



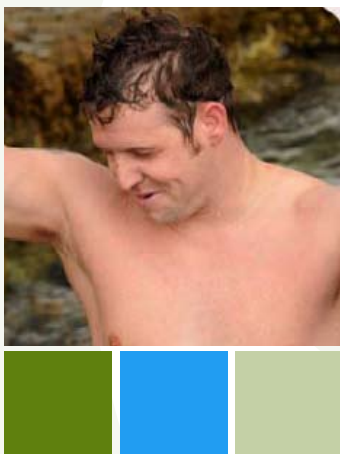
## What is Galway Healthy Cities?

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 across Europe are:

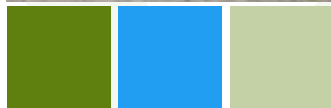
- Health Impact Assessment
- Healthy Ageing
- Healthy Urban Planning
- Active Living



## Corrib Salthill Prom Swim

The inaugural Corrib Salthill Prom swim took place on the 12th of July from Grattan Road Beach to Blackrock, a distance of some 1900m. A total of 73 men and 40 women representing clubs from around the country took part in the 'handicap' swim where they were started according to their relative ability. The men's winner was Pat O'Brien representing Shark Swimming Club in Galway and Chris Bryan from Ennis S.C won the fastest time prize. The ladies race also produced a home winner with Dairne Ryan from Galway S.C. winning both the race and fastest time prize.

Andrew Flangan from Corrib Swim Club who organised the event stated "It was a fantastic event and the support of City Council was greatly appreciated. It was a great way to showcase the natural resource we have in the City. We hope that this will become an annual event on the Galway calendar and we can make it bigger and better every year"



### Healthy Stadia Presentations

Stadia across Galway City received plaques to acknowledge their involvement in the European Healthy Stadia Programme on Monday 30th June in City Hall. This presentation was in recognition of their commitment to working to promote the health of visitors, fans, players, employees and the surrounding community.

There are eight countries involved in the European programme. These countries include England, Finland, Latvia, Spain, Italy, Poland, Greece and Ireland. Four countries have been selected to test and implement the programme which includes Ireland

(represented by Galway City), Spain, Latvia and Finland.

The stadia involved are Pearse Stadium Galway; Connacht Rugby; Galway Greyhound Stadium; Salthill Devon FC; Galway United FC; Mervue United FC and Galway Bay Sailing Club. In addition, support has been pledged by HSE West, An Garda Síochána, Galway City Council, Galway City Community Forum, Galway City and County Sports Partnerships, Western Drugs Task Force and the Road Safety Authority.

Presenting the plaques, Mayor of Galway City, Cllr. Pádraig Conneely praised all involved in the programme stating that "it is great that Galway City is working as a team and leading the way across Europe"

As part of the programme, which is led by the Galway Healthy Cities project, each stadium has developed an action plan focusing on social, environmental and lifestyle initiatives. These plans include initiatives such as providing healthy food options, including health promoting messages on programmes and around grounds, promoting recycling and installing bike racks.

Fiona Donovan, Coordinator of the Galway Healthy Cities project explained "Clubs and stadia play a huge role in society promoting physical and mental health; providing social outlets and crossing cultural diversity. It is important that this is both recognised and developed further through the Healthy Stadia Programme".

As this is a new programme, the stadia in Galway have to record and evaluate their experience and tell their 'story'. These results, provided by the Galway stadia, will be presented at the first International Healthy Stadia Conference in Liverpool, June 2009. Representatives from sport governing bodies such as UEFA, health, academia, and other relevant stakeholders across Europe will be in attendance.

There has also been a keen interest in the Healthy Stadia programme locally from Department of Sports, Arts and Tourism, Department of Transport and the FAI. International interest has been expressed by Olympics 2012, Commonwealth Games 2014 and the Cardiff Millennium Stadium.

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



## Youth Work Summer Fun

Youth Work Ireland Galway's CAPE and SPARK projects Summer Activity Programme took place from July 21st-25th . A group of 11 young people aged 14-18 years pictured on the right, participated in a different activity each day. The pursuits included climbing, horse-riding, basketball and soccer. According to Isabel Daly of the CAPE Project "We wanted a summer programme that would engage teenagers encouraging physical activity and team work. The week was a great success and those involved enjoyed themselves immensely. We would hope to organise a similar project on a more regular basis. "If you would like to find out more about the CAPE Project please contact Isabel on (091) 535373 or call to the GAF, 14 Francis Street, Galway.

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



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