



# Galway Healthy Cities Project Gaillimh Tionscnamh na gCathracha Sláintiúla



# eNews

june 2010

## 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



## Successful Men's Health Conference

On the 10th/11th June, the Health Promotion Research Centre in NUI Galway hosted a Men's Health Conference which focused on a multidisciplinary approach to health for men. Key note speakers included Professor Alan White from Leeds Metropolitan University, Dr Noel Richardson, Centre for Men's Health, Institute of Technology, Carlow and Professor John Mc Donald, Director, Men's Health Information and Resource Centre, University of Western Sydney. Dr Claire Connolly, Health Promotion Department, NUI Galway explained that "It was a truly vibrant conference with key learning for all who attended. This learning included that for every disease, men die younger than women; men require different approaches to their health in different settings; and that social issues have a strong impact on men's health, for example poor housing and unemployment". There was widespread support for the Irish Men's Health Policy, with Ireland being one of the few countries in the world to have one. Australia is currently studying Ireland's policy with a view to launching their own. The Minister of Health & Children, Mary Harney closed the conference. For more details about individual presentations at the conference please visit: [www.nuigalway.ie/hprc/](http://www.nuigalway.ie/hprc/)





## AgeWise

Health Promotion Services, HSE West organised an agewise training workshop as part of Say no to Ageism Week in June. The training, which was provided by Age and Opportunity, was attended by 21 people from the HSE, Gardai, Galway City & County Council and voluntary and community organisations. The focus was on raising awareness of attitudes to ageing and older people and encouraging action on how ageism can be addressed within organisations and services. Participants were positive in their feedback on the workshop as is evident from comments from participants such as "Thank you for giving us the opportunity to attend the Agewise workshop last week. It certainly made me conscious of my 'ageist tendencies' and "I am much more aware as a result of attending".

Further information on Agewise training is available on [www.ageandopportunity.ie](http://www.ageandopportunity.ie)



## Galway World Cup Fun Weekend 2010

The Galway World Cup Fun Weekend 2010, held over the last weekend in June, provided an opportunity for young people aged to come together for a National Fun Weekend Tournament. A total of 32 teams (youth projects) representing different nations from around the world, descended upon the sports centre in Drom, Galway for their very own World Cup. Ronan Scully from GOAL explained that "along with fundraising for the GOAL, the event promotes self esteem, teamwork, friendship, social, personal and educational skills, sportsmanship and the opportunity to integrate with other young people from around the country while also focusing on inter-cultural awareness from around the world". Tannian of Foroige says, "It was a great success and it gives me great pride along with my committee members to be involved with an action packed and emotional roller-coaster opportunity for these young people who got the chance to experience the fun and colour of the opening ceremony, the fundraising for GOAL, the laughter in the off pitch activities, the tension in the penalty shoot-outs and the enjoyment of the final prize giving." The Galway World Cup Fun Weekend is supported by the Health Service Executive (HSE), Foróige, Child and Family Research Centre NUIG, Galway City VEC, Bank of Ireland, Galway Gardaí, the Irish Justice Service, the Football Association of Ireland (FAI) and Galway City Partnership.





## City Council Access Awareness Campaign

Galway City Council's Social Inclusion Unit and the Access Project Officer, in conjunction with the 'Access for All' Group, are continually working to improve access and increase awareness in relation to access in the city. Sharon Lawless, Social Inclusion Officer, City Council explained that the "the aim of the campaign is to raise access awareness generally and also to focus on two main issues of firstly the misuse of accessible (blue badge) parking spaces and secondly parking in unapproved locations such as footpaths". Galway City Council have committed to a targeted approach to stamping out the ongoing issue of cars parking illegally in disability spots. The access awareness campaign consists of billboard, newspaper, radio advertisements and bus shelter posters. A recent part of the overall campaign was the production and distribution of Disability Communication Cards as best practice guidelines for staff when dealing with a person with a disability.



## Upcoming Events - July 2010

<b>2nd July</b>	Friday Tea Dances 2-4pm Croí na Gaillimhe	Contact Maria Flaherty - 091 895203
<b>4th July</b>	National Play Day - Merlin Woods City Park	Contact: c&c@galwaycity.ie 091 536460
<b>12th – 25th July</b>	Galway Arts Festival	Contact: info@galwayartsfestival.com
<b>22nd July</b>	Ballybane Community Garden Harvest Day 1-4pm	Contact Imelda @ 091 768305



Pupils from Scoil Chaitriona Jnr, Renmore with radishes from their garden



The GAF Youth Project Galway who represented South Africa at the Galway World Cup for GOAL at Drom Sportsground