atá oiriúnach do chathaoireacha rothaí, feadh chonair mhion-Bhoirne Mhaigh Cuilinn - chuirfimis fáilte ar leith roimh bhaill nua nó roimh bhaill níos sine sa phobal freisin, is cuma cén aois, cúlra nó cumas.

Contact Mark McNally: 087 9508087 or moycullenhistoricalsociety@gmail.com

Seisiún Tráthnóna le Comhaltas Bhéal Chláir

2:30in | Teach Altranais Stella Maris, Comar, Tuaim

Tráthnóna ceoil, amhránaíochta agus damhsa Ghaelaigh le comhaltaí Chomhaltas Bhéal Chláir.

Contact Aileen Maloney: 085 8212216 or belclarecomhaltas@gmail.com