



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



Community Cookery Courses

As an extension of the community garden projects in Ballybane and Ballinfoyle, sixteen participants took part in a healthy eating cookery session which covered a wide range of dishes including fish, meat pasta and vegetarian and a range of healthy breads and cakes.

Fiona Kelly, Home Management Advisor, HSE West, who ran the sessions, explained "easy to use recipes, ingredients that were readily available and vegetables that you could grow in your own garden were the main focus of the session. I also placed special emphasis on healthy but tasty low fat dishes".

Many thanks to GMIT, who are a key partner in the Healthy Cities project, in particular, Robert Dagger, Head of Hotel and Catering, in supporting this project.





“Healthy Schools - Healthy People” Seminar

“Pupils learn more effectively, including their academic subjects, if they are happy in their work, believe in themselves, like their teachers and feel the school supporting them.” A supportive school climate goes hand in hand with happiness and health in schools. At a recent seminar “Healthy Schools - Healthy People” thirty post primary school principals met to discuss how they might continue to nurture this type of environment in their schools and what supports they might access to help them in this task.

Key issues discussed included:

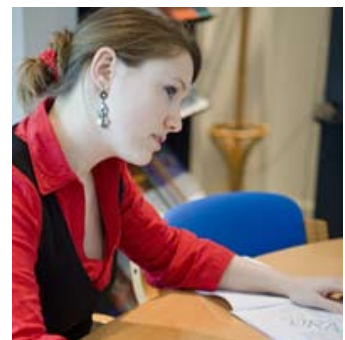
- research showing the link between reported health of young people and happiness in school
- the role that SPHE (Social Personal and Health Education) has to play in promoting health in our schools
- the need for school principals to be aware of their own personal development and how this might impact positively or negatively in their role as managers and leaders
- supports available to school in their work

The seminar was hosted by the SPHE Support Service - a partnership between the Department Education and Science and the HSE.



Health Impact Assessment Seminar

A Health Impact Assessment seminar was organised by the Institute of Public Health in Galway City on the 7th May. The seminar was attended by twenty five people from a range of disciplines, to learn and discuss how health impact assessment can be used to support healthier communities. The seminar focused on incorporating Health Impact Assessment (HIA) in to the Environmental Impact Assessment process and considered how the Healthy Cities model can provide a framework for HIA. Teresa Lavin, from the Institute of Public Health explained “The aim of the HIA Forum is to support and promote the practice of HIA at regional and local level. The feedback from the participants was very positive and we hope this seminar will act as a catalyst for further HIA activity”. For more information on HIA please visit www.publichealth.ie





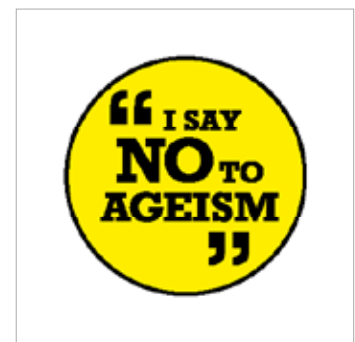
Say No to Ageism Week

"Say No To Ageism" week was held over May 18th to May 22nd which aimed to highlight the issue of Ageism and what organisations and services can do to make services more age friendly.

Say No To Ageism is an initiative of the Equality Authority, the HSE and the former National Council on Ageing and Older People. This initiative, in its fifth year, has two main purposes which is to highlight how ageism operates in society, in the workplace and in the provision of services and to promote and support the development of "age friendly" service provision

Evelyn Moran, who is a member of the Galway Healthy Cities Forum, explained that "when things are being set up, older people need to be included and not have decisions made for them. It is important for everyone, including older people themselves, to stand up and be counted and challenge ageism." While various initiatives were organised during this week to highlight the issue, it is important that ageism is an issue that all organisations and services need to be aware of all year round.

For more information on ageism visit www.equality.ie



Upcoming Events in June

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| June 8th – 14th | Carers Week | For further information, please visit www.carersweek.ie |
| June 11th – 12th | Health Promotion Summer School "Closing the gap in child and adolescent health: the settings approach" | www.hprconference.ie Contact: Christina.Costello@nuigalway.ie 091 4692722 |
| June 14th – 21st | National Bike Week | For further information, please visit www.bikeweek.ie |

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Upcoming Events in June (continued)

Starting between
June 16th - 18th

Fun X Four - Sport for girls between the ages of 8 - 14.
16th June Westside (for 6 weeks)
17th June Ballybane (for 6 weeks)
18th June Renmore (for 6 weeks)

Contact email galwayactive@galwaycity.ie

June 26th & 27th

Galway World Cup Fun Weekend

Email: galwayworldcup@hotmail.com
Website www.galwayworldcup.com

Sunday 28th June

West of Ireland Women's Mini Marathon in aid of
Galway Simon Community

The month in photos...



Green Dragon arrives in third place



Salthill Devon National Fives