



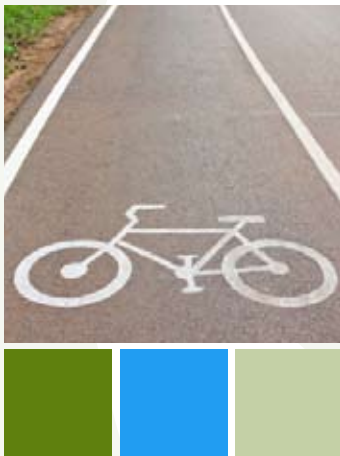
What is Galway Healthy Cities?

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 involved in are:

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



Glasgow Healthy Urban Planning Experience

Dr. Russell Jones, Public Health Programme Manager for Glasgow Centre for Population Health, presented the Healthy Sustainable Neighbourhoods (HSN) Model which provides a framework to examine health and well-being in the planning system at City Hall on Thursday 15th May. Representatives from City Council, City Council Planning Department, HSE West's Environmental Health, Health Promotion and Public Health and Galway City Community Forum attended the presentation by Dr. Jones.

Cllr. Mary Leahy, commented that "I was particularly impressed with what can be done for very little money, particularly the transformation that some landscaping can make at pedestrian crossings and making the hard scaping more user friendly for pedestrians and cyclists. The shared learning from Glasgow demonstrates the benefits of Galway City being in a European Network". For further information please visit www.gcph.co.uk

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



Healthy Stadia European Site Visit

During the first week of May site visits were undertaken by three representatives from the European Healthy Stadia Programme to all stadia in Galway City that are involved in the programme. The representatives met with key people at each stadia and discussed their action plans and the requirements of the European Programme. Mr. Mike Parker, Manager of the European Programme, commented that "It was great to visit each stadia in Galway and meet the people involved. We were very impressed with the action plans developed and are confident that Galway, representing Ireland, will contribute a lot to the programme"

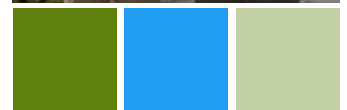
Galway City Host UK & Ireland Healthy Cities Network Meeting

The Galway Healthy Cities Forum, which is part of the City Development Board, hosted the UK & Ireland Healthy Cities Network meeting on the 16th May in the city museum. Representatives from ten cities across the UK & Ireland met to discuss joint projects and share experiences. These cities included Belfast, Brighton and Hove, Carlisle, Cardiff, Glasgow, Limerick, Manchester, Sheffield, Stoke-on-Trent and Sunderland.

The Mayor of Galway City, Cllr. Tom Costello, officially welcomed the delegation on behalf of the people of Galway City and provided a brief history of the city. Cllr. Costello also shared the positive experience of the Healthy Cities programme acknowledging 'coordination and innovation' as two key benefits for the city. He also pledged his continued support to the programme.

To provide commonality and consistency across Europe all cities involved in the programme have to work within certain areas as outlined by the World Health Organisation (WHO). The main focus of the meeting was to discuss the WHO's plan for all cities involved in the project for the next five years. Preliminary areas outlined by the WHO include equity, lifestyles and healthy urban planning with creativity, well-being and happiness underlining all areas. This information will be confirmed by October 2008. Following this the Galway Healthy Cities Forum will develop an action plan for the city based on the areas identified.

Pictured above is Healthy Cities coordinators Dave Leonard from Sunderland and Terry Blair-Stevens from Brighton and Hove.



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

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Principals and Healthy Schools

“Surviving and thriving through challenges” was the focus of a seminar which was hosted by Health Promotion Services HSE West in partnership with the SPHE Support Service (Post Primary) of the Department of Education and Science on Friday 9th May in Claregalway. Over fifty-five principals throughout Galway, Mayo and Roscommon attended the event.



The main aim of the seminar was to support principals and management in their role of cultivating and maintaining emotional and mental health in their schools given the new challenges emerging for our school communities. Professor Margaret Barry from NUI Galway, the keynote speaker, outlined how mental health

promotion can best be worked into the school community and what makes mental health promotion programmes work.

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



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