



Galway Healthy Cities Project Gaillimh Tionscnamh na gCathracha Sláintiúla



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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



Fidhneamhacht na Seirbhíse Sláinte
Health Service Executive



galway city
community forum
forum pobail chathair na gaillimhe



VEP na Gaillimhe
Vegetarian and Vegan Society



Galway Metropolitan Institute of Technology
Gaillimh



Galway
CHAMBER
Chomhairle na Gaillimhe



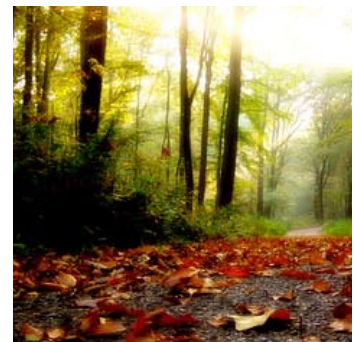
National University of Ireland, Galway
Ollscoil na hÉireann, Gaillimh

Glan Suas Gaillimh

Over 80 volunteers came out to assist at the first Glan Suas Gaillimh clean-up which took place on Sunday 15th November in Terryland Forest Park. Over 3000 items of litter were collected and a survey carried out on the collected items revealed that the majority were drink-related, specifically aluminium cans and bottles. The event is the first in a series of clean-ups that will be taking place throughout Galway city as part of a joint initiative between community groups and Galway City Council and it builds on existing anti-litter programmes, such as the National Spring Clean, Beachwatch and the Tidy Towns Competition.

Each month a different public space in the city will be chosen for the clean-up. For January, all volunteers are asked to meet in Merlin Woods on Sunday 10th January from 2.00pm.

For more information, please contact Sharon on (091) 536564 or e-mail sharon.carroll@galwaycity.ie





Galway City Park n'Ride

This years Park n' Ride commences on Saturday December 5th from Galway Racecourse, where car drivers and their passengers can avail of all-day parking and return bus travel to the City Centre for just €2 return. Buses will provide fifteen-minute frequency commencing 07:00 to 21:30 from Monday to Saturday and on Sundays the service will operate from 11:00 to 19:00. In addition, Galway Transportation Unit is delighted to announce that Galway Shopping Centre has agreed to complement this service with a free looped bus service between Galway Coach Station and Galway Shopping Centre. This bus will run from 11:00 to 19:00 Monday to Sunday, every fifteen minutes. Mr Joe Tansey, Head of Galway Transportation Unit stated: "Our unit aims to forge innovative linkages with the business sector in Galway to promote more sustainable travel in the City. This new initiative with Galway Shopping Centre stems directly from customer feedback on our Park and Ride Service, which repeatedly sought a link with Galway Shopping Centre." During the December campaign, Galway City Council in partnership with the An Taisce Green Schools Programme will also be encouraging pupils, parents and teachers to walk, cycle, park 'n' stride, carpool or use public transport on the school run. For more information contact gtu@galwaycity.ie or call (091) 894328



Value of Irish Language to Galway City & County

The Irish language is worth in excess of €136 million annually to the economy of Galway City and County; supports over 5,000 jobs and more than 90% of Galway City businesses believe that it is a unique selling point for Galway's image and cultural identity. These are the key findings of a study into the economic benefits associated with the Irish language which accrue to Galway City and to the Galway Gaeltacht. The study was published in November by Gaillimh le Gaeilge. The Minister for Community, Rural and Gaeltacht Affairs, Mr Eamon Ó Cuív T.D. stated: "We have long appreciated the importance of the Irish language in a cultural and qualitative sense but this report now quantifies the economic value associated with it." Iognáid Ó Muircheartaigh, Cathaoirleach of Gaillimh le Gaeilge stated that "Galway City has a vibrant community of Irish speakers and support for revival of the language is high, as is support for English/Irish bilingualism, particularly amongst young, educated urban people. In Gaillimh le Gaeilge, we want to harness goodwill towards the Irish language and to build and capitalise on the economic and cultural benefits identified in this report". The report "The economic benefits associated with the Irish Language which accrue to Galway City and to the Galway Gaeltacht" can be downloaded from www.gleg.ie





HSE Swine Flu Vaccination

The HSE is working to offer a Swine Flu vaccine to everyone in Ireland. This is being done in phases starting with people most at risk from this flu. This programme started in late October and will continue over a period of six to eight months. Already hundreds of thousands of people have been vaccinated and this will continue over the winter months. The HSE continues to vaccinate the first group who are most at-risk from Swine Flu whom are pregnant women and people under 65 with long-term illness. In addition, they recently extended the vaccination programme to begin to include children and older people. You can book an appointment at one of the HSE's clinics on www.swineflu.ie. The website also provides information on exact locations, how and when the clinics operate, directions on a map, and links to online booking calendars for each clinic. In order to allow the smooth operation of the vaccine clinics and the quickest possible vaccination of this next group, children aged under 5 and people aged 65 and over are being invited by letter to attend a HSE vaccination clinic for their vaccine. Children aged 5-18 will be vaccinated in schools from the beginning of December. You can get information about the swine flu vaccine from your GP, on the websites www.swineflu.ie or www.hse.ie, the automated HSE Flu line 1800 94 11 00 and the HSE infoline 1850 24 1850.



Upcoming Events in December

1st December	World AIDS Day WHO	www.worldaidscampaign.info
2nd December	Charity Aerobics class for Galway Simon Community Leisureland @ 7pm .	Contact Jayne at 091 589 415 or volunteering@galwaysimon.ie
5th December	International Volunteer Day	www.worldvolunteerweb.org
25th December	COPE Galway Christmas Day Swim 2009 World Record Attempt	Contact info@copegalway.ie or call Brid or Justin in COPE Galway on 091 778750.



Month in Photos



Volunteers at the first Glan Suas Gaillimh clean-up



Launching the Park n Ride scheme



Members of NUIG Slainte Society who provided a 50c health clinic for Healthy Living Week