



Galway Healthy Cities Project Gaillimh Tionscnamh na gCathracha Sláintiúla



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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



Towards a more age friendly Galway City

Following a public meeting in October, attended by over 50 people, the findings of a new report on Galway as an age friendly city, was discussed. This meeting, which was organised by the Galway Healthy Cities Forum saw a number of people volunteer to progress various actions to make Galway City more age friendly. Work has already commenced on some of the issues including compiling information on services available, trying to make better use of resources available and looking at ways to engage with people who are lonely and isolated. On the issue of civic participation, a meeting took place with Galway Volunteer Centre. In relation to health matters, contact has been made with pharmacies regarding larger printing of labels on medicines. The group will also be working with the Galway Transportation Unit to address concerns raised regarding transport in the report. Both a summary and full copy of Towards a more age friendly Galway City are available from Health Promotion Services HSE West. For further information please contact Evelyn Fanning on 091 548318 or email Evelyn.Fanning@hse.ie. The report is also available on www.galwayhealthycities.ie





"Keep Warm Keep Well"

As we prepare for the cold snap in the weather, the HSE is encouraging people to 'Keep Warm Keep Well' as part of its Winter Initiative. Cold weather can be a problem for anyone but particularly older people, people with a disability and those with long-term illness. The HSE 'Keep Warm Keep Well' booklet highlights what you can do to protect your health and wellbeing during the winter season. It contains information on a wide range of topics including eating properly, how to exercise sensibly and dress warmly; how to keep warm and save money on your heating bills by improving your insulation, heating systems and being energy efficient and useful contact numbers. Noel Mulvihill, HSE Assistant National Director for Older Persons explained "Our goal with this information campaign is to help people stay healthy in their own homes and the elderly and more vulnerable in society may need some assistance with this. The message for the public is to be a good neighbour, be aware and check on your neighbours and older relatives. Don't leave it to others - they may have left it to you" People can order a 'Keep Well This Winter' booklet by telephoning the HSE's Information Line on 1850 241850, the booklet is also available on www.hse.ie and www.wellandwarm.ie



Sustainable Transport in Galway City

Galway has successfully made it through to the second round of the government Smarter Travel competition. In total, 39 applications were submitted to the Department and 11 area based applications have now been shortlisted, with the Galway Metropolitan Area Smarter Travel Plan being one. The Galway plan, which is bidding for €25million of the €50million available in the competition, is focusing on the development of policies to increase the use of walking, cycling and the use of rail and buses for commuting to and traveling around the city.

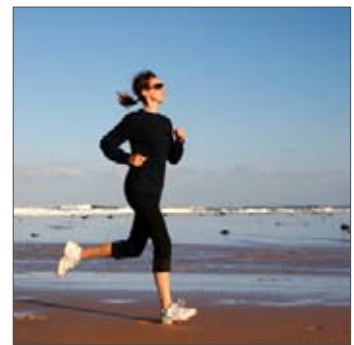
Cathy Joyce of the Galway Transportation Unit stated that "we want to thank all the agencies and organisations for their support and cooperation to date in relation to the development of the stage I bid. It is clear that this application would not have been shortlisted without the comprehensive support received from a broad range of stakeholders in Galway. We look forward to working with key stakeholders and organisations in the coming months with the objective of securing this significant funding for Galway in 2010." Further details regarding forthcoming meetings proposed for early January 2010 will issue shortly.





Get Active in 2010

The start of a new year is a great time to develop routines in relation to physical activity. The HSE National Guidelines on Physical Activity for Ireland recommend the following: Adults (18-64yrs) need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week). Older people need at least 30 minutes a day of moderate intensity activity on five days a week, or 150 minutes a week. For children and young people (2-18 yrs) the guidelines recommend that they should be active at a moderate to vigorous level for at least 60 minutes everyday. Local sports partnerships (LSPs) are a great source of information to get people on track, from local venues such as swimming pools, tennis courts and pitch & putt courses to specific events for children to sportsability events for people with disabilities. Jason Craughwell who is coordinator of the Galway City Sports Partnership commented that "our aim is to provide greater opportunities to encourage the people of Galway City to be more active more often. We recognise that the New Year is an ideal opportunity to get active and will provide support for this, for example the Eastside Strollers walking group in Renmore is recommencing in January." For more information contact Galway City Sports Partnership, City Hall, College Road, Galway Tel: 091536459 or email: galwayactive@galwaycity.ie



COPE Galway Sleep Out

COPE Galway held their first ever Sleep Out to raise awareness and vital funds for their work with homeless men and women in Galway in St Nicholas Church on Monday 21st December 2009 (the longest night of the year). Transition year students from both the 'Jes' in Galway City and Calasanctius College in Oranmore were joined by staff, volunteers and supporters of COPE Galway in sleeping out. "Each student who participated had done some research on homelessness and they also have raised vital funds for COPE Galway, so it was both an educational and character building experience. A client from the Fairgreen hostel spoke to the students about his experience of homelessness and answered questions from the students. "This is such a great way to bring home to the students, in some small way, the reality of what life is like if you are experiencing homelessness in Galway" said Fintan Maher of COPE Galway. The public also had the opportunity to show their support for the Sleep Out. "We asked the people of Galway to Sleep In to support those who have to Sleep Out. They did this by making a donation to sleep in their own beds last night."





Month in Photos



Transition year students took part in the COPE Galway sleep out to raise awareness of homelessness in Galway City



Oíche Chiúin Oíche Mhic Dé



Winter chill in Galway City...