

Appendix A

Template for Proposed Activations:

Please complete for each proposed activation –

Title:	Art Therapy			
Activation Type:	Mental health, social connection, creativity			
Lead Agency:	Galway Arts Dept.			
Partners:	The Red Door Studio, Galway, Galway City Partnership, Galway Volunteer Centre, Galway Cit Council			
Budget: <i>Please provide a breakdown of costs and how these have been calculated in the format provided</i>	Unit	Unit Cost	Number of Units	Amount
	Art therapy sessions for 7 adults (includes materials)	€250	8	€2000
	Interpreter	€40 per hour	8	€320
	Art therapy sessions for 7 adults (includes materials)	€250	8	€2000
	Interpreter	€40 per hour	8	€320
	Total			€4640
Timeline:	Date From	December	Date To	March
Description				
<p>2 rounds x 8 Sessions of Art therapy catering for 7 adults. Totalling 14 participants. Art therapy incorporates creativity and visual language to assist participants in expressing their feelings and experiences. Each session lasts 50 minutes and the course of 8 sessions aims to equip participants with psychological skills to cope with difficult experiences.</p> <p>We anticipate these sessions will allow participants to voice their feelings in a safe space which caters for the unique experience of their community.</p>				

Number of Beneficiaries:	7 participants will directly benefit from the sessions; however, this can provide a knock-on effect especially in the case of parents who may be better equipped to deal with the emotional needs of their families having completed these sessions.
Specific Area:	<i>Galway City</i>

Title:	<i>Book Club</i>			
Activation Type:	Community Building, Social interaction, language skills			
Lead Agency:	Galway City Council Arts Dept.			
Partners:	Kenny's Bookshop and Art Gallery, Galway City Partnership, Galway Volunteer Centre			
Budget: <i>Please provide a breakdown of costs and how these have been calculated in the format provided</i>	Unit	Unit Cost	Number of Units	Amount
	Book 1	€15	20	€300
	Book 2	€15	20	€300
	Book 3	€15	20	€300
	Hospitality - Tea/Coffee/Biscuits for 20 people over 6 meetings	€3	120	€360
	Total			€1260
Timeline:	Date From	December 2022	Date To	February 2023
Description				
<p>Fortnightly book club reading one book per month from December - February. Hosted in Kenny's' Bookshop and Art Gallery in Liosbán. This will give participants the time and space to meet outside of their residence to discuss literature and culture. Books will be selected by the group depending on their interests and can be provided in English or Ukrainian.</p> <p>We anticipate this club could continue beyond the timeline of this project as books can be shared and interested members can continue meeting.</p>				

Number of Beneficiaries:	20 participants per meeting. It would be planned that the book club would continue and expand into some of the local community groups adjacent to the accommodation centres. Each one has a library close to them with book clubs. We expect those living in the Liosbán industrial estate residence to make up the bulk of the membership as the location removes the barrier to entry that travel might present.
Specific Area:	City Centre

Title:	<i>Woodlands for Health</i>			
Activation Type:	<i>Mental health, physical activity, integration/social connection, creativity</i>			
Lead Agency:	<i>Galway Sports Partnership</i>			
Partners:	<i>Healthy Galway City, Mental Health Ireland, GCP Ukrainian Response Project, Volunteer Galway</i>			
Budget: <i>Please provide a breakdown of costs and how these have been calculated in the format provided</i>	Unit	Unit Cost	Number of Units	Amount
	Woodlands for Health Tutor	€40 per hour	24 hours	€960
	Art / Mindfulness / History Tutor	€40 per hour	6 hours	€240
	Materials for workshops	€250	1	€250
	Refreshments	€90 per session	10 sessions	€900
	Interpreter	€40 per hour	24 hours	€960
	Transport (Excursion)	€400	1	€400
	Lunch & refreshments for excursion	€15 per person	25	€375
				Total
Timeline:	Date From	January 2023	Date To	March 2023
Description				

Woodlands for Health is a walking and educational programme to provide an opportunity for individuals who experience mental health challenges to walk in a nature-based environment.

Woodlands for Health is a nature-based intervention programme focused on green exercise in a forest setting. The programme has been delivered in Merlin Woods, Galway City in 2022 and has been very well received.

While an outcome of the programme is to improve participant wellbeing, this encompasses many factors including improved quality of life, improved sleep, improved physical fitness, social functioning, personal confidence, and improved awareness.

As well as gentle physical exercise and promoting wellbeing, the course can be adapted to include guest speakers and activities that are of interest to participants. Previous versions of "Woodlands for Health" have incorporated mindfulness sessions, botanical and nature-based art, insect, bird and plant identification and local history lectures.

Woodlands for Health is suitable for both individuals and families. Excursions and family days can be incorporated into the 10-week programme.

Number of Beneficiaries:	<i>20 participants.</i> NFH is one of the very best ways to integrate Ukrainian people with local Galway people. It allows for development of communication, interaction and friendship development. The area used has many community groups who rely heavily on volunteers. The volunteer spirit has ensured the community has developed a very welcoming attitude as well as a willingness to share and embrace new people.
Specific Area:	<i>Merlin Woods</i>

Title:	<i>Trauma Workshops with MyMind Ukrainian Psychotherapists</i>			
Activation Type:	<i>Mental health/Emotional Well-Being</i>			
Lead Agency:	<i>GCP Ukrainian Response Project</i>			
Partners:	<i>Galway Sports Partnership, Healthy Galway City, Mental Health Ireland, Volunteer Galway, MyMind</i>			
Budget: <i>Please provide a breakdown of costs and how</i>	Unit	Unit Cost	Number of Units	Amount

<i>these have been calculated in the format provided</i>	Development of Trauma Self-care project	€30 per hour	20 hours	600
	Direct Delivery - Trauma Self-care project	€200 (administration and delivery)	2-3 events	600
	Travel expenses	0.40 c per km	4	500
	Training of Ukrainian people in Galway City to carry out this training - pyramid style		2 -3 between January and March	400
	Venue Hire	€120	4 - 6 events	€720
	Total			2810

Timeline:	Date From	January	Date To	March
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Description

Provide a brief description of the proposed activation, and how it is intended to support the health and wellbeing of Ukrainian Refugees, including any anticipated outcomes.

Direct Delivery Workshop by Psychotherapist

1. *Fully qualified Trauma-Informed Ukrainian speaking psychotherapists will provide a workshop/training for displaced Ukrainians in Galway City. This project has been planned in conjunction with the HSE and is to be piloted in Dublin this month*
2. *Outcomes include increased awareness of trauma, vicarious trauma, how trauma impacts the individual and how to protect oneself from pernicious effects of it, vicarious trauma, self-care etc.*
3. *Increased positive well-being and insight into stress and trauma*
4. *Provision of a forum and safe space for people to engage in this conversation will hopefully allow for more open discussions around mental health and well-being within the community*

Training of Community members to Deliver Bespoke Training on Trauma Awareness

1. *Separate training of members of the Ukrainian community to deliver awareness training among community will enhance understanding of trauma and increase emotional wellbeing*
2. *Will enable increase emotional literacy among the community and facilitate more open and direct discussion around this topic*
3. *Will enable the community to identify trauma among its members and enable people to access help before reaching crisis point*

Number of Beneficiaries:	<i>We would estimate at this point that 130 - 150 Ukrainians would be directly impacted indirect/secondary impact would reach many more as this would involve</i>
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	<i>'cascade-style' training and impact should be exponential as a result given that people are living in congregated settings with a lot of interaction</i>
Specific Area:	<i>Galway City</i>

Title:	<i>Music Therapy with Ronan De Burca (Fully Licensed Music Therapist)</i>			
Activation Type:	<i>Mental health/Trauma informed/Emotional Well being</i>			
Lead Agency:	<i>GCP Ukrainian Response Project</i>			
Partners:	<i>Possible engagement with other Music Therapists discussed down the line but not necessarily for this initial project</i>			
Budget: <i>Please provide a breakdown of costs and how these have been calculated in the format provided</i>	Unit	Unit Cost	Number of Units	Amount
	Music Therapy workshop 120 mins	€80 per session	12	€960
	Total			€960
Timeline:	Date From	January	Date To	March
Description				
Music Therapy workshop for 90 mins plus 30 mins post workshop unpacking/language supported support in the event of emotional release. 12 sessions (6 sessions in Doughiska & 6 sessions in Accommodation Centre). This programme focuses on the Ukrainian group particularly to support those with traumatic experiences.				
Number of Beneficiaries:	<i>75 - 100 in total</i>			
Specific Area:	<i>Doughiska Family Resource Centre, Galway City Glen Oaks Accommodation Centre, Ragoon, Galway</i>			

Title:	<i>Social Circus</i>			
Activation Type:	<i>Mental health, physical activity, integration/social connection, creativity</i>			
Lead Agency:	<i>Galway Sports Partnership</i>			
Partners:	<i>Healthy Galway City, Mental Health Ireland, GCP Ukrainian Response Project, Volunteer Galway, Galway Community Circus</i>			
Budget: <i>Please provide a breakdown of costs and how these have been calculated in the format provided</i>	Unit	Unit Cost	Number of Units	Amount
	Toddler circus tutor fees	€605 for 6-week tutor fees (2 tutors)	1	€605
	Hall Rental	€50 per session	6	€300
	Room Rental for Parents	€30 per session	6	€180
	Galway Community Circus Coordination	€40	1	€40
	Galway Community Circus Insurance	€255	1	€255
	Family Circus tutor fees	€340 for 6 weeks tutors fees (1 tutor)	1	€340
	Hall Rental	€50 per session	6	€300
	Galway Community Circus Coordination	€40	1	€40
	Galway Community Circus Insurance	€170	1	€170
	Activity for Parents (Tutor Fees)	€40 per hour	6	€240
	Interpreter	€40 per hour	24	€960
	Materials for activity for parents	150	2	€300
	Total			€3730

Timeline:	Date From	January 2023	Date to:	March 2023
Description				
<p>Galway Community Circus will provide opportunities for preschool aged children and toddlers to safely engage in social circus, while parents enjoy respite and social connection on the same premises.</p> <p>Social circus can have the following benefits for toddlers:</p> <ul style="list-style-type: none"> ● Learning to play, be creative and take safe risks together ● Encouraging social interaction from an early age - learning to share and take turns and building social skills ● Acquiring basic motor skills and developing an age-appropriate level of physical literacy ● Feeling safe and comfortable being the centre of attention within the group <p>Parents, particularly those who are currently solo parenting preschool aged children have expressed feelings of exhaustion and overwhelm, with very few opportunities for respite or time for themselves. Social circus will offer sufficient support and supervision for toddlers, while their parents can enjoy a break with others.</p> <p>Parents will be offered a welcoming space on the Community Circus premises to connect, relax and socialise. Refreshments will be provided, and attendees can engage in activities to promote health and wellbeing amongst themselves. Activities might include a visiting speaker, live music, crafting, baking and cooking or pampering.</p> <p>Also included under this activation is "Family Circus"; this offers something for the whole family. In this innovative family activity, parents and children will be able to practise specific circus skills such as balancing, juggling, aerial and acrobatics, through fun workshops and activities.</p> <p>Benefits of family circus include:</p> <ul style="list-style-type: none"> ● Playing together, teamwork, bonding and strengthening family unity ● Taking pleasure in creating, practising and performing routines together ● Collaborating with other members of the group – to lead and to follow ● To be aware of situations involving risks and to agree together how to avoid those risks ● Learning circus skills such as acrobatics, juggling and balancing – suitable to all abilities ● Being creative and using imaginative problem-solving ● Developing balance, coordination, muscle development, concentration and confidence 				
Number of Beneficiaries:	<p><i>Toddler Circus: 10 - 12 participants</i></p> <p><i>Parent Respite Group: 10 - 12 participants</i></p> <p><i>Family Circus: 10 families</i></p>			
Specific Area:	<i>Galway City</i>			

Title:	<i>Go for Life Games / Music</i>			
Activation Type:	<i>Mental health, physical activity, integration/social connection, creativity</i>			
Lead Agency:	<i>Galway Sports Partnership</i>			
Partners:	<i>Healthy Galway City, Mental Health Ireland, GCP Ukrainian Response Project, Volunteer Galway, Galway Community Circus, Age & Opportunity</i>			
Budget: <i>Please provide a breakdown of costs and how these have been calculated in the format provided</i>	Unit	Unit Cost	Number of Units	Amount
	Go for Life Coach fees	€25 per hour	12 hours	€300
	Musician fees	€100	6 hours	€600
	Venue Hire	€55 per hour	12 hours	€660
	Refreshments	€3.00 per person	150	€450
	Interpreter	€40 per hour	12 hours	€480
	Equipment	Free	16	free
	Total			€2390
Timeline:	Date From	January	Date to	March
Description				
<p>The Go for Life Games promote greater participation in recreational sports for older people. The games are supported by Local Sports Partnerships and the HSE. The sports can be played as singles, pairs and teams to encourage participation and fun.</p> <p>Games incorporate gentle exercise, social connectivity and learning of new skills. Benefits include increased physical activity, enjoyment, improved mental health and more opportunities for social get togethers.</p> <p>To complement the Go for Life Games, attendees will also be able to enjoy an addition of live music sessions with Ukrainian artists and the opportunity to revisit and share old favourites that stir memories and imagination.</p>				
Number of Beneficiaries:	20 - 25			
Specific Area:	<i>Galway City</i>			

Title:	<i>Outing to Brigit's Garden</i>			
Activation Type:	<i>Mental health, physical activity, integration/social connection, creativity</i>			
Lead Agency:	<i>Healthy Galway City</i>			
Partners:	<i>Galway Sports Partnership, Galway Arts Office, GCP Ukrainian Response Project, Volunteer Galway</i>			
Budget: <i>Please provide a breakdown of costs and how these have been calculated in the format provided</i>	Unit	Unit Cost	Unit Amount	Amount
	Bus hire (51-seater & 16-seater)	€730	1	€730
	Guided tours of Gardens	€6.50	60	€390
	Lunch, tea / coffee & scones	€17	60	€1020
	Total			€2140
Timeline:	Date	February 2023		
Description				
<p>Brigit 's Garden is regarded as one of the most picturesque gardens of Ireland. The garden is set within 11 acres of native woodland and wildflower meadows. Visitors will enjoy refreshments upon arrival before setting off on a guided tour of the sun trail, the ancient ring fort, kids' nature trail, thatched roundhouse and crannóg, and the calendar sundial.</p> <p>The garden provides ample space to play and explore for families and presents an opportunity to rest and relax in nature, while simultaneously learning about traditional Irish culture and arts.</p>				
Number of Beneficiaries:	<i>60 people</i>			
Specific Area:	<i>Galway City</i>			

Title:	<i>Family Excursion</i>			
Activation Type:	<i>Mental health, physical activity, integration/social connection, creativity</i>			
Lead Agency:	<i>Healthy Galway City</i>			
Partners:	<i>Galway Sports Partnership, Galway Arts Office, GCP Ukrainian Response Project, Volunteer Galway</i>			
Budget: <i>Please provide a breakdown of costs and how these have been calculated in the format provided</i>	Unit	Unit Cost	Number of Units	Amount
	Bus hire (51-seater)	€450	1	€450
	Zumba Demonstration	€100	1	€100
	Musician fees	€250	1	€250
	Food & refreshments	€4 00	1	€300
	Face Painting	€150	1	€150
	Drumadore	€250	1	€250
	Total			€1,500
Timeline:	Date	March 2023		
Description				
<p>A family-friendly event to promote health and wellbeing in a beautiful natural setting, with organised activities to entertain people of all ages.</p> <p>Families living in Galway City will be escorted by bus to Rinville Park, Oranmore where they can enjoy wooded walks, wide open space and fresh sea air. BBQ and picnic facilities are on site and attendees can access the safe, secured playground on site.</p> <p>Music, dancing, art and games will be on offer to ensure a memorable day out.</p>				
Number of Beneficiaries:	<i>50 - 70 people</i>			
Specific Area:	<i>Galway City</i>			

Title:	<i>Wildlands Excursion</i>			
Activation Type:	<i>Physical activity, integration/social connection, creativity, Mental health,</i>			
Lead Agency:	<i>Galway Sports Partnership</i>			
Partners:	<i>Galway Sports Partnership, Galway Arts Office, GCP Ukrainian Response Project, Volunteer Galway</i>			
Budget: <i>Please provide a breakdown of costs and how these have been calculated in the format provided</i>	Unit	Unit Cost	Unit Amount	Amount
	Bus hire (51-seater & 16-seater)	€730	1	€730
	Entry to park events	€40/per 13-16years/Adult	20	€800
		€37/u13	20	€800
		€19/per 1-8	20	€400
	Refreshment/lunch	€9.50/child	70	€665
			Total	€2730
Timeline:	Date	February		
Description				
<p>Wildlands is a family friendly activity space allowing for exploration, exertion and fun. The centre offers a number of activities including climbing frames, zip 'n' trek on for young and old children alike. There are woodland walks and trails for all ages along with fairy trails for the very young people in the family.</p> <p>Wildlands will offer adventure and escape for all the participants, once the activities are finished, they can regain some of their energy in the attached food hall. Wildlands will allow those who attend to either be active through a number of adventurous events or to explore the wildlands for reflection and meditation. It is a short trip from Galway City and gives those who enjoy the experience the opportunity to avail of the activities in the future if they wish.</p>				
Number of Beneficiaries:	<i>60 -70 people</i>			
Specific Area:	<i>Galway City</i>			

Title:	<i>Buggy buddies (3 areas of the city)</i>
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Activation Type:	<i>Physical activity, Mental health, social connection.</i>			
Lead Agency:	<i>Galway Sports Partnership</i>			
Partners:	<i>Galway Sports Partnership, Galway Arts Office, GCP Ukrainian Response Project, Volunteer Galway, Healthy Galway City</i>			
Budget: <i>Please provide a breakdown of costs and how these have been calculated in the format provided</i>	Unit	Unit Cost	Unit Amount	Amount
	Instructor	€50	24	1200
	Hall Hire	€50	3	150
	Refreshments	€3.00	400	1200
	Mats	€10	50	500
				Total
Timeline:	Date	January - March		
Description				
<p>Buggy Buddies is an exercise/walking programme for mothers of young/preschool children. The activity will take place in 3 areas of the city close to accommodation centres. The exercise is suitable for the participants, mainly outdoors with the all-important tea coffee available at the end of each session. This last part may seem small, but it is where the greatest amount of socialisation, information sharing and burden relieving chat.</p> <p>Each session will be 8 weeks long and take place at a time that suits the groups, e.g., straight from dropping older kids off at school or in the afternoon.</p>				
Number of Beneficiaries:	<i>40 - 50 people (Mixed local community groups and residents of accommodation centres).</i>			
Specific Area:	<i>Galway City</i>			

Appendix B

Ukrainian Refugee Fund 2022 - Drawdown Request Form

Payment

Activation Type	Improving the health and wellbeing of Ukrainian Refugees
Amount	€28,575
Activation Type	Art Therapy
Amount	€4640
Activation Type	Book Club
Amount	€1260
Activation Type	Trauma Workshops with MyMind Ukrainian Psychotherapists
Amount	€2810
Activation Type	Music Therapy
Amount	€960
Activation Type	Woodlands for Health
Amount	€4085
Activation Type	Social Circus
Amount	€3730
Activation Type	Go for Life Games / Music
Amount	€2490

Activation Type	Family Excursion
Amount	€1500
Activation Type	Outing to Brigit's Garden
Amount	€2140
Activation Type	Wildlands Excursion
Amount	€2239

Activation Type	Buggy Buddies
Amount	€3050

Signature	
Total amount to be paid	€28,575
Date	