



Galway Healthy Cities Project Gaillimh Tionscnamh na gCathracha Sláintiúla

eNews

june 2009

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
forum pobail chathair na gaillimhe



On your bike in Galway City

Many organisations came together in Galway to organise a full programme of events and activities for National Bike Week, which took place from 14th to 21st June. This included bike skills training, new signage to indicate distances on a bike, a Cycling Fair, cycling safety and the promotion of Bike to Work day on Wednesday 17th which was supported by many companies and organisations. The week ended with the Off the Beaten Path leisurely cycle through the beautiful rural landscapes of Galway City organised by Galway City Community Forum in conjunction with Galway City Council and a Cycling Treasure Hunt organised by the Galway Cycling Campaign with nearly 100 children and adults taking part which included various challenges such as a 'slow race'.

Joe Tansey of the Galway City Council's Transportation Unit stated that: "we are delighted with the success of Bike Week in Galway, which was supported by the Department of Transport under its Smarter Travel initiative. However, the critical success was the involvement and cooperation of so many organisations to make it work". Further initiatives are being planned to increase cycling in the city.





Westside Garden Story

Over twenty local people took part in a 6-week organic vegetable course held in Westside Community garden centre which was funded by RAPID. Topics covered included soil preparation, crop planning, seed sowing, planting, care, seasonal tasks, composting and fruit growing.

Adrian Carey, who is the key link with the garden stated that “the response to the course was great with many local people getting involved and learning new skills. Many people, who may not have had time in the past, are now using this time to increase their skills”. The group will continue to garden and use their skills throughout the summer watching their produce grow and tasting the fruits of their labour very soon.



Next Phase of WHO Healthy Cities Project

The World Health Organisation Healthy Cities Project is entering a new phase with cities across Europe focusing their work on three core themes. The WHO annual technical business meeting was held from 18-21 June to discuss these themes which are: caring and supportive environments, healthy living and healthy urban design.

Galway was represented by Fiona Donovan, Galway Healthy Cities Coordinator who explained that “this meeting was important as it set out what all cities across Europe need to focus on for the coming five years. Galway Healthy Cities forum is very active with key persons involved to ensure that we deliver on these themes to improve the health of all people living in the city”.

Preliminary work is also taking place to set-up a National Network where all cities in Ireland can develop the Healthy Cities concept and progress health within the respective cities and share those experiences across Ireland.





World Refugee Day Celebrations

Galway Refugee Support Group hosted celebrations to mark World Refugee Day on Friday June 19th which had the theme 'Real People, Real Needs'. Suzanne McKane from the Galway Refugee Support Group explained "we were delighted to host the celebration in Aras na nGael as it provided an opportunity to embrace Irish language and culture, whilst also experiencing the wealth and contribution that Refugees bring to Ireland"

World Refugee Day was established by the United Nations General Assembly to recognise and celebrate the contribution of refugees throughout the world. World Refugee Day has become an annual celebration marked by a variety of events in over one hundred countries.

For further information on the Galway Refugee Support Group contact 091-779083 or at suzannegrsg@eircom.net.



Upcoming Events in July

4th July 2009	Corrib Open Sea Swim. Registration from 15.30 at Grattan Rd. Men's Race @ 16.00; Ladies Race @16.45	Contact: Andrew Flanagan @ 086 8288 237
4th July 2009	5km run or walk and 1km kids run @6.00pm. Registration – Galway Bay Hotel	Contact – www.irishrunningtours.com
7th July 2009	Seminar: Focus on Community Peer Health Workers. Harbour Hotel 10am - 1pm	RSVP to Helen@grsg.ie

continued >>>



Upcoming Events in July (continued)

9th July 2009

Launch of Galway City Sports Partnership
Strategic Plan, City Hall

Contact: Jason.Craughwell@galwaycity.ie

July

Fun X Four - Sport for girls between the ages of 8 - 14.
Tuesdays – Westside; Wednesdays – Ballybane;
Thursdays – Renmore. Finishing the week of
Saturday 25th July with the Grand Finale in Renmore

Contact: galwayactive@galwaycity.ie

The month in photos...



Galway Bike Week



Working in the organic garden in Westside