



# 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



galway city  
community forum  
forum pobail chathair na gaillimhe



## 'Give Irish a Go'!!

Gaillimh le Gaeilge launched it's initiative to promote the use of Irish language in every day activities which is being supported by Bus Eireann. The 'Give Irish a Go' campaign, which is advertised on the backs of City Service buses, will encourage people to think Irish and more important to speak Irish as they go about their daily business.

Brian Connolly, Regional Manager, Bus Eireann Galway, said the company was delighted to show its support for Gaillimh le Gaeilge. "As a high profile business in Galway, we feel it is important to support initiatives that encourage the use of the Irish among the business community in the city and county." Dúirt Éamon Ó Cuív TD, Aire Gnóthaí Pobail, Tuaithe agus Gaeltachta "Tá áthas orm go bhfuil Bus Éireann ag tacu le feachtas Ghailimh le Gaeilge agus go mbeidh siad a baint úsáid as a ngréasán i gCathair na Gaillimhe chun an Ghaeilge a chur chun cinn."



For more information on Gaillimh le Gaeilge contact [brid@gleg.ie](mailto:brid@gleg.ie) or call 091 568876



## Positive Ageing Week

Positive Ageing week is almost here and a number activities and events are planned in Galway City by many groups to celebrate the week which starts on Friday 25th September and runs until Saturday October 3rd. The event is led by Age Action Ireland and will be launched in Galway on Sept 28th at 2.30pm at Ballybane Library. A sample of some of the activities which HSE West Galway, together with other local agencies and groups, are involved with includes an exercise workshop, a supermarket tour, an organic garden workshop, a stress management workshop, a healthy eating workshop and a 'Cooking for One' session. Full details of all events will be available in early September on [www.ageaction.ie](http://www.ageaction.ie) or contact Age Action West on Tel 091 527831 or email [aaw@eircom.net](mailto:aaw@eircom.net).



## Galway City Waterway Walks

Galway Civic Trust recently published a "Galway City Waterways Walks" booklet. Sponsored by Fáilte Ireland West, this booklet is free to the people of Galway and visitors to the city and is available from the Tourist Office and the Galway City Library.

This initiative is part of Galway Civic Trusts "Constructively Caring for Your Heritage". It encourages people to take time out to enjoy a leisurely city centre stroll, revisiting the locations of an area which was the industrial heart of the city in times past and see other more recent features along the way while enjoying the wide variety of birds and plants.

The booklet features 3 self-guided walks of varying lengths and accompanying each walk is a brief history of the notable features and buildings that you will be passing as you enjoy your walks along Galways beautiful waterways.

Galway Civic Trust is a registered charity, founded in 1992, and committed to protecting and enhancing Galway's natural & built heritage for the benefit of the city's resident and visitors. For more information check out their website [www.galwaycivictrust.ie](http://www.galwaycivictrust.ie)





## Upcoming Events in September

<b>3rd September</b>	Community Football Forum 8.30pm – 9.30pm Mervue United.	Contact Football Development Officers Nigel Keady on 086 0418648 <a href="mailto:nigel.keady@fai.ie">nigel.keady@fai.ie</a> or Des Tomlinson 086 85 90 524 <a href="mailto:des.tomlinson@fai.ie">des.tomlinson@fai.ie</a>
<b>4th September</b>	Renmore Road Race @ 7.30pm. Registration from 6.30pm at Renmore Sports Centre. Entry fee €5	Contact: Frank 091-753582 or Bernie 087-7504066
<b>5th – 6th September</b>	Galway City Rat Race	Contact <a href="mailto:info@ratraceadventure.com">info@ratraceadventure.com</a> Call 098 28324. Website: <a href="http://www.ratraceadventure.com">www.ratraceadventure.com</a>
<b>16th – 22nd September</b>	European Mobility Week.	Contact Department of Environment, Heritage and Local Government. <a href="http://www.environ.ie">www.environ.ie</a>
<b>21st – 27th September</b>	Irish Heart Week and Sunday 27th Sept - World Heart Day.	For more information contact: <a href="mailto:heartweek@irishheart.ie">heartweek@irishheart.ie</a> or call 016685001. <a href="http://www.irishheart.ie">www.irishheart.ie</a>
<b>24th September</b>	NUI Galway Volunteer Fair.	Contact Student Volunteer Coordinator <a href="mailto:lorraine.tansey@nuigalway.ie">lorraine.tansey@nuigalway.ie</a> or call 091 495346
<b>24th September</b>	Launch of the Galway City Atlas 2008/2009 & Atlas Exhibition (12noon)	Contact: <a href="mailto:Sharon.lawless@galwaycity.ie">Sharon.lawless@galwaycity.ie</a> 091-536498
<b>25th September - 3rd October</b>	Positive Ageing Week	Contact <a href="mailto:aaw@eircom.net">aaw@eircom.net</a> or call 091 527831. <a href="http://www.ageaction.ie">www.ageaction.ie</a>
<b>27th September</b>	Futsal Festival, NUIG	Contact Nigel Keady, Galway City Council / FAI Community Development Officer. Email <a href="mailto:Nigel.Keady@FAI.ie">Nigel.Keady@FAI.ie</a> or call 086-0418648



## The month in photos...



Over 2,000 people took part in Streets of Galway 8km



Participants in the "Off the beaten path" guided cycle tour (in the rain!) as part of Galway Heritage Festival



Winners of the 127th Cong-Galway Regatta