



Galway Healthy Cities Project Gaillimh Tionscnamh na gCathracha Sláintiúla



eNews

october 2009

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



galway city
community forum
forum pobail chathair na gaillimhe



Strengthening Families Programme Recruitment

The Strengthening Families Programme (SFP), which is a 14 week Parent, Teen and Family Skills programme targeted at families with children in the 12-16 year old age bracket, are recruiting experienced Group Leaders for 2010. The programme is designed to enhance resilience and reduce risk factors for alcohol and substance misuse, depression, violence and aggression, delinquency and school failure in high risk children and their substance abusing parents. The programme targets risk factors such as poor discipline skills and low quality parent-child relationships and protective factors such as resilience characteristics in youths and parent-child bonding. Liam O'Loughlin, SFP Site Coordinator explained that "Ideally we need to recruit six experienced Group Leaders, plus two other workers who will act as "time out workers", whose role is to engage with people not willing or unable to complete the sessions on the night". An open information session regarding SFP 2010 will be held in Dochas don Oige, Liosban industrial estate on Tuesday 10th Novemeber between 11:30 and 1:00. Should you wish to attend this session, or would like some more information, please contact Liam O'Loughlin liam.oloughlin@cgvec.ie





Success of Open House Galway

The inaugural Open House Galway, which took place from the 16th – 18th October, was a resounding success with huge numbers experiencing some of Galway's examples of quality design. "We are thrilled with the public response and enthusiastic engagement with Galway's first architectural event", said Patrick McCabe, Chairman of Open House Galway's Steering Group. "It's obvious that there's a demand for this event in Galway and it is our intention to expand the programme for next year to incorporate further elements to ensure the public remain interested and engaged with our built environment. The tremendous success of Galway's first Open House has proved that the public enjoy and appreciate quality architecture design", he said. The Marine Institute alone received 350 visitors, while Mutton Island Lighthouse was another popular choice for many. NUI Galway's guided tour also attracted significant numbers to view architectural design spanning three centuries. Throughout the City, visitors poured through the doors of the private and public buildings on view, while at Galway City Museum, children got to grips with the built environment through workshops.



Proactive safety initiative

As part of the Galway Healthy Cities Project, the HSE West Health Promotion Services and Galway City Council are working with the Community Gardaí to distribute over 2,000 mini clip-on lights to people who are out walking, running and cycling throughout Galway City. According to the Road Safety Authority (RSA) Road Collision Facts publication (June 2007), the highest number of pedestrian injuries occur when the clocks change in late October. Commenting on the campaign, Mr. Noel Brett Chief Executive of the Road Safety Authority said, "This is an innovative and proactive way to promote safety within Galway City, as vulnerable road users pedestrians and cyclists need to take extra care and precautions when using the roads. The most important thing a pedestrian or cyclist can do is to be seen. This means wearing bright clothes and reflective material, such as a high-vis jacket, armband or carrying a torch." Inspector Ernie White, Mill Street Garda Station Galway, stressed the importance of both cyclists and pedestrians being seen and commented, "The community Gardaí will be proactively distributing the lights in key areas throughout the city including the Quincentennial Bridge and Lough Atalia. It is great to have key agencies working together with the ultimate aim of reducing the number of accidents in Galway City this winter".





How can Galway City be more age-friendly?

"It seems that the seats provided are very few and far between." "Bags of rubbish and bins are blocking pavements, cyclists use them, paving is loose, motorists parked on pavements". This is a sample of some of the quotes from older people in a new report entitled "Towards a more age friendly Galway city". The report represents the voice of ninety five older people who took part in research carried out by the Galway Healthy Cities Forum. It outlines the strengths and weaknesses of Galway City in accordance with a checklist developed by the World Health Organization which includes many issues including outdoor spaces, transport, housing, employment, and health. Evelyn Fanning, Chair of the Healthy Cities Forum explained that "This report is relevant for state agencies, politicians, key decision makers in the city as well as groups and individuals interested in making Galway City more age-friendly. It provides direction to agencies in Galway City and builds on the "Healthy Cities" approach which recognises that the issues which affect people's health and wellbeing are not just the responsibility of health providers and professionals and that each agency has a role to play." The report was presented at a recent meeting in Galway City attended by 50 people and a number of people have agreed to progress work on addressing the issues raised. A copy of the Galway Age Friendly City report will be available on www.galwayhealthycities.ie or for a hard copy, please call (091) 548321



NUI Galway Mental Health Week

NUI Galway Students' Union held its annual Mental Health Week to highlight the importance of maintaining and understanding mental health issues. Throughout the week students were asked to "take a break and relax" by enjoying a Fr. Ted marathon, having a cup of tea and decorating some tasty cupcakes. They were also asked to submit their top tips on how best to de-stress themselves. On Wednesday, October 14th, NUI Galway students were treated to the comedic talents of David O'Doherty who played to a packed out O'Flaherty theatre. Emma Conway, Students' Union Welfare Officer explained that "Time and time again, students neglect their own mental health so this year we were very fortunate that we could highlight the supports that are there for them whenever they need them. We had a great deal of support from the counselling service on campus. We also had a lot of support from the societies who were involved in some fantastic events."





Upcoming Events in November

1st – 30th November	Lung Cancer Awareness Month Irish Cancer Society	Contact www.cancer.ie 01 2310500
4th November	NUIG Intercultural Health Fair	Contact cindy.dring@nuigalway.ie or call 091 492048
15th November	GLAN: Anti Litter Initiative. 2.30pm Entrance to Terryland Forest Park.	Contact Sharon.carroll@nuigalway.ie or call 536 564

Month in Photos



OpenHouse Galway: Public's favourite design by Paul Treacy (Paul Treacy Architects Design UK)



SouthingSounds Orchestra at NUIG Mental Health Week



NUIG Kayak Club with new recruits