



## 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



HSE



Garda



Siptu



Galway City Council



Galway City VEC



Galway City Community Forum



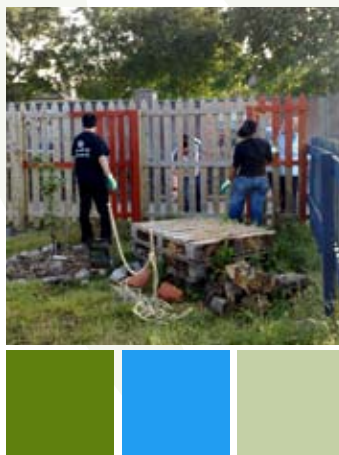
NUI Galway



GMIT



Galway Chamber



## Westside Garden Gets a Makeover

Teams of Volunteers were busy over the City and County on September 26th as part of Give it a Swirl Day - Ireland's National Day of Volunteering. The events were coordinated by Galway Volunteer Centre and although it was the first time for Galway, it was also where the largest amount of projects that took place around the country. Kay Synott from the Westside Garden explained "A group from Supermacs came to the garden and did fantastic work. They helped paint the fence and shed, helped dismantle the polytunnel, which needs to be relocated and helped transplanting fruit bushes". For more information on volunteering please contact [info@galwayvolunteer.ie](mailto:info@galwayvolunteer.ie) or call 091 539930

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



### Galway first to secure funding for older people

Galway City RAPID in conjunction with the HSE-West has secured €100,000 funding for small-scale health and community projects in RAPID areas. The seven projects that received funding are spread across all five RAPID areas of the city include providing home support services, transport support, gardening equipment and community kitchen facilities.

Welcoming the funding, Cllr Terry O'Flaherty, Chair of the Area Implementation Team (AIT) said "The funding will show the RAPID programme's commitment to older people and the community groups that they are involved in"

Projects identified and endorsed by the RAPID Area Implementation Team (AIT) will be co-funded on a 50/50 basis by the RAPID Leverage Fund and the Health Service Executive.

Mr. Liam Hanrahan, RAPID Co-ordinator, Galway City Council welcomed the funding supporting locally based community groups stating that "the Galway City RAPID programme is pleased to be one of the first RAPID areas in the country to secure this funding. The funding will support older people to play an active role in a range of local projects such as community gardening in Bohermore and Ballybane, while also supporting projects such as Cope and Westside Age Inclusion to offer home supports to older people".

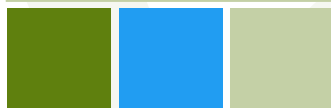
Ms. Evelyn Fanning, HSE representative on the Galway City Rapid AIT and Chairperson of the Healthy Cities Project said "The HSE is delighted to be involved in supporting projects which support older people to live in their communities. The seven projects approved for the Rapid areas in Galway City will assist in making facilities and services more age friendly and will be of great benefit to older people"

### WHO International Meeting

As part of the WHO Healthy Cities Network an international business meeting is held annually to facilitate the exchange of information and learning from over 80 cities throughout Europe. Fiona Donovan, Galway Healthy Cities Coordinator represented Galway City at the meeting. "Networking and learning are a critical part of the Healthy Cities project. The main aspects discussed at this years meeting was the future work of the WHO Healthy Cities programme, in particular the need for health in all policies and to focus on health inequity". Ms. Donovan presented work on the Galway City Health & Well-Being survey and the European Healthy Stadia programme at the meeting.



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

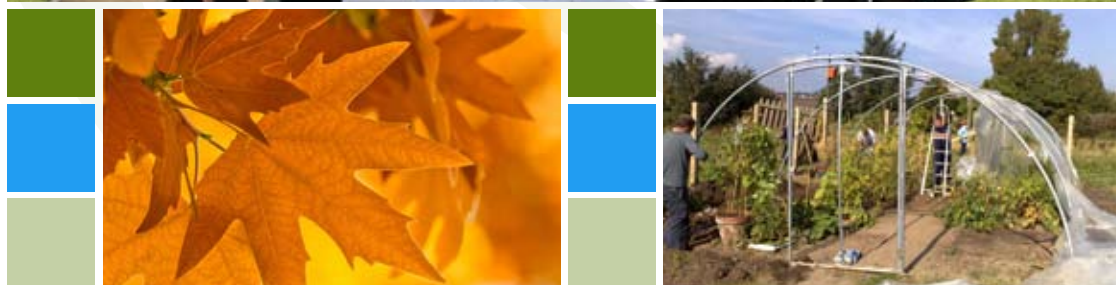


## New Mental Health Promotion Resource for Out of School Settings

A new resource called "MindOut" has been developed by Health Promotion HSE West in association with the Health Promotion Research Centre NUI Galway. "MindOut", which is for the out of school setting, is a twelve session mental health promotion programme taking a positive approach to emotional and mental health among young people. It approaches mental health as a resource for everyday living and its emphasis is on the various ways young people might cope with life's ups and downs. It covers areas

such as expressing feelings, ways of coping, dealing with rejection and depression and seeking help. Edel O'Donnell, Health Promotion Officer explained "There has been a very positive response from those who have undertaken the training and implemented the programme in their place of work". The training is provided by Health Promotion Services HSE West and is available to all Out of School Settings in the HSE West area. Contact Edel at 091-548419 for more information.

## The Month in Photos



Galway Healthy Cities Project  
Gaillimh Tionscamh na gCathair Shláintiúil

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

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