



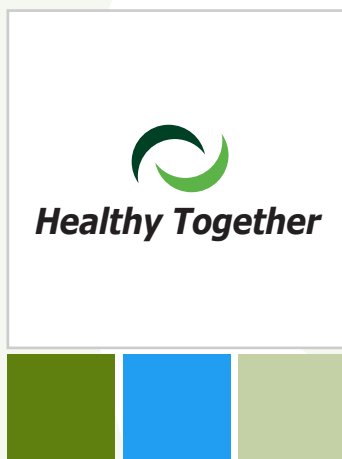
## What is Galway Healthy Cities?

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



## Health Promotion Summer Conference

Staff from Health Promotion Services HSE West were invited to present at the recent Health Promotion Summer Conference organised by the Health Promotion Research Centre at NUI, Galway on June 19th and 20th, 2008. The theme of this year's conference was Capacity Building for the Future: Health Promotion Competencies and Professional Standards.

An innovative project that was presented for the first time at the conference was the European Healthy Together e-learning course which was piloted in Ireland, Iceland and Italy. The project in Ireland was led by Fiona Falvey, (Health Promotion HSE West) and Ita O'Connell and supported by the Department of Health Promotion at NUI Galway. The Healthy Together programme was developed to address workplace health promotion issues in small and medium sized enterprises in rural areas. For further information see [www.healthy2gether.net](http://www.healthy2gether.net)

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



### What do you think about a Healthy Ageing Forum for the City?

Healthy Ageing is a key focus for the Galway Healthy Cities project. At a recent sub group meeting the idea of having a healthy ageing forum or network for Galway City was discussed of having a healthy ageing forum or network for Galway City. The Healthy Ageing Forum would provide a space or platform for people in Galway City to discuss issues that are affecting them and also to focus on ways to improve these issues. Evelyn Fanning, who heads up the sub group explained

“getting the views of people on the ground is critical to the work we do and the forum would be a potential structure in which to achieve this”.

The group would like to get feedback on what people think about this idea for Galway City. If you have any thoughts or comments on this please contact Evelyn Fanning Health Promotion Officer HSE West on 091 548318 or email [Evelyn.Fanning@hse.ie](mailto:Evelyn.Fanning@hse.ie)

### Light Rail proposal for Galway City

There was huge political support across all parties, including the Minister for Transport Noel Dempsey, at the recent launch of the GLUAS Light Rail for Galway group. The GLUAS group, which has very strong engineering, financial and business expertise, has put together a proposal for a light rail system which is financially viable for Galway City.

The total cost for the light rail system will be approximately €200million. This is €9.5m per km compared to €30m per km in Dublin. The reason for this is the track proposed can be set flush into the road so there is little or no disturbance to current infrastructure and utilities. The group has estimated the need for 12,000 journeys per day to make the project commercially viable - which is 6,000 return journeys per day and very achievable for Galway City.

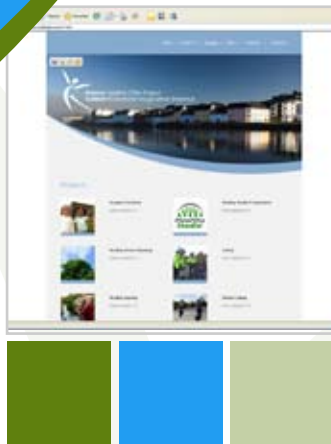
Brendan Holland, chairman and spokesperson for GLUAS light rail for Galway, believes that this is a great opportunity for the city.

The group has put a call to the public to go to the website [www.gluas.com](http://www.gluas.com) to review the proposal and send questions, views and comments to the group.



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

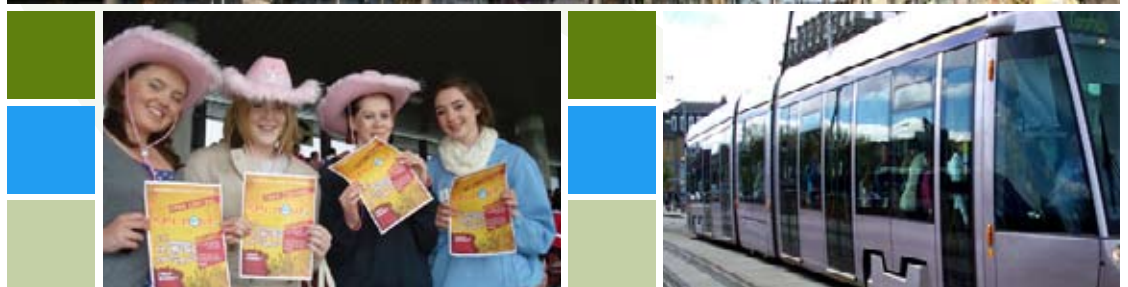
e-mail us: [info@galwayhealthycities.ie](mailto:info@galwayhealthycities.ie)



## Healthy Cities Website Monitoring

The Galway Healthy Cities website is an important tool in communicating the work being undertaken to the general public in Galway City and to other cities across Europe. Monitoring and reviewing the past 6 months results indicate that the number of visitors to the site is increasing every month. There are over 200 visits with over 700 pages viewed every month. The most popular pages are the About Us section and the Projects page. Coordinator of the project, Fiona Donovan, stated "the group is very pleased with the website. It has just recently been revamped and we are planning to promote the website more widely and continue to increase traffic". You can visit the website at [www.galwayhealthycities.ie](http://www.galwayhealthycities.ie)

## 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)