



## 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 which all cities across Europe are involved in are:

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

## GMIT Health & Well-being Fair for Students

Galway-Mayo Institute of Technology (GMIT) held its annual Health & Wellbeing Fair Soul 2 Sole on Tuesday, 26 February. Organised jointly by GMIT Student Services and GMIT Students Union, the event focused on promoting physical, mental, spiritual, emotional and sexual health, among students, staff and the general public, in a positive and fun way. Interactive events included blood pressure & cholesterol testing, body fat analysis, and cooking demonstrations. Groups offering alternative treatments and practices were also in attendance.

Participants at the event included the Marie Keating Foundation, HSE West, HSE Addiction Counselling Services, Enable Ireland, The Irish Institute of Medical Herbalists, Threshold, Schizophrenia Ireland, Aids West, and many others.



### Healthy Stadia

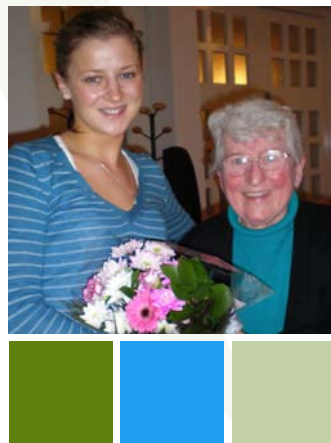
As part of the Galway Healthy Cities project, key stadia within the city have been invited to take part in a European programme aimed at making stadiums a place where people can go and have a positive healthy experience while either playing or watching sport.

There are nine countries involved in the development of the overall healthy stadia programme. These countries include United Kingdom, Italy, Spain, Latvia, Finland, Sweden, Poland, Greece and Ireland (Galway City). Each country is involved in a different aspect of the programme e.g. Italy - evaluation, UK - overall coordination. Ireland, which is represented by Galway City, is the lead partner in developing and piloting the healthy stadia programme. Other countries involved in developing and piloting the programme are Latvia, Finland and Spain. This represents Northern (Finland), Southern (Spain), Eastern (Latvia) and Western (Ireland) Europe.

Initial discussions have been held with key clubs and stadia including Pearse Stadium, The Drom (Salthill Devon), Terryland Park (Galway United), Mervue (Mervue United), The Sports Ground (Greyhound Stadium and Connacht Rugby) and Ballybrit Race Course. Support for the programme has also been pledged from HSE West's Health Promotion Services, Community Nutrition and Dietetic Services and Environmental Health Services; Galway City Council's Community & Enterprise and Environment Sections; An Garda Síochána; Galway Community Forum; and both Galway City and County Sports Partnerships.

The next stage is to work with each of the stadiums to develop a specific plan with the key support agencies. This is to be completed by May this year and will form the starting line for stadiums to continuously work towards making the experience for all involved more health promoting. Fiona Donovan, Coordinator of the Healthy Cities project, stated that "with huge numbers of people attending games and events, it is a fantastic opportunity to ensure that it is a healthy experience. The project itself is very simple yet innovative and it is great for Galway City to be leading the way in both Ireland and Europe."

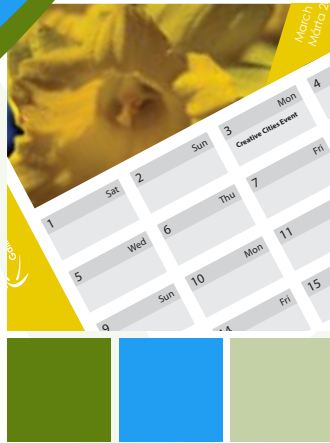
Benefits include promoting the health and well-being of their supporters, employees and players; developing a positive image of the club and stadium; and the potential of tapping into national and European sources of funding.



### Birthday celebrations

Galway Healthy Cities Forum celebrated the 80th birthday of Eithne Conway-McGee, one of their most enthusiastic and hard working members. Eithne, a retired GP from Salthill, represents the Community Forum on the Healthy Cities Forum. Areas of work that she is involved with include promoting positive ageing; working on alcohol harm reduction; and supporting the playground markings project to encourage physical activity in schools. Pictured is Carmel Moran, a MA Health Promotion student who is doing her placement with the Healthy Cities project, presenting Eithne with a gift on behalf of all involved in the project.

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



### eCalendar

To promote and coordinate upcoming events, the Galway Healthy Cities Forum have developed an eCalendar for all statutory and voluntary agencies to place their event on the calendar. These events should be city based and not for profit. If you would like to include an event please email [info@galwayhealthycities.ie](mailto:info@galwayhealthycities.ie) with details. The deadline to receive information is the third Friday of every month.

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



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

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