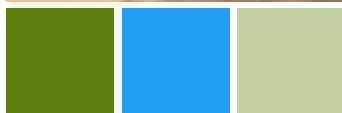
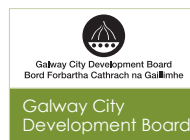
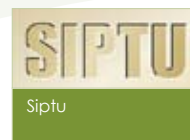




## What is Galway Healthy Cities?

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 Team



## Walk in to the New Year...

Kick off the New Year with a resolution that will improve your health while meeting new people. Galway City Sports Partnership (GCSP), in conjunction with Health Promotion Services, HSE West, are looking for the women of Galway to get up, get out and start strolling. The "Eastside Strollers", is a women's only 10 week walking group starting on the 14th January at 7:30pm costing €2. People can sign up on the night at Renmore Community Centre with walks starting at Renmore Church. Jason Craughwell, City Sports Partnership Coordinator explained "We want to encourage and support women in physical activity. We know January is a great month for people to focus on their health and we want to make it as easy as possible for women by setting up this group". The walking group is open to all women of all ages and fitness levels across the city. For more information please contact Jason Craughwell 091 536459 or email [galwayactive@galwaycity.ie](mailto:galwayactive@galwaycity.ie)

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



### HSE Winter Information Line

The HSE is urging people to "Use The Right Door", as part of the HSE Winter Initiative. The Use The Right Door leaflet, gives people information on the various health services that are available to them.

- **Your Own Door** - many accidents occur at home, so a Home First Aid Kit that is well-stocked and easily accessible is important.
- **The Pharmacy Door** - for many people, their local pharmacy is their first point of contact with the health service when they are ill or need medical advice.
- **The Doctor (GP) Clinic Door** - most doctors' clinics provide an emergency appointment service during normal clinic hours.
- **Doctor Out of Hours Door** - the Doctor Out of Hours Service is a high quality clinical service for problems that require urgent care, outside of normal working hours.
- **Emergency Department Door** - Emergency Departments treat seriously ill patients. As soon as somebody arrives at an Emergency Department they are clinically prioritised using an internationally recognised triage system.

The public can get a leaflet and further information on GP out of hours services by telephoning the Winter Information Line **1850 24 1850** (line open 8.00am to 8.00pm Monday to Saturday).

### SpunOut.ie receives Social Enterprise Award

Youth charity SpunOut.ie has scooped this years Ulster Bank Business Achievers Award for 'Best Social Enterprise' in Connaught. SpunOut.ie will now go forward and compete at national level for the overall category prizes in March 2009.

Ruairí McKiernan, CEO of SpunOut.ie, said: "This award tops off a hugely successful year for SpunOut.ie. We've expanded our staff team and national network of volunteers. We've redeveloped our interactive website and expanded a nationwide marketing campaign that has helped us reach over a quarter of a million people online, and millions more through national TV, radio and press coverage."



The Business Achievers awards aim to celebrate business success, regardless of business offering, service, or location. Organisations are judged on a variety of merits including sales performance, market share growth, company milestones, innovative new products or services and successful achievements by key personnel. For more information visit [www.SpunOut.ie](http://www.SpunOut.ie)

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

e-mail us: [info@galwayhealthycities.ie](mailto:info@galwayhealthycities.ie)





### Christmas Celebrations

The Residents Committees of the Great Western House (Eyre Square) and the Eglinton Hotel (Salthill) organised a party for residents of both Centres on Thursday 18th December in the KRCMA bar in Salthill that was officially launched by special guest of honour Mr. Frank Fahey TD. The event was a fun-packed and joyous occasion with great African dance music being played and a variety of sumptuous ethnic food dishes on offer that were specially prepared by the residents. In addition, a party was held in the Eglinton Hotel on Saturday 13th December for the children of the Centre with Santa in attendance. Now in its third year, this festive event is probably the highlight of the Eglinton social calendar.

Both celebrations enabled the residents of both centres to enjoy the Christmas festivities. Maeve Geraghty, Health Promotion Services HSE West stated "both parties were very successful and are the highlight of our events for the year". These programmes of activities are essential to enhance and normalise the lives of asylum seekers living in direct provision accommodation.

### The Month in Photos



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