



Galway Healthy Cities Project
Gaillimh Tionscnamh na gCathracha Sláintiúla



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What is Galway Healthy Cities?

Galway Healthy Cities project is part of a World Health Organization (WHO) initiative, with over 80 cities throughout Europe involved. The aim of the WHO Healthy Cities Project is to enhance the health of the city, its environment and its people through all groups and agencies working together.

Galway Healthy Cities Forum

The Galway Healthy Cities Forum is part of the City Development Board implementing the 10 year strategy "Beo agus Briomhar"



Galway City Development Board
 Bord Forbartha Cathrach na Gaillimhe

The following organisations are part of the Healthy Cities Team



Galway Schools Get Growing

As part of the Galway Healthy Cities project, all primary schools in Galway City received garden packs in February, which contained tools and equipment to develop a mini garden including raised wooden beds, compost, seed trays and bulbs. Adrienne Lynam, Project Manager, HSE explained that "this project helps school children learn the value of growing and eating more fruit and vegetables. They will be more inclined to eat a greater variety, and more of, the vegetables that they themselves produce. Hopefully they will bring these skills home and encourage their families to eat and grow more fruit and vegetables." This local initiative also complements and supports Agri Aware's national Incredible Edibles programme which targets all national school children aiming to increase fruit and vegetable consumption in Ireland. Mike Neary, Chairman, of the Incredible Edibles Committee, commented that "developing and encouraging good eating habits for the next generation will help make Ireland become a more resourceful and healthier society in the years to come. The extra materials and the training provided to primary schools will certainly help Galway City lead the way in school gardens and healthy eating".





Job Opportunities Course

Winning New Opportunities (WNO) is a new training programme for unemployed people in the West. The WNO programme is run over 5 mornings for 20 hours in total and aims to provide skills to promote re-employment, return to education, volunteering or enterprise and to combat feelings of anxiety, helplessness and depression among unemployed people.

The WNO programme was recently held in Galway City. Evelyn Fanning, who facilitated a course in Westside with the Local Employment Service said "It was great to see people gaining confidence, and develop skills and abilities that will help them find jobs and also to learn how to cope with any setbacks along the way". Some comments from participants were "Many thanks for the opportunity to do the Winning Opportunities Course last week, which was really enjoyable very beneficial". Further courses are planned for Ballinasloe, Tuam, Galway City and the Islands. WNO is a multi agency partnership co-ordinated by Health Promotion Services. For more information contact Fiona Falvey, Health Promotion Officer, Galway, Fiona.falvey@hse.ie, (091) 548421



Galway City Arts Strategy 2010 - 2013

The Culture Department of Galway City Council has developed a Draft Strategy for the City Arts Service over the period 2010 - 2013. The City Council are looking for the public's input on the proposed strategy and in this regard submissions/observations are invited and may be lodged with the Culture Department, City Hall, College Road, Galway during the public display period. The public display period is from Friday 19th February 2010 to Friday 19th March 2010.

Some recommendations in the draft strategy include; (a) That action is taken to improve the City's arts infrastructure, including arts spaces outside the city centre, as well as office and storage space and (b) That a new support service for local artists in Galway is developed. A copy of the document may be obtained from the Culture Department at City Hall, Public Library in Ballybane, Galway City Library or Westside Library or may be downloaded from www.galwaycity.ie.





COPE Galway supporting inter-generational projects

Transition year students from the Dominican college and the Jesuit College in Galway city are taking part in three separate inter-generational projects with older residents living in Renmore, the Headford Road and the Ballinfoyle mór areas in association with COPE Galway and Galway City Council. Following discussions, the collective inter-generational groups came to an agreement on activities which they felt suited the group best. Some of these activities include sketching/life drawing, gardening, karaoke, music and games day and céili day to name a few and of course laughter. Each weekly session is supported by COPE Galway's community support worker. All three inter-generational projects aim to promote a greater understanding and respect between generations by recognising and validating the experiences of the individual whatever the age. If you would like further information contact Caroline Duane, COPE Galway on 086-0237022.



Upcoming Events - March 2010

March 8th	International Women's Day. National Women's Council of Ireland	01 8787248 www.nwci.ie
March 10th	Fundraising for Clubs Workshop 7.30pm in the Menlo Park Hotel, Galway City.	Contact Nigel.Keady@fai.ie 086 0418648
March 19th	Deadline for public submissions on Galway City Arts Strategy 2010 - 2013	www.galwaycity.ie
March 19th	Kick Start 2 Coaching Course	Contact: Nigel.keady@fai.ie 086 0418648
March 25th	National Positive Ageing Strategy Consultation Meeting Leisureland Galway 2-4pm Registration 1pm	For further details contact maeve@gcp.ie Tel 091 773466
March 26th	Daffodil Day: Irish Cancer Society	01-2310500 www.cancer.ie
March 27th - April 3rd	Donor Awareness Week.	Irish Kidney Association 01 6689788
March 29th	Soccer Easter Camp for Girls.	Contact: Nigel.keady@fai.ie 086 0418648



Photo of the month...



Pupils from Scoil Chroí Iosa, Newcastle Road, at their mini school garden. As part of the Galway Healthy Cities project, all primary school in the city have received a garden pack which contains raised wooden beds, compost, seed trays, gardening tools and bulbs.