



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

Galway Cycle 2008 to benefit young people's mental health

To celebrate the 21st year of the Galway Cycle, the Maynooth Students for Charity have decided to dedicate the money raised directly to a Galway-based charity.

Headstrong is a new initiative which aims to empower communities to support young people in Ireland to achieve better mental health and wellbeing. The Charity Cycle funding is to be used towards Headstrong's 'Jigsaw' initiative at Mary Street in Galway, to help establish a drop-in service to engage with young people experiencing tough times. The 'Jigsaw' project is a partnership between the HSE Galway, Headstrong, local Galway business and community leaders and young people. The cyclists will leave Maynooth at 6am on Friday 4th April and will arrive in Galway later that evening. HSE West's John Fitzmaurice stated that "We are calling on local Galway businesses and communities to support this event". For more information and to support the event, you can contact John Fitzmaurice at 087-797 0639 or log on to www.galwaycycle.ie

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



Update on City Health & Well-Being Survey

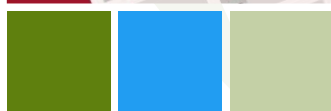
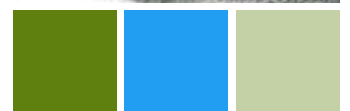
The fieldwork for the Galway Healthy Cities Health & Well Being survey has been completed by the Health Promotion Research Centre (NUIG) and the results are currently being compiled. A representative random sample of over 1,000 people in the City aged 18 and over were selected and a total of 572 questionnaires were completed.

Evelyn Fanning, Chair of the Healthy Cities Forum stated "it was great to get such a positive response from the people in Galway City and I would like to thank all who took the time to take part in the survey"

The survey was undertaken to get a snap shot of the health and well-being of people living in Galway City and is planned to be repeated every five years. The information obtained will help to identify issues, propose areas for improvement and determine actions to address these issues for people living in Galway City.

UK & Ireland Healthy Cities Network

As the only city in the Republic of Ireland to be part of the WHO Healthy Cities Network, Galway was represented by Fiona Donovan, Coordinator of the project, at the recent UK & Ireland network meeting. Cities who were represented included; Liverpool, Manchester, Newcastle, Sunderland, Brighton and Hove, Sheffield and Belfast. Key areas discussed included future projects and themes of the WHO Healthy Cities project, the development of tools and joint projects for the UK & Ireland Healthy Cities to progress. Galway was also selected to host the next meeting in April this year.



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 with details. The deadline to receive information is the third Friday of every month.

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

e-mail us: info@galwayhealthycities.ie

Notice

Western Regional Drugs Task Force Small Grants Fund

This Grant Scheme is set up to help community groups and Voluntary organisations develop responses to tackle drug misuse in the Galway, Mayo, and the Roscommon area. Funding under this scheme will provide once-off grants of up to €5,000 for innovative projects which are consistent with the aims/objectives of the Western Region Drugs Task Force as set out in its strategic plan Shared Solutions and to which one or more of the following themes can be applied, Prevention and Education, Treatment and Rehabilitation, Research and Supply Reduction”

Contact: Liam.oloughlin@gvec.ie / 091 549 463 Closing Date: 29th Feb '08.

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



Galway Healthy Cities Project
Gaillimh Tionscamh na gCathair Shláintiúil

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

e-mail us: info@galwayhealthycities.ie