



Galway Healthy Cities Project
Gaillimh Tionscnamh na gCathracha Sláintiúla



eNews

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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



"On yer bike" for Croi

The Annual Croí Lough Corrib Cycle is a fun-cycle, offering the option of a 29-mile or a 75-mile route through scenic Connemara supporting the fight against heart disease. This great, fun-filled day out takes place on Sunday, May 24th, 2009 and is in aid of Croí, the West of Ireland Cardiology Foundation. The event kicks off with a complimentary breakfast and cyclists depart Galway on a route through Moycullen, Oughterard, Maam Valley (29-miles), Cornamona, Cong, Headford and finishing in Galway (75-miles). Last year, over 500 cyclists from all over Ireland participated in this fun cycle, which is fully supported with cycle repair crews, first aid and refreshment stations en-route. Now established as one of the biggest charity cycles in the West of Ireland, this event is a must for cycling enthusiasts (minimum age unaccompanied by an adult is 16).

For a sign-on form or further information please call Sarah-Jane on 091-544331 or email sarahjane@croi.ie





HSE's Gaf Café Website launched

A new website specifically tailored for young people in Galway City and County was launched in April by the HSE's Gaf Health Advice Café. The website www.thegaf.ie, which has been designed in partnership with students from NUIG and the Gaf's staff and Youth Council, contains information about the GAF; the services to young people it provides; upcoming events and activities for young people in Galway; helpline numbers; links to other youth-related sites, such as Headstrong and Spunout; a photo gallery and a video about the Gaf.

Frances Ford, Manager of the GAF, stated "We have developed the website www.thegaf.ie with the help of a group of students from NUIG, as a way of providing touch-key information to our target audience of young people aged between 14 and 25. The Gaf would like to thank all from NUIG for their dedication and commitment".

The Gaf Health Advice Café is centrally located in Galway City Centre and has been in operation since 2001, with over 300 young people using its services on a weekly basis. The Gaf Health Advice Café can be contacted at: 14 Francis St., Galway; Tel: 091 535370; Mob: 087 6657574; Email: the.gaf@hse.ie



LITTLE STEPS – Making Positive Changes

Research conducted by HSE and Safefood for the 'Little Steps' campaign, suggests that parents are making positive changes to their children's diet and physical activity levels. Over half (51%) of parents stated they are replacing unhealthy food with healthier options, with just under two thirds (61%) of parents stating that their children are spending more time doing physical activity during the week.

Paul Gillen, Physical Activity Health Promotion Officer, HSE West explained "One of the ways to introduce 'Little Steps' into family life is by eating and taking physical activity together as a family. Children who eat with their families consume fewer higher calorie drinks, more fruit and vegetables, and less fat both at home and in meals away from the home". An outline of 'Little Steps' to take including shopping, cooking, healthy eating and physical activity tips and ideas are available from the website www.littlesteps.eu.





Upcoming Events in May...

May 23 - June 6 2009

The Volvo Ocean Race to Galway

www.galwayvolvoceanrace.com

Sat, 23 May 2009 @ 10am

Cope Galway Ocean Race Triathlon, Salthill, Galway

info@runireland.com

Sunday 24th May

Corrib Croi Cycle

sarahjane@croi.ie

The month in photos...



Preparing for the Volvo Ocean Race



Planting trees in Scoil Bhríde