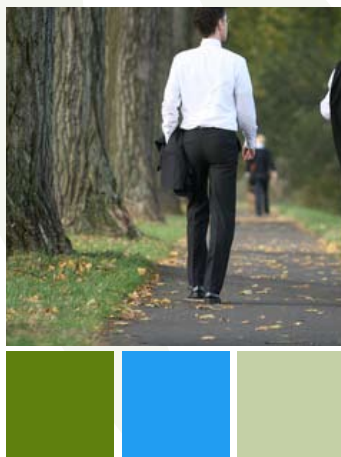




## Galway Healthy Cities Team

This is the 1st Birthday of the Healthy Cities eNewsletter. The Healthy Cities Team hope you have enjoyed the last 12 issues. We look forward to reporting on more projects and developments in Galway City in to the future

The basis of the Healthy Cities project is partnership with all agencies and groups in the City working together. The Healthy Cities Team has representatives from the following....



## GUH Staff Walking Routes

New walking routes for staff in Galway University Hospitals were launched this month to promote physical activity. A series of walks around both UCHG and Merlin Park have been measured with time and number of steps outlined for each route. Working with the Sports and Social Club and Hospital Management, Laura McHugh, Health Promotion Officer explained "There was a great response to the walking week with over 120 staff members taking part. Guided lunch time walks will continue every Tuesday and Thursday at 1pm from the main entrance door of UHG. We hope to continue to promote physical activity for staff working on installing bike racks next". To encourage staff, a draw took place for 3 sports shop vouchers and pedometers. For more information contact [laura.mchugh@hse.ie](mailto:laura.mchugh@hse.ie) or 091 - 542589



### Mobility Week

Galway City and Galway County Council worked together to promote and support European Mobility Week which took place from 16th to 22nd September. Overall the week was a success generating debate on the necessity to change urban travel, in particular the need to cut private car use.

To support and promote "Mobility Week" Galway Healthy Cities focused on the safety aspect of active travel. Taking a proactive approach, Health Promotion Services HSE West and Galway City Council worked with the cycle Gardai to distribute over 4,000 flashing lights to people throughout Galway City during September. This included people walking and cycling, students and sports clubs.

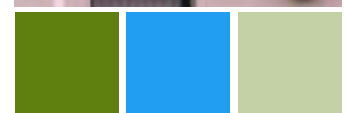
Connacht Rugby also distributed over 500 lights to fans to promote walking and cycling to matches.

"This is an innovative and proactive way to promote safety within the city with various agencies working together targeting all groups" stated Inspector Ernie White, a member of the Healthy Cities Forum. "Cooperation is fundamental to promoting safety in the city".

In addition to promoting safety, the provision of lights aims to support people being active. Fiona Donovan, Coordinator of the Healthy Cities project explained "we need to continuously work together in the City to make the healthier choice the easier choice. Having the light will hopefully encourage people to go walking or cycling in the evening time, especially now when it is getting darker earlier".

### An Taisce Green Schools Travel

An Taisce is delighted to announce the launch of the new Green-Schools Travel Theme in Galway City. Fifteen schools have been invited to participate in the travel theme, which aims to promote sustainable modes of transport to and from school for students, parents and teachers alike. The new theme was piloted in 2005 in the Greater Dublin Area to great success, with an average drop in car numbers of 9.5% in participating schools. It has since been rolled out nationwide funded by the Department of Transport. Speaking about the launch, Tiarnan McCusker, Green-Schools Travel Education Officer, An Taisce, stated: "It is an honour to be working with the schools in Galway City and the feedback I have received so far has been very enthusiastic. Not only will we be tackling environmental problems such as climate change and traffic congestion, but by promoting walking and cycling to schools in a safe manner, we can create healthier lifestyles for the young people of Galway."



Some of the initiatives planned for the year include WOW days (Walk on Wednesday), COW days (Cycle on Wednesdays), cycle training, walking buses, poster competitions, park n stride, car pooling and the promotion of public transport. We hope that the kids of Galway will step up to the challenge and kick start the International walk to school month in October! For more information, please contact Tiarnan McCusker 0857776990 [www.greenschoolstravel.com](http://www.greenschoolstravel.com)

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



## Positive Ageing

Positive Ageing week, which was launched on Monday 29th September, is a national campaign focusing on the positive aspect of ageing. There are numerous activities happening over the week in Galway City including free swimming in Leisureland for over 60's, stress management, physical activity workshop, supermarket tour and a gardening workshop. Evelyn Fanning, Chair of the Healthy Cities project stated "Promoting positive and healthy ageing is a priority for our group. This week is a great platform to highlight and promote the positive aspects of ageing in Galway City". Positive Ageing Week is led by Age Action West and a calendar of activities for Galway has been developed with the support of many

agencies including the HSE Health Promotion Services, Community Nutrition, Galway City & County Council. For more information on the full range of activities please contact Carmel Sheridan in Age Action on 091 527831 or log on to [www.ageaction.ie](http://www.ageaction.ie)

## Distribution of over 4,000 flashing lights throughout the city to promote physical activity and safety



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