

Welcome to our new eNewsletter...

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..

Your health is determined by your circumstances and environment. Factors such as where you live, your education, the environment and your relationships and interactions with friends and family, all have considerable impacts on health. Therefore, all these issues need to be addressed at the same time.

Core themes of the WHO project...

- Health Impact Assessment
- Healthy Urban Planning
- Healthy Ageing
- Active Living

Examples of work done through the project...

- Coordinating activities and projects which enhance health
- Implementing Playground Markings Initiative
- Developing a health profile and city health plan
- Facilitating healthy ageing in Galway City
- Supporting Ballybane and Westside Community Garden Projects
- Undertaking Health Impact Assessments on relevant projects in Galway City

Key partners...

- Health Service Executive West
- Galway City Council
- Galway City Community Forum
- City of Galway VEC
- Galway Chamber of Commerce
- An Garda Síochána
- Galway-Mayo Institute of Technology
- Trade Union Sector (SIPTU)
- National University of Ireland, Galway

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"A city that works together to support the health and well-being of all"



Harvest Day

The Ballybane Community Organic Garden hosted a 'harvest day' which was attended by over 60 people, including the Mayor, Cllr Tom Costello. On the day locals and representatives from organisations got a chance to look at the work done by the participants in the garden over the summer. There was also a sample of food produce in the garden with HSE Home Management cooking up a leek and potato soup. Children from the local crèche also got involved in the celebrations. Over the winter the project will be run on Thursday between 10.00am and 12.00am. If you would like further information on the community garden in Ballybane, which is located opposite Ballybane church, please contact Paul 091 768308

Photo Competition

There were over 30 entries in the recent Healthy Ageing photo competition. The aim of the competition was to capture healthy ageing in various different ways.

These included life long learning, healthy lifestyle choices, healthy environments and connecting with family and friends. Stan Shields judged the competition free gratis and the winners included St. Francis Community Nursing Unit, Newcastle, Galway City Centre Active Retirement Group, Sally Keogh, Canal Road and John Boyle, Newcastle. The winning photos can be viewed on

www.galwayhealthycities.ie



WHO Annual Technical meeting

A main requirement of the Healthy Cities project is to attend the WHO Annual Technical Business meeting which is being held this year in Rennes, France 10-12th October.

A key component of this meeting is the exchange of information between cities. Galway Healthy Cities have been selected to present two case studies.

This includes the Garda Bán project which aims to involve youth and reduce their involvement in crime. The other case study is on the compilation of the City Health profile and our research model.

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Upcoming Events

6th October - 26th October

Safety Week

And Gardai Siochana

10th October, 2007

National Conference on Obesity - A Fresh Approach

Community Nutrition & Dietetic Service, HSE West

Clayton Hotel, Galway

Wednesday 24th October, 2007

Workshop on Leadership for Collaboration, Alliances and Partnerships.

Further Info: E-mail: jacky.jones@mailn.hse.ie Tel: 091-548322

Galway Healthy Cities Project
Gaillimh Tionschamh na gCathair Shlaintiúil

The month in photos...



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email us: info@galwayhealthycities.ie