



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.

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 across Europe are involved in are:

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



Minister visits Ballybane Community Garden

Minister of State for Food and Horticulture, Trevor Seargant, paid an impromptu visit to the Ballybane Organic Community garden last Wednesday, 23rd April to meet the locals involved and learn from the project. Working with colleagues in the Department of Community, Rural and Gaeltacht Affairs, the minister is keen to formulate something nationally to promote community gardens similar to the Ballybane project.

"I was delighted to see the Ballybane Community Organic Garden. It is a beacon of hope and community resilience against a backdrop of food insecurity worldwide and rising food prices. I am delighted to do my bit so that the garden can be certified fully organic. I predict that Ballybane will before long have the first fully certified Community Organic Garden in Ireland. Another first for Galway!" Minister Seargant stated.

The Ballybane Community Organic Garden project is organised through the Ballybane/Mervue Community Development Project. The project was set up in 2006 by the Galway Healthy Cities Forum, which is part of the Galway City Development Board. The garden project is funded by RAPID, Health Promotion Services, HSE West and City of Galway VEC. For more information visit www.galwayhealthycities.ie

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



City Homeless Forum Annual Conference

The annual conference of the Galway City Homeless Forum was held on April 18th 2008, in the Ardilaun Hotel in Galway City. The theme of this year's conference was 'First Contact' and explored the importance of the first contact that people experiencing homelessness have with services in the City when seeking assistance. Speakers included John Puzey of Shelter Cymru in Wales, Kevin Price, a previous service user and Sinead Morgan of Morgan Communications.

Overall feedback was very positive with participants gaining more awareness for homelessness problems and solutions on how to improve services in their organisations. Workshops in the afternoon generated

much discussion with groups and agencies identifying short and long term initiatives to improve 'First Contact' for homeless persons in Galway City. These will be discussed at the next Galway City Homeless Forum meeting.

Galway Healthy Cities Forum update website

The aim of the Galway Healthy Cities Forum website is to communicate the work of the project. Over the past couple of months, working with design company Pixelweb.ie, the Healthy Cities website has been 'revamped'. Evelyn Fanning, Chair of Galway Healthy Cities Forum stated that "we are really pleased with the look and design and see it as a valuable tool in communicating with the people in Galway City and promoting the project across Europe". To view the site visit www.galwayhealthycities.ie



European Healthy Stadia Programme

Key stadia within Galway city are involved in the European Healthy Stadia programme which aims to make stadiums a place where people can go and have a positive healthy experience while either playing or watching sport. At a recent European meeting held in April, Fiona Donovan, Coordinator of the Healthy Cities Project presented each of the Galway stadia to the partners, which include representatives from eight countries across Europe. The stadia are currently developing their plans which will be assessed next month by the coordinators of the European project.

"Cathair a oibríonn le chéile chun sláinte agus folláine an phobail go léir a thacú"

e-mail us: info@galwayhealthycities.ie



What helps to have good mental health?

“Talking and having a laugh with my friends”, “Music” and “Dancing” were some of most popular things mentioned by young people for good mental health in Galway City. The team at Health Promotion Services, HSE West were in Eyre Square chatting to young people about mental health in anticipation of the arrival of the Galway Cycle in aid of Jigsaw which took place at the beginning of April. The Health Promotion team also gave out information to over 140 young people on ways of promoting good mental health and some useful support services available.



The month in photos... / An mhí i bpictiúir...



Galway Healthy Cities Project
Gaillimh Tionscamh na gCathair Shláintiúil

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