

## Welcome to Sligo Social Services brand new newsletter.

A very warm welcome from myself, Christina Mc Taggart, and all at Sligo Social Services. This is the first edition of our newsletter which we hope will help keep you in the picture about our activities. Sligo Social Services is a unique organisation that has contributed positively to the lives of many children, families and adults in Sligo and Leitrim for more than 40 years. We provide pre-schools, afterschool, and a variety of family support and social work services to children and families. We provide a meals on wheels service for the elderly in the Sligo area and also provide a number of homeless services including homeless hostels for single adults, short-term family accommodation and a tenancy sustainment service for those at risk of becoming homeless. In 2013 more than 1100 people accessed our services. It takes the commitment of statutory funders and donors, from staff, volunteers and our supporters to help us to do all of this and we are very grateful that we have benefited from tremendous support over the years. We hope you find our newsletter interesting and informative and we are happy to get any feedback you may have regarding the newsletter. You can contact us at [info@sligosocialservices.ie](mailto:info@sligosocialservices.ie). As always thank you for your support.

*Christina*

## THE GARDA BAND supporting Sligo Social Services

If you find yourself at a loose end or just want to help Sligo Social Services then make sure you don't miss out on our up-coming fundraising events.

We are in for a real treat when a concert will be given by the Garda Band in the Clari-on Hotel on 22<sup>nd</sup> May in aid of Sligo Social Services. This popular Band are renowned for their memorable performances at home and abroad, besides providing music for official Garda functions the band undertakes a heavy community orientated programme each year and this year Sligo Social Services is honoured to benefit from their talents. Ticket costs €15 each.



Garda Band entertaining the crowds

## WALKARUN 5K

On sat 11<sup>th</sup> of January 103 people gathered at ROM Gym in Sligo Retail Park to wipe away the cobwebs and indulgence of the Christmas season by participating in our 5K WALKARUN. We would like to express a thank you to all involved from participants who, ran, jogged and walked for us and to our sponsors who helped by donating their goods, time or premises to ensure everyone received a good bag and the event ran smoothly. Despite it being a cold afternoon there was an atmosphere of fun, laughter, excitement and achievement. Due to the enthusiasm of the participants we will be holding the 5K event again on the second Saturday of January next year and will look forward to seeing you all once again,

## KEEP AN EYE OUT

### Golf Classic

For all you golf enthusiasts; it's coming close to that time of year again where you can once again dust off your golf clubs as Friends of Sligo Social Services will be shortly announcing their date for the 23<sup>rd</sup> annual Golf Classic in June where the winner will receive the John Keogh Memorial Cup. Friends would like to thank all the teams who have been involved each year and if you have never entered a team why not enter this year.... You never know it could be your team being presented with the cup this year.

### In This

### Issue

- Garda Band Support Sligo Social Services
- Walkarun
- Upcoming Golf Classic
- Flora Mini Marathon
- Volunteers Happy to Help

**"It was the best move I ever made - to make that first phone call to your office seeking much needed help."**

*Quote from a previous user of Sligo Social Services*

**Upcoming Flag Days** We will be having flag days on the following dates: **May 24th and August 2nd.** If you would like to help us with our flag days contact Martina at 071 9145862.

## **VOLUNTEERING**

### **Happy to help**

Enthusiastic and cheerful are but two adjectives that describe Sligo Social Services volunteers, who have for over 40 years made an enormous contribution to our organisation. In the meals on wheels service volunteers give of their time each week to deliver meals on wheels to the older citizens of our community and to help in the meals on wheels kitchen. Sligo Social Services provides approximately 100 hot, nutritious meals each day, delivered on a rota basis by warm, friendly and dependable volunteers.

Characteristics such as dependable, friendly, enthusiastic and cheerful are intrinsically woven through our team of volunteers and into every service provided by this organisation. The Thrift Shop volunteers have these characteristics in spades, they also have a keen eye for window dressing and style, spotting a designer outfit a mile away. These committed volunteers work either mornings or afternoons in our thrift shop on Harmony Hill, selling affordable, good quality clothes, donated by members of the community. In our Emergency Hostel, dedicated volunteers spend the night away from their own families to ensure that the residents of Maryville are well cared for.

Our fundraising volunteers show up motivated and ready to work whether the sun is shining or the cold is biting. Several of them took to the streets of Sligo Town in March, May and August of 2013 to participate in flag days, then at the end of August they reconvened in Tesco's to take part in a bag pack. If you thought that their talents only stretched to shaking buckets and packing bags, you'd be wrong. On the week of Christmas 2013, Sligo Social Services Volunteers donned their Santa hats and assembled together to sing carols and provide cheer to weary shoppers in Johnston's Court, and to raise funds for Sligo Social Services.

With all that in mind, if you were to ask what the worth of a volunteer is to Sligo Social Services, we would have to say Invaluable, Priceless. Over the years, and with great optimism and positivity, Sligo Social Services Volunteers have shown that regardless of the task, they are always **happy to help**.



**A few of Sligo Social Services Volunteers**

## **Doing the Mini**

## **Marathon**

## **Consider Sligo Social**

## **Services**

It's that time of year again where entry for the Flora Mini Marathon in Dublin has opened. If you are planning on walking running or Jogging the 10k on bank holiday Monday the 2<sup>nd</sup> of June and considering collecting sponsorship we would be very grateful if you would consider doing the mini marathon in aid of Sligo Social Services.

In return not alone will you be helping provide the much needed services to our local community such as meals on wheels, home-less accommodation, counselling and childcare services to name a few but in return once registered we will collect your registration pack from Carrick on Shannon for you , provide you with a sponsorship card and t-shirt, all you have to do is contact Sinead on 071-9145682 or email [sinead.canning@sligosocialservices.ie](mailto:sinead.canning@sligosocialservices.ie) and we will be delighted to have you take a few steps to helping us provide much needed services to our local community.

**We at Sligo Social Services are grateful for your continued support.**