

Respondent



1

Anonymous



68:34
Time to complete



1. Name *

Padraig Fahey

2. Organisation (Optional)

parkrun

3. Email address

[Redacted]

4. Phone number

[Redacted]

5. Please select the following topics that you wish to make a submission *

Social, Community and Cultural Development

6. Do you wish to send your submission by email *

If yes please email forwardplanning@galwaycoco.ie (mailto:forwardplanning@galwaycoco.ie) and mark submission "CDP Review"

If no please go to Question No.7

Yes

No

7. Please enter your submission in no more than 4000 plain text characters. *

Galway County Council can make a substantial improvement in the Health and happiness of the people in Co. Galway. By providing suitable open spaces in every town and village where people can take regular exercise. Over 126 locations host a parkrun across Ireland since it started 12 years ago. In Co. Galway there is 7 parkruns and the only thing holding it back from having more is the lack of suitable venues. Tuam and Clifden are just 2 such locations. What is needed is a park or woodland with suitable footpaths so that people of all ages and ability can do a 5Km run/jog/walk or just volunteer on a Saturday morning or 2Km on Sunday mornings for children ages 4 to 14 at Junior parkruns. parkrun train Volunteers to be Visual Impaired guides so nobody will be left out from taking part. For over two years parkrun has looked for a suitable location in the Clifden area as a location to for a parkrun so that the people of West Connemara can have a FREE community event every Saturday morning 52 weeks of the year. Connemara RFC have applied for planning permission to develop its newly purchased land just outside Clifden. parkrun believe that this is an ideal opportunity for Connemara RFC, parkrun and Galway Co. Council can work together to provide a venue that will change the health and wellbeing of so many people for ever. This is a project that is ready to get started if the proper funding is in place. This can also be a benchmark on how Galway Co. Council can work in partnership with sports clubs and parkrun to make County Galway a healthy and happier County. There is no doubt that this will reduce the pressure on our health services. parkrun Practice Initiative In an exciting and innovative initiative, the Irish College of General Practitioners (ICGP) is collaborating with parkrun Ireland to promote the health and wellbeing of staff and patients. Under this initiative, GP practices across Ireland are encouraged to develop close links with their local parkrun to become parkrun practices. What is parkrun? Free, weekly events Junior parkruns for 4-14 year olds and their families Organised by local volunteer teams Walk, run, jog, volunteer or spectate Open to all, including those who are inactive or have health conditions or disabilities Opportunity to socialise and be part of a welcoming, supportive community Involvement in this initiative will help practices: Improve the health and well-being of practice staff, patients and carers Raise awareness Contribute to the development of a local community Improve wellness and mindfulness Check out https://www.icgp.ie/go/in_the_practice/parkrun. parkrun is growing every week with more than 2,200 events around the world and 6 new parkruns added every week. People now check out parkrun locations before booking holidays so that they can do a parkrun while on holiday. This boosts the number of tourists to areas that host a parkrun.