

Healthy County Galway Newsletter

April 2025

✉ arankin@galwaycoco.ie

📷 @healthygalwaycounty

📘 @HealthyGalwayCo

Free Health and Wellness Advice, News and Events across County Galway

EMPOWERING WOMEN'S HEALTH

A 5-week Women's Health and Wellness Virtual Live Programme with Expert Guest Speakers

Topics to include: Nutritional Health, Gynaecological Health, Bone & Cardiovascular Health, Physical Activity, Pelvic Health and Complementary Approaches to Health.

On Thursdays from
11:00am-1:00pm
6th March
13th March
20th March
27th March
3rd April



Locations:

- Oifigí Comhar Caomhán, Inis Oírr
- Inishbofin Community Centre, Inishbofin
- Oifigí Comharchumann Forbartha Árann, Inis Mór
- Oifigí Comhlacht Forbartha, Inis Meáin
- Screebe House, Rosmuc, H91X5WY
- Comhar Chuigeal Teo., Leitir Mealláin, H91 CH7X

Complimentary tea, coffee and snacks on the day



Taking Stock

SUPPORTING FARMERS' HEALTH

The 'Taking Stock' campaign is supporting farmers across Mayo, Galway, and Roscommon this March, focusing on health, financial planning, farm succession, and work-life balance.

With expert advice and real farmer stories shared across social media, radio, and newspapers, it's time to take stock for your health, your future, and your farm.

For further details contact: ADELE RANKIN
Healthy Galway County Coordinator - E: arankin@galwaycoco.ie

Nuachtlitir Shláintiúil Chontae na Gaillimhe

Aibreán 2025

Shláintiúil
Gaillimh

Comhairle Sláinte agus Folláine in Aisce, Nuacht agus Imeachtaí ar fud Chontae na Gaillimhe



Healthy
Galway

Health News & Events

Nuacht agus Imeachtaí Sláinte



The 'Taking Stock' campaign is supporting farmers across Mayo, Galway, and Roscommon this March, focusing on health, financial planning, farm succession, and work-life balance.

With expert advice and real farmer stories shared across social media, radio, and newspapers, it's time to take stock for your health, your future, and your farm.



As part of the **Taking Stock** campaign, we have been running weekly slots on **Tuesdays at 7pm** on **Galway Bay FM Radio's Farming program with Keith Fahy**, as well as on **Shannon Side** and **Mid-West Radio**. Guest speakers include **health professionals, agricultural advisors**, and **farmers**, giving insightful discussion on topics like **Work-Life Balance, Cardiovascular Health, Stress Management, Financial Planning** and more. Why not tune in?

Mar chuid den fheachtas **Taking Stock**, tá sliotáin seachtainiúla á reáchtáil againn gach **Máirt ag 7pm** ar an gclár **Farming ar Galway Bay FM Radio le Keith Fahy**, chomh maith le ar **Shannon Side** agus **Mid-West Radio**. I measc na n-aoichainteoirí beidh **gairmithe sláinte, comhairleoirí talmhaíochta**, agus **feirmeoirí**, ag soláthar plé léargasach ar ábhair mar **Comhardú Saoil agus Saothair, Bainistíocht Strus, Pleanáil Airgeadais** agus go leor eile. Cén fáth nach nglacfaí isteach?

For more information | Le haghaidh tuilleadh eolais:

ADELE RANKIN

Healthy Galway County Coordinator |
Comhordaitheoir Chontae na Gaillimhe
Sláintiúil

arankin@galwaycoco.ie



Comhairle Chontae na Gaillimhe
Galway County Council



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Health News & Events

Nuacht agus Imeachtaí Sláinte

Weekly Print Media Campaign for Farmer's Health

In March, a weekly print media campaign was launched to promote the Taking Stock program for Farmer's Health. The Galway Connacht Tribune featured articles on various themes relevant to farmers' health, including:

- Farm succession
- Financial planning
- Cardiovascular health
- Work/life balance

The campaign also ran in local newspapers for Mayo and Roscommon, aiming to raise awareness of the importance of farmers' health.

Feachtas Seachtainiúil sna Meáin Chlóite ar son Sláinte Feirmeoirí

I mí an Mhárta, seoladh feachtas seachtainiúil sna meáin chlóite chun an clár Taking Stock i gcomhair Sláinte an fheirmeora a chur chun cinn. Bhí ailt ar théamaí éagsúla a bhaineann le sláinte feirmeoirí le feiceáil sa Galway Connaught Tribune, lena n-áirítear:

- Comharbas feirme
- Pleanáil airgeadais
- Sláinte cardashoithíoch
- Cothromaíocht oibre/saoil

Bhí an feachtas ar siúl i nuachtáin áitiúla do Mhaigh Eo agus Ros Comáin chomh maith, agus é mar aidhm aige feasacht a ardú ar an tábhacht a bhaineann le sláinte na bhfeirmeoirí.

Exciting Social Media Campaign in April!

Don't miss out on the latest updates! Tune in to Galway Bay FM to 'Listen back' to insightful interviews and check out snapshots of the editorials in the Connaught Tribune.
All this information will be shared on our social media platforms throughout April - #HealthyGalwayCounty.

For more information | Le haghaidh tuilleadh eolais:

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Comhairle Chontae na Gaillimhe
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IFA

CRÓI



Mental Health
 Ireland





Health News & Events

Nuacht agus Imeachtaí Sláinte

Women's Health Programme Well Underway! Clár Sláinte na mBan faoi lán seoil!

The **Empowering Women's Health Programme** which started on 6th March has been a great success so far. We've received very positive feedback and had a strong turnout at each session, in venues across Inis Oírr, Inishbofin, Inis Mór, Inis Meáin, Rosmuc, Casla, and Lettermullan.

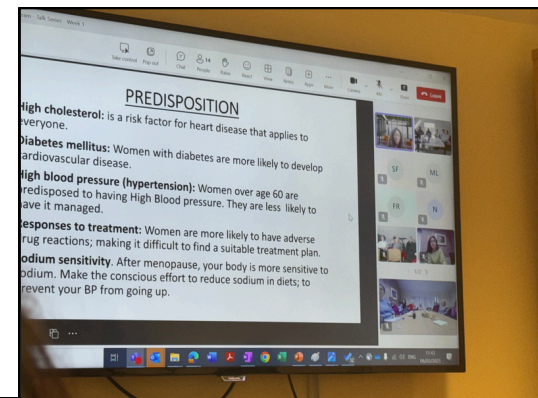
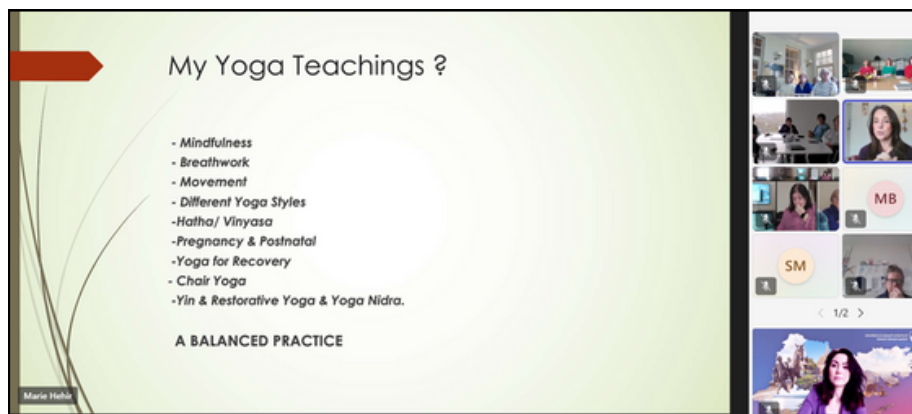
The final event will take place on 3rd April, featuring insightful talks by Dr. Carol Duffy and Teresa Keane on women's and gynecological health, as well as mental health.

For more information | Le
haghaidh tuilleadh eolais:

ADELE RANKIN

Healthy Galway County Coordinator |
Comhordaitheoir Chontae na Gaillimhe
Sláintiúil

arankin@galwaycoco.ie



D'éirigh thar barr leis an **gClár um Chumhachtú Sláinte na mBan** a thosaigh ar 6ú Márta go dtí seo. Tá aiseolas dearfach faighte againn agus bhí slua iontach ag gach seisiún, in ionaid ar fud Inis Oírr, Inis Bó Finne, Inis Mór, Inis Meáin, Ros Muc, Casla, agus Leitir Maoláin.

Beidh an t-imeacht deiridh ar siúl ar an 3 Aibreán, ina mbeidh cainteanna léargasacha leis an Dr. Carol Duffy agus Teresa Keane ar shláinte na mban agus na gíniceolaíochta, chomh maith le meabhairshláinte.



Community Gardens | Gairdíní Pobail

Another Community Garden Launched! Seoladh Gairdín Pobail Eile!

Friday March 28th was the official opening of **Brooklodge Community Garden at Ability West**, funded under Health Galway's Community Gardens Scheme. The goal of this initiative was to enhance social connections for older people, reduce isolation, and support physical, mental, and emotional wellbeing.

Ba é Dé hAoine 28 Márta oscailt oifigiúil **Gairdín Pobail Brooklodge ag Ability West**, arna mhaoiniú faoi Scéim Gairdíní Pobail Sláinte na Gaillimhe. Ba é sprioc an tionscnaimh seo ná naisc shóisialta do dhaoine scothaosta a fheabhsú, aonrú a laghdú, agus tacú le folláine fhisiceach, mheabhrach agus mhothúchánach.

www.abilitywest.ie/brooklodge



The day started with a free Tai-chi class in the garden open to the community, run by Tuam Martial Arts Academy, followed by an official opening with Albert Dolan TD and Julie Silke Daly, CEO of Ability West Galway. Local residents are looking forward to enjoying this community space after all of the hard work that went into it!

Thosaigh an lá le rang Tai-chi saor in aisce sa ghairdín a bhí oscailte don phobal, á reáchtáil ag Acadamh Martial Arts Thuama, agus ina dhiaidh sin oscailt oifigiúil le Albert Dolan TD agus Julie Silke Daly, Príomhfheidhmeannach Ability West Galway. Tá cónaitheoirí áitiúla ag tnúth le taitneamh a bhaint as an spás pobail seo tar éis an obair chrua ar fad a chuaigh isteach ann!

Mental Health & Wellbeing | Meabhairshláinte & Folláine

We are delighted to announce the installation of a new **Health and Wellbeing Board at the playground on Inis Oírr!**

Community Health and Wellbeing Boards aim to:

- Reduce social isolation
- Raise awareness of local and national supports through placement in sports clubs and community groups
- Promote the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give

Tá lúcháir orainn a fhógairt go bhfuil **Bord Sláinte agus Folláine nua curtha isteach ag an gclós súgartha ar Inis Oírr!**

Tá sé mar aidhm ag Boird Sláinte agus Folláine Pobail:

- Leithlisiú sóisialta a laghdú
- Feasacht a ardú ar thacaíochtaí áitiúla agus náisiúnta trí shocrúcháin i gclubanna spóirt agus i ngrúpaí pobail
- Na Cúig Bhealach chun Folláine a Chur Chun Cinn: Ceangail, Bí Gníomhach, Tabhair Aird, Coinnigh Foghlaim, agus Tabhair

In collaboration with | I gcomhar le:



Mental Health Training Opportunity | Deis Oiliúna Meabhairshláinte

Do you want to learn how to assist youth experiencing mental health issues?

- 14-hour course designed for adults supporting young people aged 12-18
- Perfect for parents, teachers, coaches, and community leaders.

 **Format: 2 days (online or in-person)**  **Certificate upon completion**

Ar mhaith leat a fháil amach conas cabhrú le daoine óga a bhfuil fadhbanna meabhairshláinte acu?

- Cúrsa 14 uair an chloig deartha do dhaoine fásta a thacaíonn le daoine óga 12-18 mbliana d'aois
- Foirfe do thuismitheoirí, múinteoirí, oiliúnóirí, agus ceannairí pobail.

 **Formáid: 2 lá (ar líne nó go pearsanta)**  **Teastas ar chríochnú**

mental health first aid
IRELAND YOUTH

Youth Mental Health First Aid

The Youth Mental Health First Aid course from Mental Health First Aid Ireland is designed for adults who live with, work with or support young people aged between 12 and 18. This course teaches participants how to assist a young person who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan.

Mental health topics covered

- Depression
- Anxiety
- Eating Disorders
- Psychosis
- Substance Use Problems

Why attend Youth Mental Health First Aid training?

International studies have shown that Mental Health First Aid training is associated with improved knowledge of mental health problems, their treatments and appropriate first aid strategies. MHFA training is also associated with a reduction in stigmatising attitudes, an increase in helping actions as well as confidence in providing first aid to individuals with mental health problems.

Youth MHFA training format

Youth Mental Health First Aid training is a 14-hour course typically run over two consecutive days. Training can take place online (max. 15 participants) or in person (max. 20 participants). The training is delivered by two accredited Youth Mental Health First Aid instructors who will support your participation and learning.

A very well crafted course, designed to maximise the time and provided a great balance of learning, discussing and interacting. The instructors were very welcoming, genuine, good listeners and great at responding to any and all questions....

Simple, strategic model that anyone can use to talk to a young person about their mental health in a confident, non-judgmental and safe way.

It was excellent, there were so many wow moments...this training makes me a better youth worker and helps my community.

For further information

If you would like more information on Youth Mental Health First Aid training or to arrange a course for your own organisation, please contact Mental Health First Aid Ireland:

t: 01 2771458

e: mhfa.ireland@sjog.ie

w: www.mhfaireland.ie

Mental Health Training Opportunity | Deis Oiliúna Meabhairshláinte



Suicide Alertness for Everyone



A half-day suicide prevention programme, this training is **FREE** to attend and funded by the HSE National Office for Suicide Prevention

Learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resources

SafeTALK

Booking is essential, please follow this QR code:



or visit

Link:

<https://bookwhen.com/srotraininggmr/e/ev-srgf-20250506110000> or

Email: darlene@breakingthrough.org

Phone: 01 6060858

Location:

Cillin, Barna Church, Barna, Co. Galway, H91 A2T7

Date: Tues, 6 May '25

Time: 11.00am-2.30pm

Four basic steps

Learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resources.

Suicide Alertness for Everyone SafeTALK 'suicide alertness for everyone' prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources.

This training is for anyone over the age of 18, it is not suitable for anyone bereaved by suicide within 12 months.

Training is free of charge

SafeTALK Suicide Alertness Training - Places Available!

Date: Tuesday, 6th May

Time: 11:00 AM - 2:30 PM

Location: Cillin, Barna Church

Cost: Free

SafeTALK is a suicide alertness training programme designed to help people recognise signs of distress and connect those in need with support. This training is open to anyone aged 18+ who has not recently experienced a loss.

Organised by the HSE, Galway Lions Club, and Barna/Furbo Parish

Book your place now:

<https://bookwhen.com/srotraininggmr/e/ev-srgf-20250506110000>

Oiliúint ar Fhaireachas Féinmharaíthe SafeTALK - Áiteanna ar Fáil!

Dáta: Dé Máirt, 6ú Bealtaine

Am: 11:00 r.n. - 2:30 pm

Suíomh: Cillín, Séipéal Bhearna

Costas: Saor in Aisce

Is clár oiliúna airdeall féinmharaíthe é SafeTALK atá deartha chun cabhrú le daoine comharthaí anacair a aithint agus iad siúd atá i ngátar a nascadh le tacaíocht. Tá an oiliúint seo oscailte d'aon duine 18+ nach bhfuil taithí acu ar aon chaillteanas le déanaí. Arna eagrú ag FSS, Club Lions na Gaillimhe, agus Paróiste Bhearna/na Forbacha

Cuir d'áit in áirithe anois:

<https://bookwhen.com/srotraininggmr/e/ev-srgf-20250506110000>

Physical Activity

INCREASED PARTICIPATION IN PHYSICAL ACTIVITIES & VOLUNTARY SUPPORTS GRANT 2025

Formerly known as the Club Development Grant

This year we are hosting a mandatory meeting for all clubs / organisations wishing to apply to our Increased Participation in Physical Activities and Volunteers Support Grant on Monday 31st March at 7.30pm via MS Teams.

Clubs / Organisations will need to register for this meeting at Clubs / Organisations will need to register for this meeting at eventbrite.

This fund is to support clubs and organisations expand and develop in the areas that support our main target group getting active and introduced to the club for future membership.

**There are two parts to this grant fund;
Increased Participation Grant, Max €2,500 / Volunteer Supports Grant. Max €400**

Applications for the Increase Participation Grant should outline how they are going to reach our target groups, the active programme and how the participants will be sustained in the activity. Items included in this grant include equipment, advertising, tutor costs, facility rental, cost associated with starting a club.

Applications under the Volunteer Support Scheme should outline how the funding will support the increase in physical activity in our target groups.

Eligible applications would be for certified coaching courses delivered by recognised bodies. Travel to and from courses is not eligible under this fund.

Only one application per funding stream per club/organisation is accepted.

Closing date for this grant application is Sunday 20th April 2025 at 11.59pm

The link for this online application is <https://form.jotform.com/galwayactive/gspgrant2025>

Please email galwayactive@galwaycoco.ie with any queries.

**INCREASED PARTICIPATION
IN PHYSICAL ACTIVITIES &
VOLUNTEERS SUPPORT FUND**

**INFORMATION MEETING TO BE
HELD ONLINE ON MONDAY 31ST
MARCH AT 7.30PM**

Gníomhaíocht Fhisiciúil

RANPHÁIRTÍOCHT MÉADAITHE I NGNÍOMHAÍOCHTAÍ FISICIÚLA & DEONTAS TACAÍOCHTAÍ DEONACHA 2025

Ar a dtugtaí an Deontas Forbartha Club roimhe seo

I mbliana táimid ag óstáil cruinniú éigeantach do gach club / eagraíocht ar mian leo iarratas a dhéanamh ar ár nDeontas Rannpháirtíochta Méadaithe i nGníomhaíochtaí Fisiciúla agus Tacaíochta d'Oibrithe Deonacha Dé Luain 31 Márta ag 7.30pm trí MS Teams.

Beidh ar Chlubanna/Eagraíochtaí clárú don chruinniú seo ar eventbrite.

Tá an ciste seo chun tacú le clubanna agus eagraíochtaí leathnú agus forbairt a dhéanamh ar na réimsí a thacaíonn lenár bpríomh-spriocghrúpa dul i mbun gnímh agus a thabhairt isteach sa chlub le haghaidh ballraíochta amach anseo.

Tá dhá chuid sa chiste deontais seo;

Deontas Rannpháirtíochta Méadaithe, Uasmhéid €2,500 / Deontas Tacaíochta d'Oibrithe Deonacha. €400 ar a mhéad

Ba chóir go leagfadh iarratais ar an Deontas Méadaithe Rannpháirtíochta amach conas atá siad chun ár spriocghrúpaí a bhaint amach, an clár gníomhach agus conas a chothófar na rannpháirtithe sa ghníomhaíocht. I measc na míreanna atá san áireamh sa deontas seo tá trealamh, fógraíocht, costais teagascóra, cíós áiseanna, costas a bhaineann le club a thosú.

Ba chóir go leagfadh iarratais faoin Scéim Tacaíochta d'Oibrithe Deonacha amach conas a thacóidh an maoiniú leis an méadú ar ghníomhaíocht choirp inár spriocghrúpaí.

Bheadh iarratais incháilithe do chúrsaí oiliúna deimhnithe arna seachadadh ag comhlachtaí aitheanta. Níl taisteal chuig agus ó chúrsaí incháilithe faoin gciste seo.

Ní ghlahtar ach le hiarratas amháin in aghaidh an tsrutha maoinithe in aghaidh an chlub/eagraíochta.

Is é an dáta deiridh don iarratas ar dheontas seo ná Dé Domhnaigh 20 Aibreán 2025 ag 11.59i.n

Is é an nasc don iarratas ar líne seo ná <https://form.jotform.com/galwayactive/gspgrant2025>

Seol ríomhphost chuig galwayactive@galwaycoco.ie má tá aon cheist agat.

**INCREASED PARTICIPATION
IN PHYSICAL ACTIVITIES &
VOLUNTEERS SUPPORT FUND**

**INFORMATION MEETING TO BE
HELD ONLINE ON MONDAY 31ST
MARCH AT 7.30PM**

Eating Well

Why Your Body Needs Fibre

Getting enough fibre helps lower our risk of heart disease, diabetes and weight gain.

When it comes to preventing constipation and maintaining your gut health, fibre is the way to go, along with plenty of fluid intake. However many of us don't eat enough each day.



How can I eat more fibre?

1. Pick whole grain. Switch from white starchy foods (like white bread, pasta or rice) to the wholegrain versions (wholegrain bread, whole wheat pasta, brown rice and wholegrain cereals).
2. Include a variety of vegetables in your diet. Try vegetable soup or salad at lunch or a vegetable stir-fry for dinner. If you are short of time, frozen vegetables are just as good.
3. Eat fruit. Try to have 2-3 portions of fruit each day. Slice a banana on your cereal, slice some fruit into your salad or just enjoy as a snack or as dessert.
4. Eat potato skins. Most of a potatoes fibre is in its skin. Try baked, boiled or jacket potatoes with their skins. Baby potatoes are also a good choice. Remember to wash skins and peels before eating or cooking.
5. Include peas, beans and lentils in your diet more often. Add to soup, salads, stews or casseroles three or four times a week.
6. Add seeds, which are high in fibre, to your diet. Sprinkle them on cereal, yoghurts, salad or in your homemade bread.
7. Dried fruit and nuts are high in fibre, yet can still have a lot of calories. A good amount is a handful size of raisins or nuts as a snack.
8. Drink fluids. You need water so fibre can work properly. Try to drink eight glasses of fluids each day.

Eating Well

Cén fáth go dteastaíonn snáithín ó do chorp

Cuidíonn go leor snáithín a fháil lenár mbaol galar croí, diaibhiteas agus meáchan a fháil.

Nuair a thagann sé chun cosc a chur ar constipation agus do shláinte gut a chothabháil, is é snáithín an bealach le dul, chomh maith le go leor iontógáil sreabhach. Mar sin féin, ní itheann go leor againn go leor gach lá.



Conas is féidir liom níos mó snáithín a ithe?

1. Píoc gráin iomlán. Athraigh ó bhianna stáirseacha bán (cosúil le arán bán, pasta nó rís) go dtí na leaganacha gráin iomláin (arán gráin iomlán, pasta cruithneachta iomláin, rís donn agus gránaigh gráin iomláin).
2. Cuir éagsúlacht glasraí san áireamh i do aiste bia. Bain triail as anraith glasraí nó sailéad ag am lóin nó stir-fry glasraí don dinnéar. Má tá tú gearr ama, tá glasraí reoite chomh maith céanna.
3. Ith torthaí. Bain triail as 2-3 chuid de thorthaí a bheith agat gach lá. Slice banana ar do ghránaigh, slice roinnt torthaí isteach i do sailéad nó díreach taitneamh a bhaint as mar shneaiceanna nó mar milseog.
4. Ith craicne prátaí. Tá an chuid is mó de shnáithín prátaí ina chraiceann. Bain triail as prátaí bÁCáilte, bruite nó seaicéad lena gcráiceann. Is rogha maith iad prátaí leanbh freisin. Cuimhnigh craicne agus craiceann a ní sula n-itheann tú nó sula ndéanann tú cócaireacht.
5. Cuir piseanna, pónairí agus lintilí i do réim bia níos minice. Cuir le anraith, sailéid, stobhaigh nó casseroles trí nó ceithre huaire sa tseachtain.
6. Cuir síolta, atá ard i snáithín, le do aiste bia.
7. Tá torthaí triomaithe agus cnónna ard i snáithín, ach is féidir leo a lán calraí a bheith acu fós. Méid maith is ea dornán rísíní nó cnónna mar shneaiceanna.
8. Deoch sreabháin. Teastaíonn uisce uait ionas gur féidir le snáithín oibriú i gceart.

Social Connection



MENTAL HEALTH IRELAND STRATEGY 2025 - 2027

Educating, Empowering
and Connecting Communities

Date and time

📅 Wed, 30 Apr 2025 14:00 - 15:00 GMT+1

Free Webinar: Move for Your Mental Health - The Benefits of Activity

Join us for this panel discussion and learn how different types of activity can help support mental health. We will explore simple ways to stay active, lift your mood, and reduce stress. Learn how small changes in daily activity can make a difference in improving our mental health and wellbeing. We are delighted to partner with Mental Health Ireland for this special event.

Registration on Eventbrite

Seimineár Gréasáin Saor in Aisce: Bog ar son do Mheabhairshláinte - Buntáistí na Gníomhaíochta

Bí linn don phlé painéil seo agus foghlaim conas is féidir le cineálacha éagsúla gníomhaíochta cabhrú le tacú le meabhairshláinte. Déanfaimid iniúchadh ar bhealaí simplí chun fanacht gníomhach, do ghiúmar a ardú, agus strus a laghdú. Foghlaim conas is féidir le hathruithe beaga i ngníomhaíocht laethúil difríocht a dhéanamh maidir lenár meabhairshláinte agus ár bhfolláine a fheabhsú. Tá ríméad orainn a bheith i gcomhpháirtíocht le Meabhairshláinte Éireann don ócáid speisialta seo.

Clárú ar Eventbrite

Elaine Watters

The Cycle Wellness Academy

**hosts a monthly Menopause Café in
Headford, Co. Galway**

**Headford
MENOPAUSE
café**

Petals & Pause
Monday 28th April
7.30pm
The Kitchen, Moyné Villa



For Further information
contact Elaine
poi.on.a.bike@gmail.com
or find us on

Facebook or Instagram
[@the_cycle_wellness_academy](https://www.instagram.com/the_cycle_wellness_academy)



Join Caroline of Blooming Norah
for an inspiring evening of floral design! 🌸🌿

As a wedding and event florist, Caroline specializes in creating romantic, garden-inspired arrangements that celebrate the beauty of the seasons. With a passion for natural, flowing designs, Caroline will guide you through the art of flower arranging, sharing expert tips, techniques, and a behind-the-scenes look at creating stunning floral displays.

Whether you're a flower enthusiast or just looking for a creative evening out, this demo promises to be a relaxed and inspiring experience.

We would love for you to join us 🌸🌿

Other News

Women's Wellbeing at Work Programme

Did you know...?

- "84% of women report that menopause symptoms impact their performance and ability in the workplace
- 4 in 10 women have considered leaving their jobs due to the severity of symptoms
- 63% of women want employers to normalise conversations around menstrual health at work
- 59% believe employers should provide more education on these topics for all employees

Let's be the change makers!"

- Elaine Watters

Could your organisation benefit from this free **Women's Wellbeing in the Workplace programme?**

Programme Objectives:

- Understand hormones, menstrual cycles, and menopause
- Develop a self-awareness and tracking symptoms
- Learn holistic wellbeing through exercise, nutrition, mindfulness, and body literacy
- Apply the "5 Ways to Wellbeing" framework
- Create a "Meno-Confident" organisation



Programme Details

Duration: 8 sessions, 90 minutes each

Location: Company premises or convenient alternative

Participants: 10-16 employees from Galway and Roscommon

Cost: Fully funded

Certification: Certificate of Attendance

Interested? Reach out to Elaine at elaine.walsh@gretb.ie

- Elaine is an Outdoor Education Professional, Midlife Coach, and Sexual Health & Wellbeing Promoter.
- Diagnosed with Primary Ovarian Insufficiency in her 20s, Elaine understands firsthand the importance of body literacy in seeking better healthcare.
- She believes providing accessible information dismantles taboos, fosters constructive conversations, and builds stronger, more supportive teams.

Nuacht Eile

Clár Folláine na mBan ag an Obair

An raibh a fhios agat...?

- "Tuairiscíonn 84% de mhná go mbíonn tionchar ag comharthaí sos míostraithe ar a bhfeidhmíocht agus ar a gcumas san ionad oibre
- Tá 4 as gach 10 mban tar éis smaoineamh ar a bpoist a fhágáil mar gheall ar dhéine na siomptóim
- Tá 63% de mhná ag iarraidh ar fhostóirí comhráite faoi shláinte menstrual ag an obair a normalú
- Creideann 59% gur cheart d'fhostóirí breis oideachais ar na hábhair seo a sholáthar do gach fostaí

Bímis mar lucht athraithe!"

- Elaine Watters

An bhféadfadh d'eagraíocht leas a bhaint as an gclár saor in aisce seo um **Fholláine na mBan san Ionad Oibre?**

Cuspóirí an Chláir:

- Hormóin, timthriallta míosta, agus sos míostraithe a thuiscint
- Féinfheasacht a fhorbairt agus comharthaí a rianú
- Foghlaim folláine iomlánaíoch trí aclaíocht, cothú, meabhraíocht agus litearthacht choirp
- Cuir an creat "5 Bealach chun Folláine" i bhfeidhm
- Cruthaigh eagraíocht "Meno-Muiníneach"



Sonraí an Chláir

Fad: 8 seisiún, 90 nóiméad an ceann

Suíomh: Áitreabh cuideachta nó rogha eile áisiúil

Rannpháirtithe: 10-16 fostaithe ó Ghaillimh agus Ros Comáin Costas:

Maoinithe go hiomlán

Deimhniú: Deimhniú Tinrimh

Spéis agat? Déan teagmháil le Elaine ag elaine.walsh@gretb.ie

- Is Gairmí Oideachais Allamuigh í Elaine, Cóitseálaí Meán-Saoil, agus Tionscnóir Sláinte & Folláine Gnéis.
- Ar diagnóisíodh go raibh Neamhdhóthanacht Ubhagán Príomhúil aici ina 20idí, tuigean Elaine go díreach an tábhacht a bhaineann le litearthacht coirp agus cúram sláinte níos fearr á lorg aici.
- Creideann sí go scriosann soláthar faisnéise inrochtana taboos, go gcothaítear comhráite cuiditheacha, agus go gcothaítear foirne níos láidre agus níos tacúla.



Rialtas na hÉireann
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Would you like to submit a piece for next month's Newsletter or subscribe to our mailing list?

If you work with or are involved with an agency, organisation, community or voluntary group and you would like to submit an item to be included in the next edition, please email your entry to Adele Rankin at **arankine@galwaycoco.ie** with:

- A high-quality image or poster in image format (not PDF) should include:
 - Name of the event/activity/program
- Date, time, and location (Eircode, if applicable)
- Target audience - who is it suitable for?
 - Cost (if any)
- Bilingual text where possible

Thank you!

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