



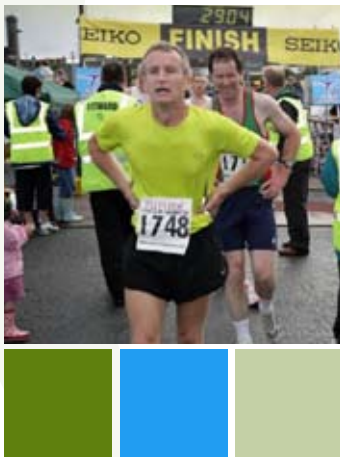
What is Galway Healthy Cities?

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:

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



8km Streets of Galway 2008

The 2008 FUTURE Streets of Galway 8K road-race took place on Saturday 9th August beginning at Southpark in the Claddagh, following the traditional route through the city-centre and out through Salthill, before finishing in a closed loop adjacent to the start-line. This was the 23rd running of this hugely popular road-race which continues to be a focal point on the Irish road-racing calendar for elite competitors and recreational runners alike.

Bernie, one of the main organisers stated "The event went really well and we were delighted to see that over half of entrants were recreational runners. This is fantastic and highlights the popularity of the event for the recreational runner". For more details on the race and the results visit the following website: www.galwaycityharriers.com/streetsofgalway

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



AD/HD Support

The National Council of ADHD Support Groups is the umbrella organisation for AD/HD support groups active throughout Ireland. This national service, which was set up in May this year, is located in Galway City, in Unit 17A Enterprise Centre in Ballybane. Rose Kavanagh explained that "The main role and aim of the council is to support and provide information for families, sufferers and professionals. We would like people to know that this service exists" For more information please contact 091-755090; email info@incadds.ie or visit www.incadds.ie

Galway Umbro Cup Success

Over 2,000 people participated in this year's tournament and a further 10,000 attended the Drom Soccer Park soccer grounds to capture the action over the 5th to the 9th of August. The U-17 Cup Final was a home derby with SDF92 the winners on penalties. In the elite U15 tournament Leicester City were the winners against the FAI Development squad (2-0). Pete Kelly, Salthill Devon stated "We were delighted with the tournament and want to thank everyone involved who made it a great success". As part of the Healthy Stadia Programme smoothies were available for players and visitors. For more information on the tournament visit www.salthilldevon.ie



Invitation to Harvest Day

The Ballybane Community Organic Garden project is managed and run by the local community and they would like to invite you to join them for their 'Harvest Day' at the garden on the 11th September 2008 from 1.00pm to 4.00pm. The harvest day is a celebration of the work completed this year and also an opportunity for people to come and look at the project. Deirdre, a member of the local community involved in the project, explained "This day is to show what we are doing in the garden and continue to get new people involved. The project is going really well and we want to build on that. We hope to see plenty of new people there". If people would like to come along please contact Seamus on (091) 768305 or email cdp4@eircom.net.

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



Home Management Awards

Members of the refugee/ asylum seeker group in Western House Galway attended a 6 week Home Management and practical cookery course in July and August. Topics included heart health, western versus African diet, consumer issues and cookery workshops. Ursula Mc Morrow, tutor/ HSE Home Management Advisor said "It was wonderful to work with such an enthusiastic group of men who made valuable contributions to our knowledge and cooked adaptations of favourite dishes such as Angolan stuffed fish with Jellof rice. We are now compiling a selection of recipes adapted to Irish circumstances".

Galway Healthy Cities Project
Gaillimh Tionscamh na gCathair Shláintiúil

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



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