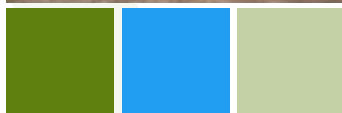
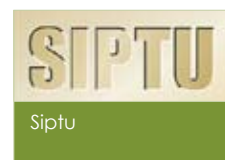




What is Galway Healthy Cities?

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 Team



NUI Galway Healthy Living Week

NUI, Galway Students' Union ran their annual Healthy Living week campaign from the 24th to the 27th of November to promote positive and healthy living among the student population. There was a huge variety of free activities during the week including reflexology, a fun run, blood pressure testing, 5 A Side Soccer, meditation, shoulder massages, healthy treats, a market fair and much more! Michael Regan, the SU Vice-President/Welfare Officer said "there was a great response to the week with many students and staff taking part in the activities. We want to promote positive lifestyle choices and also have some fun in the process!" Healthy living information was also distributed during the week by groups such as the Marie Keating Foundation, Alive volunteering and the Health Promotion Unit. Michael also said "In the run up to the Christmas exams we felt it was important to remind students not to neglect any aspect of their physical or mental well being which is all too easy as the exams loom".

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



Biodiversity Award for Community Garden

The organic garden at Scoil Bhride, Shantalla has won the "Best School & Community Biodiversity Garden" in the national Corrin Hill Biodiversity Garden Awards 2008. The award is to highlight and promote gardens in rural areas, urban areas, schools and communities that are planting native plants, providing more food and shelter for birds, butterflies and many other creatures, and reducing the amount of garden chemicals used through organic ways. Commenting on the award, Gardener Kay Synott says "The garden has been a great addition to the school, with all classes getting involved from junior infants to sixth class making bird boxes. The whole school is delighted with the award".

COPE Galway World Record Attempt

Join COPE Galway in setting the World Record for the largest Christmas Day Swim between 10am -1pm and help raise vital funds for their work with those experiencing the effects of isolation in our community. 2008 is the 19th year of COPE Galway's Christmas Day swim and this year we want to make it bigger and better than ever. Orla, from COPE Galway's fundraising team explained "We are aiming to make this a fun event for all with hot drinks available to ward off the Atlantic chills. Santa Claus will be there to meet young and old alike, so bring along your camera and take photos of your children with Santa in this unique Galway setting." In order to help COPE Galway achieve the record and to receive a free t-shirt you must register in advance. To register call Órla on 091 778750 or log on to www.copegalway.ie



European Healthy Stadia Programme

The European Healthy Stadia Programme, in which Galway is representing Ireland, was presented at the all-island multi-sectoral obesity conference held in Belfast on the 13th November. The focus of the conference was to discuss practical ways to tackle the growing problem of obesity in Ireland. Examples from the Stadia in Galway included the provision of a healthy option at the Galway Greyhound Track, the planned inclusion of bike racks and the promotion of physical activity from the three soccer clubs in the City. Fiona Donovan stated "Promoting and sharing the experience is a critical part of the overall Healthy Stadia programme. There was good interest with a key contact made with the lead agency for developing sport in Northern Ireland."

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



Working towards an Age Friendly City

Older people have been invited to give their views on how Galway City can become more age-friendly. A checklist has been developed by the World Health Organization on the essential features of an age friendly city which includes issues such as outdoor spaces and buildings, transportation, communication and community support. Welcoming this development Evelyn Fanning, Chair of the Galway Healthy Cities Forum said "Older people have a great opportunity to identify actions that need to be taken to make Galway City more age friendly." The Galway Healthy Cities Forum is not promising to solve all the issues but is giving a commitment to do what they can about the priorities that older people select. To get a copy of the checklist log onto www.galwayhealthycities.ie or contact Evelyn Fanning by phone on 091 548318 or email Evelyn.Fanning@hse.ie

The Month in Photos



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