



Galway Healthy Cities Project Gaillimh Tionscnamh na gCathracha Sláintiúla

eNews

september 2010

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



Emotional Wellbeing Programme for Primary school children

Zippy's Friends, the first dedicated mental health promotion programme targeting five to seven year olds has been successfully piloted in 40 primary schools in the West by the HSE and the Department of Education. The Zippy's Friends programme teaches young children how to develop skills to cope with problems that may occur in adolescence and adulthood. Pupils learn how to cope with everyday difficulties, to identify and talk about their feelings and to explore ways of dealing with them.

Aleisha Clarke, Researcher with the Health Promotion Research Centre, NUI Galway carried out an evaluation of the Zippy's Friends Programme on behalf of the HSE and the Department of Education. The findings show the benefits of emotional wellbeing programmes for children's social functioning and improved academic performance.

For further information on primary teacher training on Zippy's Friends programme, please contact Mary Kilraine Hannon in the Health Promotion Department, HSE West at 091 548319.





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European Mobility Week: "Travel Smarter, Live Better"

Galway City was one of over 2,000 cities across Europe to take part in European Mobility Week which took place between 16th and 22nd September to promote a shift towards sustainable urban transport and in particular to focus our minds on the need to cut our reliance on the use of the car. Each year the event is based around a specific theme with "Travel Smarter, Live Better" being selected for 2010. Some initiatives which took place in Galway City and County as part of European Mobility Week included the distribution of flashing lights for cyclists by An Garda Síochána, the trial pedestrianisation of Cross Street and Middle Street and the commencement of a programme to encourage more responsible parking by motorists, especially with regard to more vulnerable road users. Jim Molloy from the Galway Transportation Unit explained that "European Mobility week is extremely important for Galway, given our focus on Smarter Travel and the vision of a sustainable travel and transport system for Galway".



Ballinfoile Harvest Festival A Huge Success

The large crowds of people of all ages that attended the first ever Harvest Festival on September 4th in the Ballinfoile Mór Community Organic Garden aka An Ghairdín' was indicative of the high level of acceptance that this new facility has achieved in its first few months of existence. Representatives from Galway City Council, Dáil Éireann, HSE West, RAPID, Galway City Partnership and Scoil San Phroinsias joined local residents in purchasing the fruits and vegetables grown by volunteers during the spring and summer months. The crowds were entertained by Irish dancing and music, garden tours and food stalls. All monies obtained in the Festival will be re-invested back into the garden to purchase extra equipment, seed and plants.

Located in Terryland Forest Park adjacent to the Lus Leana housing estate, the garden has, according to its supporters, become a wonderful example of how neighbourhood-managed initiatives can secure long-term social, health and environmental benefits.





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New Directory of Services for Older people in Galway City unveiled

To celebrate Positive Ageing Week a new Directory of Services for Older people in Galway City has been unveiled. The Directory was prepared by the HSE's Health Promotion Services, Galway City Partnership and the Irish Centre for Social Gerontology, NUI Galway and provides details of services provided by the HSE and other public services along with community and voluntary organisations in Galway. The Directory was designed in collaboration with older people and service providers with support from: Galway City Council; COPE Galway; Knocknacarra Active Retired; Croí na Gaillimhe; Westside Community Development Project; Living Scenes NUI Galway; Galway Contact; Ballybane Active Retired; and the National Council for the Blind of Ireland. Evelyn Fanning, Health Promotion Officer, HSE West and Chairperson of Galway Healthy Cities Forum said "The Directory of Services for Older People in Galway City will be of practical benefit to older people and the organisations and services working with them. It will facilitate better co-ordination and communication and thereby assist in making the best use of the resources that are available for the benefit of older people" If you would like a copy of the Directory of Services for Older People in Galway City, please contact HSE Health Promotion on 091 548321. This directory is also available on the following websites: www.galwayhealthycities.ie; www.galwaycity.ie; and www.gcp.ie



Upcoming Events - September 2010

Oct 1st	Age Wise Workshop, 11am – 1pm Community Nutrition Meeting Room, HSE West, West City Centre.	Contact – Eileen.holland@hse.ie 091 548321
Oct 1st	National Day of Volunteering	Galway Volunteer Centre, info@volunteergalway.ie 091 539930
Oct 1st – 8th	National Breastfeeding Week	www.breastfeeding.ie
Oct 15th	AONTAS Community Education Network Workshop Session, 9.30am – 1pm	Contact: Croí na Gaillimhe Resource Centre, 091 895203
Oct 15th – 17th	Open House Galway 2010	www.openhousegalway.ie
Oct 18th	Social Inclusion/Active Citizenship Week & Seminar 11.30am City Hall	Sharon Lawless Social Inclusion Unit 091 536498



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Photo of the month



Music and Irish dancing at the Ballinfoile Mór Community Organic Garden Harvest Day