



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



OPEN HOUSE Galway 2009

Galway's best examples of engaging architectural design will be open to the public when the inaugural Open House Galway architectural festival takes place from the 16th – 18th October 2009. The event, in partnership with the Irish Architecture Foundation, will feature buildings of quality design in the City and its environs including private dwellings, incorporating sustainable materials and innovative design, as well as commercial, public and educational buildings. Fiona Donovan, Galway Healthy Cities Coordinator explains that "the Healthy Cities project is delighted to be involved with this event as it highlights and supports healthy urban planning in the city which is crucial for people's health."

All Open House events are free of charge and only a small number will require pre-booking. A full programme of events, as well as pre-booking facilities, are available at: www.openhousegalway.ie





Smarter Travel in Galway City

Census figures for Galway City illustrate that the total percentage of people travelling to work or education by bike is 4.6% and 8.6% by bus. In comparison 52.2% of the population travel by car either as a driver (36.5%) or passenger (15.7%). To encourage and promote a significant increase in more sustainable methods of travel in Galway, Galway Transportation Unit seeks viewpoints/ideas/suggestions from groups or individuals on what would encourage and support their organisation, co-workers, classmates, community group, club members etc. to choose to walk, cycle or take the bus more frequently in Galway. All viewpoints received will input to the Galway application process for the National Smarter Travel Areas Competition, for which the Department of Transport has allocated a budget of €50 million.

All submissions, which can be very detailed or simply a one line idea can be forwarded to Galway Transportation Unit at gtu@galwaycity.ie or posted to Galway Transportation Unit, Galway City Council, City Hall, College Road, Galway. The deadline for receipt of your ideas/suggestions is Friday October 2, 2009 at 1.00pm. Further information can be obtained by contacting Galway Transportation Unit at: (091) 894328.



Upcoming Intercultural Health Fair

NUI Galway and Galway Refugee Support Group would like to invite exhibitors and members of the public to attend the 2nd Intercultural Health Fair on Wednesday 4th November 2009. The Health Fair is a free event, is open to all, and aims to promote healthy living and equal access to health services. The Intercultural Health Fair has expanded and will take place in a new venue with space for 50 exhibitors. Additional space will be available for health and fitness demonstrations to take place throughout the day, and volunteers speaking 30 languages will be on hand to assist with queries. Cindy Dring, Health Promotion Officer, Student Services, NUI Galway explained that "our goal is to promote healthy living among the Galway community by raising awareness, providing multilingual and intercultural health information to new residents and networking to increase inter-agency referrals and resource and expertise sharing". For more information contact cindy.dring@nuigalway.ie or call 091 492048





Healthy Stadia Conference

Galway City has been involved in a pilot programme over the past twelve months to develop stadia as places where staff, fans and visitors can have a positive and healthy experience. Linking with stadia in Latvia, Spain and Finland, stadia in Galway undertook health initiatives such as provision of a healthy food option; installation of bike racks; promotion of active travel; use of players to promote a healthy lifestyle and the organisation of a development league to encourage increased participation.

Their experience cumulated at the international European Healthy Stadia conference which took place in Liverpool last week. Ireland had representatives from Galway United FC, Salthill Devon FC, Mervue United and Galway Bay Sailing Club. In attendance also was from Minister Aine Brady, TD and Bill Enright, Operations Manager for the new Aviva Stadium. Pete Kelly, Salthill Devon FC, who presented to the 250 delegates, explained that "Sports stadia, whether they be national stadiums or arenas staging international events or local facilities like Drom Soccer Park in Galway, offer an outstanding vehicle for promoting healthy lifestyles. The Healthy Stadia conference offered a great insight into how a combination of venues with a common objective can make a difference. Capturing the hearts and minds of the younger generation is key to creating a healthier Ireland."



Upcoming Events

1st – 8th October	National Breast Feeding Week. Health Service Executive	www.breastfeeding.ie or call 01 6426940
3rd October	Galway Sports Conference, Radisson Hotel.	Visit www.galwaysportsconference.com for further information and to register
10th October	World Mental Health Day	
15th October	Age Friendly City Meeting @ 11.00am Westside Community Centre.	Contact Evelyn.fanning@hse.ie or call 091 548318
16th – 18th October	Open House Galway.	www.openhousegalway.ie
20th & 27th October	Code of Ethics Training. Galway City Sports Partnership.	Contact galwayactive@galwaycity.ie or call 091 536459



The month in photos...



Pat McCabe and Lorna Mcquire launching the Open House Galway architecture festival (16th – 18th October)



Team Ireland at the European Healthy Stadia conference in Liverpool



Participants at the Galway City Rat Race