



**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  
 fóranas pobail chathair na gaillimhe



**Second Annual Corrib Salthill Prom Swim**

The second annual Corrib Salthill Prom swim took place on the 4th of July from Grattan Road Beach to Blackrock, a distance of 1900m. A total of 82 men and 41 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 Adam Carroll representing Sandycove Swimming Club in Dublin who won in a thrilling sprint finish and Adam Caulfield from Galway S.C won the fastest time prize. The ladies race also produced a worthy winner with Julie Ann Galloway from NAC S.C. winning both the race and fastest time prize, the second time in two years that the ladies race has produced a 'last in – first out' winner.

Andrew Flanagan from Corrib Swim Club who organised the event stated "The event was a huge success and the support of City Council and other sponsors was greatly appreciated. It is the best way to showcase the great natural resource we have in the City. We hope that the event will become a well recognised sporting event in the Galway calendar and we can make it bigger and better from year to year".





## Galway City Health and Well Being Survey

As part of the Galway Healthy Cities project a major health and wellbeing survey has been undertaken in the city with 587 respondents. The survey, which is the most comprehensive survey on health and well-being in Galway City, was conducted by the Health Promotion Research Centre in NUIG through funding from the Dormant Accounts Fund. The survey examined a range of issues that affect people including transport, sense of belonging, mental health, crime and safety, access and quality of services, and general health and lifestyle factors such as alcohol, smoking, exercise and nutrition.

Fiona Donovan, Coordinator of the Healthy Cities project, which is part of the City Development Board, explained "To improve the health and well-being of people living in Galway we need to know what the issues are and have an indication of people's beliefs on what is affecting them in everyday life"

The top three issues identified to make Galway a better place to live are reduced traffic, increased safety and increased facilities. On a personal level to improve their own health and quality of life, the top three issues identified are increased physical activity, healthy diet and quitting smoking.

It is important to highlight that in all the issues examined the one aspect that is consistent is that people who are most disadvantaged are affected the most. This is similar to national and international health research and therefore disadvantaged groups need to be targeted.

In the current climate with limited resources it is hoped that this information will aid decision makers on where to target these resources. The findings also highlight that everyone has a role to play in improving the health and well-being of people living in Galway City. The Galway City Health and Well-Being Factsheets can be accessed on [www.galwayhealthycities.ie](http://www.galwayhealthycities.ie) or for a hard copy please contact Rosemary on 091 548437.





## Ballybane Community Garden Open Day

The Community Organic Garden in Ballybane hosted an Open Day on Thursday 23rd July with large numbers attending from the community. The garden, which has doubled in size since last year, has a huge amount and variety of produce including carrots, cabbage, pumpkins, sweetcorn, tomatoes, runner beans, lettuces, parsnips, garlic and cauliflower. Other developments include a herb garden; an orchard and raised beds to ensure the garden is accessible for all.

Future plans by the garden volunteers are to develop an area of the garden for children and to link with the local schools in early 2010. Also, the Traveller Youth Project is currently building a BBQ area and clay oven.

Imelda from the Ballybane Community Development Project explained that “the garden is only possible because of the fantastic work that is carried out each week by volunteers from the local area. If new volunteers are interested in joining call me or Martina on 768305 for more information or just call into the garden itself on Wednesday evening from 6.30 to 8pm or on Thursday mornings from 10am to 1pm”.



## Walk Your Way to Good Health

There's no doubt about it, walking is good for you. Fit walkers are less likely to fall and suffer injuries such as hip fractures because the bones are strengthened; less likely to sustain injury because joints have a better range of movement and muscles are more flexible; less prone to depression and anxiety; tend to be good sleepers; and are better able to control body weight. These are all reasons to join Age Action West's Galway walking club for the over 60's. They meet at 11am each Wednesday morning at Seapoint to walk the Promenade. The walk takes less than an hour and is led by Fiona Currie and Lucy Jaego. Whether you want to walk to improve your general health, to keep fit, control your weight, or perhaps to recover from a period of ill-health, walking can help. For more information, please contact Age Action at 091 527831





## Upcoming Events in August

5th – 8th August                      Umbro Cup Galway, Drom Soccer Park

Contact [info@galwaycup.com](mailto:info@galwaycup.com)

8th August, 7.00pm                      FUTURE Streets of Galway 2009 8km

Contact [www.galwaycityharriers.com](http://www.galwaycityharriers.com)

16/17 & 23/24 August                      HSE Community Games National Final

Contact [www.communitygames.ie](http://www.communitygames.ie)

## The month in photos...



Enjoying Open Day in Ballybane Community Garden



Produce in the garden



Second Annual Corrib Salthill Prom Swim