

Healthy County Galway Newsletter

May 2025

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

✉ arankin@galwaycoco.ie
📷 @healthygalwaycounty
📘 @HealthyGalwayCo

MEN'S HEALTH WEEK 2025

Shoulder-to-Shoulder: A conversation on Men's Health

FREE ONLINE WEBINAR



Shane Pearson
Coach, Farmer & Men's Mental Health Advocate



Austin O Malley
High Performance Coach & Wellbeing practitioner.



Dr Alan Gallogly
Forensic & Consultation Liaison Psychiatrist



Iggy Clark
Former Galway Hurler, Counsellor & Therapist



Michael D McAndrew
BROADCASTER

DATE
11th June

TIME
7PM - 8.30PM

Platform - Microsoft Teams

REGISTER HERE

OR

SCAN ME





Men's Health Event for Farmers in Connemara

Free Health Checks on the Day!

Saturday 14th June
8.30am - 12.30pm

Maam Cross Mart, Connemara.

Free Snacks and Refreshments also Provided!



**For more information call Adele Rankin on (0870) 7777790
or Peter Lydon on (085) 2675863**

WE SUPPORT MEN'S HEALTH WEEK 2025
9th - 15th June
www.mhwi.org

Nuachtlitir Shláintiúil Chontae na Gaillimhe

Bealtaine 2025



Shláintiúil
Gaillimh

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



Healthy
Galway

Men's Health Week / Seachtain Sláinte na bhFear

Men's Health & Wellbeing Event for Farmers in Connemara

Healthy County Galway, in partnership with Forum Connemara and Galway Sports Partnership, is proud to host a Men's Health & Wellbeing Event tailored specifically for farmers in the Connemara region. This free event will take place on Saturday, 14th June at Maam Cross Mart, running from 8:30am to 12:30pm.

The initiative is part of Men's Health Week 2025 (9th-15th June) and is supported by a range of local and national organisations including Healthy Ireland, Pobal, Croí, SICAP, and the "Taking Stock" programme.

Attendees can look forward to:

- Health and wellbeing information tailored for men in rural communities
- Opportunities to connect with local services and supports
- A relaxed and welcoming environment
- Snacks and refreshments provided on the day!
-

This event is a great opportunity to take a break, check in on your health, and connect with others in the farming community.

All are welcome – no registration required.

Men's Health Event
for Farmers in Connemara
Free Health Checks on the Day!

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8.30am-12.30pm

Maam Cross Mart, Connemara.
Free Snacks and Refreshments also Provided!

For more information call Adele Rankin on (0870) 7777790
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WE SUPPORT
MEN'S HEALTH
WEEK 2025
9th - 15th June
www.mhfi.org

Men's Health Week / Seachtain Sláinte na bhFear

Imeacht Sláinte agus Folláine na bhFear do Fheirmeoirí i gConamara

Tá Sláinte Chontae na Gaillimhe, i gcomhpháirt le Fóram Chonamara agus Comhpháirtíocht Spóirt na Gaillimhe, ag eagrú imeachta speisialta sláinte agus folláine do fheirmeoirí i gConamara. Beidh an t-imeacht saor in aisce ar siúl ar Dé Sathairn, an 14 Meitheamh i Margadh Mhám an Rátha, ó 8:30rn go 12:30in.

Tá an tionscnamh seo mar chuid de Sheachtain Sláinte na bhFear 2025 (9-15 Meitheamh) agus tá sé á thacú ag eagraíochtaí áitiúla agus náisiúnta lena n-áirítear Sláinte na hÉireann, Pobal, Croí, SICAP, agus an tionscnamh "Taking Stock".

Beidh ar fáil do rannpháirtithe:

Eolas agus tacaíocht sláinte atá dírithe ar fhir i bpobail tuaithe

Deiseanna chun nascadh le seirbhísí áitiúla

Timpeallacht fáiltiúil agus suaimhneach

Beagáinín bia agus sólaistí ar fáil ar an lá!

Is deis iontach é seo chun sos a ghlacadh, aire a thabhairt do do shláinte, agus bualadh le daoine eile sa phobal feirmeoireachta.

Fáilte roimh chách – níl clárú ag teastáil.



The poster features a header with logos for 'hi Healthy Galway', 'HE', 'pobal government supporting communities', 'CRÓÍ', 'FORUM', 'SICAP', and 'Comhpháirtíocht Spóirt Na Gaillimhe'. The main title reads 'Imeacht Sláinte na bhFear do Fheirmeoirí i gConamara' followed by 'Seiceálacha sláinte saor in aisce!'. The event details are 'Dé Sathairn, 14ú Meitheamh 8.30rn – 12.30in' at 'Maam Cross Mart, Conamara'. A 'Taking Stock' logo is also present. Below the text is a photograph of four people (three men and one child) walking in a rural setting. At the bottom, contact information is provided: 'Chun tuilleadh eolais a fháil, glaoigh ar Adele Rankin ar (087) 7777790 nó ar Peter Lydon ar (085) 2675863'. A red circular badge in the bottom right corner states 'WE SUPPORT MEN'S HEALTH WEEK 2025 9th - 15th June www.mhfi.org'.

Men's Health Week / Seachtain Sláinte na bhFear

Schedule of Events / Clár na nImeachtaí

MEN'S HEALTH WEEK 2025 Monday 9th – Sunday 15th June 2025

This year's theme is "Shoulder to Shoulder"



DATE	LOCATION	EVENT	TIME	CONTACT
MONDAY 9TH OF JUNE	T O'Higgins, Homevalue Hardware, Galway City H91 PH09	Men's Health Fair	11 - 3pm	John.haugh@hse.ie
	Inis Meán	Men's Health Fair	7 - 9pm	Coordinator@activeislands.ie
WEDNESDAY 11TH OF JUNE	Regional Online Seminar (Men supporting each other)	Healthy Ireland Seminar Mayo/Galway/Roscommon	7pm	arankin@galwaycoco.ie
	SCAN HERE TO ATTEND 			
	Mellows Pich and Putt Club, Galway City	Pitch and Putt Taster Afternoon	2pm	tpeoples@galwaycoco.ie
	Headford, St. Fursa's Parish Hall, N91YWSF	Health Information Evening	4 - 8pm	john@solasfr.ie
THURSDAY 12TH OF JUNE	EDC TEO, Saw Mill, Corr na Mona, F12 F406	Community Health Event	3 - 7pm	John.haugh@hse.ie
	Letterfrack, Wild Goat Café H91 CD45	Men's Health Fair	10 - 3pm	m.joyce@forumconnemara.ie
	Porter Shed, Market Street, Galway City, H91 TCK3 and Online	Retirement Seminar(In person and online)	7pm	sarkins@galwaylibrary.ie
	SCAN HERE TO ATTEND 			
	Loughrea, Kylemore Farmhouse H62 AP84	Farm Walk	5 - 8pm	teresarochefia@gmail.com
FRIDAY 13TH OF JUNE	Loughrea, Temperance Hall H62 XY20	Men's Health Fair	11 - 1pm	kgavin@grd.ie
SATURDAY 14TH OF JUNE	Maam Cross Mart H91 VS20	Men's Health Fair	8.30 - 12.30pm	arankin@galwaycoco.ie



Find out more at: www.mhfi.org | #MensHealthWeek



RETIREMENT REIMAGINED

Guest speakers:

Professor Brian Hughes,
University of Galway

Keith Finnegan,
former Galway Bay FM Chief
Executive Officer and broadcaster

Pat McMahon,
former Galway County & City
Librarian



Professor
Brian
Hughes



Keith
Finnegan



Pat
McMahon

To mark Men's Health week,
Galway Public Libraries in
association with the HSE will
host a panel discussion and
presentation on the
psychosocial aspects of
retirement, featuring two
personal testimonies of the
journey to retirement and
beyond.

Free Event. All welcome.

Event will be recorded and
accessible after June 12th



To register in advance to
join the online event,
please scan the QR code.



Thursday
12th June
2025



7 PM



Porter Shed a Dó
15 Market Street
Galway H91TCX3

Hosted by Galway Public Libraries as part of the
Healthy Ireland At Your Library programme in
association with the HSE.



Men's Health Week / Seachtain Sláinte na bhFear

Schedule of Events / Clár na nImeachtaí



Solas Family Resource Centre Headford invite you to our

Men's NCT Health Day

Wednesday 11th June 2025
St. Fursa's Hall, Headford
from 4.00pm – 8.00pm

Admission is Free!

Free Health & Fitness Check for Men
Blood Pressure Cholesterol & Diabetes



T.Ó hUiginn Co. Teo
Homevalue

MEN'S HEALTH WEEK 2025

Date: Monday 9th June
Time: 11am - 3pm
Location:
T. O'Higgins
Homevalue,
Rahoon Rd, H91 PK09

Free Health Check with Croí
Spot Prizes

RAFFLE

Information Stands
Refreshments Provided

CRÓI

Galway City Partnership
Comhpháirtíocht Craolán na Gaillimhe
a tide for change

Social
Partnership

Comhpháirtíocht
Spóirt Na Gaillimhe
Galway Sports
Partnership

hi
healthy Ireland

Clifden Social Club for Dementia & Alzheimers

Dementia Club in Clifden

The Clifden Dementia Social Club was officially launched last week, and it was truly heartwarming to see the level of support this initiative received.

We're excited to continue spreading the word about this welcoming and supportive space for people living with dementia and their carers.

The launch of the Dementia Café initiative in Connemara has also gained strong visibility, with coverage across several media outlets including Galway Bay FM, Connemara Community Radio, and RTÉ Raidió na Gaeltachta.

Looking ahead, we plan to expand support for both the cafés and the social club through a structured programme of activities. This will include scheduled guest speakers, craft and music sessions, and further distribution of dementia support packs—containing arts, crafts, and games—to foster connection, creativity, and community engagement.



Club Sóisialta Chlifden do Dhaoine le Néaltrú agus Alzheimer

Club Sóisialta Néaltraithe Chlifden

Seoladh Club Sóisialta Néaltraithe Chlifden an tseachtain seo caite, agus ba mhór an áthas dúinn an méid tacaíochta a fuarthas don tionscnamh seo a fheiceáil. Táimid ag súil le leanúint ar aghaidh ag scaipeadh an scéil faoi seo mar spás fáilteach agus tacúil do dhaoine atá ag maireachtáil le neáltrú agus dá gcúramóirí.

Tá seoladh Tionscnamh an Chaifé Néaltraithe i gConamara poiblithe ar roinnt meán, lena n-áirítear Galway Bay FM, Raidió Chonamara, agus RTÉ Raidió na Gaeltachta.

Ag féachaint chun cinn, tá sé i gceist againn níos mó tacaíochta a chur ar fáil do na caiféanna agus don chlub sóisialta trí chlár gníomhaíochtaí réamhphleanáilte. Áireofar leis seo aíonna cainte sceidealta, ceardlanna ceardaíochta agus ceoil, chomh maith le pacáistí tacaíochta neáltraithe a roinnt—ina mbeidh ábhair ealaíne, ceardaíochta agus cluichí—chun nascadh, cruthaitheacht agus pobail a chothú.



New Programme: HSE Balancing Stress

Balancing Stress

What is Balancing Stress?

Balancing Stress is a free online programme developed by the HSE Health & Wellbeing and HSE Psychology to help us understand and manage stress.

It is designed to help people identify stress triggers, reduce negative thinking patterns, boost our mood and create a more balanced lifestyle.

Balancing Stress • A Six-part online programme: Approx. 35 minutes per session.

Free and available online:
No registration needed.

Available anytime on your phone, tablet, or laptop.

Convenient and flexible: Watch sessions at your own pace, on your own schedule.

Evidence-based content: Sessions are underpinned by proven psychological approaches, including CBT and Positive Psychology. • Practical and engaging: Gain real-life skills, guided meditations, and insights from experts. HSE Balancing Stress



HSE
Talking
Health & Wellbeing

Balancing Stress

with Dr. Aleisha Clarke & Dr. Niamh Clarke

Hosted by Noreen Turley

#99

Clár Nua: HSE Cothromaíocht Struis

Balansú Struis

Cad is Balansú Struis ann?

Is clár saor in aisce ar líne é Balansú Struis a forbraíodh ag Sláinte agus Folláine an FSS agus Síceolaíocht an FSS chun cabhrú linn strus a thuiscint agus a bhainistiú. Tá sé deartha chun cabhrú le daoine na tosca struis a aithint, patrúin smaointeoireachta diúltacha a laghdú, ár meon a fheabhsú, agus stíl mhaireachtála níos cothroime a chruthú.

Clár Balansú Struis

- Clár ar líne sé chuid: thart ar 35 nóiméad an seisiún.
 - Saor in aisce agus ar fáil ar líne: Ní gá clárú. Ar fáil am ar bith ar d'fhón, táibléad nó ríomhaire glúine.
- Áisiúil agus solúbtha: Féach ar na seisiúin ag do luas féin, ar do sceideal féin.
- Ábhar bunaithe ar fhianaise: Tá na seisiúin bunaithe ar chur chuige síceolaíochta cruthaithe, lena n-áirítear CBT agus Síceolaíocht Dhearfach.
 - Praiticiúil agus tarraingteach: Faigh scileanna don saol laethúil, machnaimh threoraithe, agus léargais ó shaineolaithe.



HSE Talking Health & Wellbeing

Balancing Stress

with Dr. Aleisha Clarke & Dr. Niamh Clarke

Hosted by Noreen Turley

#99

Mental Health/Sláinte Mheabhrach

Health and Wellbeing Boards Boird Sláinte agus Folláine

Community Health and Wellbeing Boards

The Community Health and Wellbeing Board initiative continues to raise awareness of local and national supports and services available to County Galway residents through the Health and Wellbeing Boards. This month, several boards were delivered to different localities to specifically highlight these supports and services, as well as to promote the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give. These are five simple, evidence-based actions that we can all incorporate into our daily lives to enhance our wellbeing.

Some of the clubs and community groups that recently received and displayed their community boards include GRETB, Outdoor Activities in Petersburg, Stuntworx Elite in Doughiska, St. Cuans Utd in Ahascragh, and the South Galway Special Olympics Club.



Mental Health/Sláinte Mheabhrach

Health and Wellbeing Boards Boird Sláinte agus Folláine

Boird Sláinte agus Folláine Pobail
Leanann an tionscnamh Boird Sláinte agus
Folláine Pobail ag ardú feasachta ar
thacaíochtaí agus seirbhísí áitiúla agus
náisiúnta atá ar fáil do chónaitheoirí Chontae
na Gaillimhe trí na Boird Sláinte agus
Folláine. An mhí seo, seachadadh roinnt boird
chuig áiteanna éagsúla chun na tacaíochtaí
agus na seirbhísí seo a chur chun cinn go
sonrach, chomh maith le cur chun cinn na
gCúig Bhealach chun Folláine: Ceangail, Bí
Gníomhach, Tabhair Faoi Deara, Lean ort ag
Foghlaim, agus Tabhair. Is cúig ghníomh
shimplí, bunaithe ar fhianaise iad seo ar féidir
linn go léir a chur i bhfeidhm inár saol laethúil
chun ár bhfolláine a fheabhsú.

I measc na gclubanna agus na ngrúpaí pobail
a fuair agus a thaispeáin a gcuid boird pobail
le déanaí tá GRETb, Gníomhaíochtaí
Allamuigh i bPéitearburg, Stuntworx Elite i
nDúiche, St. Cuans Utd in Áth Eascrach, agus
Club Oilimpeacha Speisialta Dheisceart na
Gaillimhe.



Sun Smart Campaign

The SunSmart campaign



SunSmart Campaign

2025



The SunSmart campaign by the HSE (Health Service Executive) is part of Ireland's National Skin Cancer Prevention Plan 2023-2026, and it aims to raise awareness about the dangers of UV radiation and promote sun safety practices.

Goal: To reduce the risk of skin cancer by encouraging people to protect their skin from UV radiation.

Click on the link to the SunSmart campaign flipbook and related resources:

 [SunSmart Campaign](#) Flipbook

The campaign includes a range of downloadable and printable materials, such as:

Posters and leaflets promoting the SunSmart 5S message.
Lesson plans and activity sheets for primary and post-primary schools.

Toolkits for schools to become SunSmart Schools.
Games manuals and relay race cards for summer camps.
Sample sun protection policies for early learning centres.

 The SunSmart 5S Rule

Slip on clothing that covers your skin.

Slop on broad-spectrum sunscreen (SPF 30+ for adults, 50+ for children).

Slap on a wide-brimmed hat.

Seek shade, especially between 11am and 3pm.

Slide on sunglasses with UV protection.

Sun Smart Campaign

Feachtas SunSmart



SunSmart Campaign

2025



Tá feachtas SunSmart ón FSS (Feidhmeannacht na Seirbhíse Sláinte) mar chuid de Phlean Náisiúnta na hÉireann um Chosc ar Ailse Craicinn 2023–2026, agus tá sé dírithe ar feachtas a ardú faoi na contúirtí a bhaineann le radaíocht UV agus ar chleachtais sábháilteachta gréine a chur chun cinn.

Sprioc: An baol a bhaineann le hailse craicinn a laghdú trí dhaoine a spreagadh chun a gcráiceann a chosaint ar radaíocht UV.

Seo nasc chuig an leabhrán SunSmart agus acmhainní gaolmhara:
 [SunSmart Campaign](#) Feachtais SunSmart

Áirítear leis an bhfeachtas raon leathan ábhar is féidir a íoslódáil agus a phriontáil, lena n-áirítear:

Póstaeir agus bileoga a chuireann teachtaireacht 5S SunSmart chun cinn.

Pleananna ceachta agus bileoga gníomhaíochta do bhunscoileanna agus iar-bhunscoileanna.

Uirlisí oibre do scoileanna chun a bheith ina Scoileanna SunSmart. Lámhleabhair cluichí agus cártaí rása reatha do champaí samhraidh. Samplaí de bheartais chosanta gréine do lárionaid luathfhoghlama.

 **Riail 5S SunSmart**

Slip – Cuir ort éadaí a chlúdaíonn do chraiceann.

Slop – Cuir ort grianscéithe leathan-speictrim (SPF 30+ do dhaoine fásta, 50+ do pháistí).

Slap – Cuir ort hata le bréidín leathan.

Seek – Lorg scáth, go háirithe idir 11am agus 3pm.

Slide – Cuir ort spéaclaí gréine le cosaint UV.

Mending Hearts Program

Art Workshops

A creative space for healing and connection

Join us for a relaxed and friendly 4-week art workshop designed especially for people living with Cardiovascular Disease and Stroke Survivors.

✏ No art experience needed—just come along to have fun, meet others, and get creative in a supportive environment. All materials provided!

✨ What to expect:

Guided sessions exploring different art styles and mediums

A warm, welcoming community

A pressure-free space to express yourself creatively

📍 Where & When:

Loughrea Family Resource Centre

📅 Tuesdays: June 3, 10, 17, 24

🕒 3:00 PM – 4:30 PM



<https://www.eventbrite.ie/e/1320154490619?aff=oddtcreator>

Ballinasloe Library

📅 Fridays: June 6, 13, 20, 27

🕒 3:00 PM – 4:30 PM



<https://www.eventbrite.ie/e/1320153196749?aff=oddtcreator>



Mending Hearts Program

Ceardlanna Ealaíne

Spás Cruthaitheach le haghaidh Leigheas agus Ceangal

Bí linn do cheardlann ealaíne 4 seachtaine atá suaimhneach agus cairdiúil, deartha go speisialta do dhaoine atá ag maireachtáil le Galar Cardashoithíoch agus do dhaoine a tháinig slán ó Stróc.

🖌 Ní gá aon taithí ealaíon – tagann agus bain sult as, bualadh le daoine eile, agus bí cruthaitheach i dtimpeallacht thacaíochta.

Soláthraítear gach ábhar!

✨ Cad atá le súil: Session comhoibritheach ag scrúdú stíleanna agus meáin ealaíne éagsúla. Pobal te, fáilteach. Spás saor ó bhrú chun tú féin a chur in iúl go cruthaitheach.

📍 Cá háit & Cathain:

Lár Ionad Acmhainní Teaghlach Loughrea 📅
Dé Máirt: 3, 10, 17, 24 Meitheamh ⌚ 3:00 PM
– 4:30 PM

<https://www.eventbrite.ie/e/1320153196749?aff=oddttdtcreator>

Cláraigh anseo Leabharlann Baile na Sló 📅
hAoine: 6, 13, 20, 27 Meitheamh ⌚ 3:00 PM
– 4:30 PM

🔗 Cláraigh anseo

<https://www.eventbrite.ie/e/1320153196749?aff=oddttdtcreator>



Nuacht Eile | Other News: Clifden's Mens Shed

Clifden Men's Shed recently celebrated the conclusion of an **8-week Tai Chi and Mindfulness course** with a Presentation of Certificates Ceremony, followed by a course evaluation and refreshments. A heartfelt congratulations to the 21 shedders and family carers who completed the course, held at Clifden District Hospital. This was a wonderful initiative organised by the HSE Carers Department and funded by Healthy County Galway. Thank you to everyone who participated and supported this journey towards wellness and mindfulness.



Rinne Clifden Men's Shed ceiliúradh le déanaí ar chríochnú **cúrsa Tai Chi agus Mindfulness 8 seachtaine** le Searmanas Bronnta Teastais agus ina dhiaidh sin meastóireacht cúrsa agus sólaistí. Comhghairdeas ó chroí leis an 21 shedders agus cúramóir teaghlaigh a chríochnaigh an cúrsa, a bhí ar siúl in Ospidéal Cheantair an Chlocháin. Tionscnamh iontach a bhí ann a d'eagraigh Roinn Cúramóirí FSS agus arna mhaoiniú ag Contae Shláintiúil na Gaillimhe. Go raibh maith agat do gach duine a ghlac páirt agus a thacaigh leis an turas seo i dtreo folláine agus aireachais.



Other Information | Faisnéis Eile

National Carers Week Events

Imeachtaí Sheachtain Náisiúnta na gCúramóirí

NATIONAL CARERS WEEK

Holistic Day

Experience a range of holistic therapies, enjoy refreshments throughout the day and attend 2 information sessions:

- Minding your Mental Health
- Rights & Entitlements

📍 Raheen Woods Hotel, Athenry

Wednesday 11th June
10am - 3pm

€2 Registration via Eventbrite



Family Carers Ireland
No one should have to care alone

CARE

NATIONAL CARERS WEEK
9TH - 15TH JUNE

www.familycarers.ie/events



Day Trip to Strokestown

Family Carers from Galway, Mayo and Roscommon are invited to a daytrip to Strokestown House and the National Famine Museum.

There will be a tour, lunch, shopping and sightseeing. Bus available from Galway.

Cost: €10 for the day

Friday 13th June
9am-6pm

More Info & Registration via
Eventbrite

Other Information | Faisnéis Eile



CARE

NATIONAL CARERS WEEK

9TH - 15TH JUNE

NATIONAL CARERS WEEK

Carers Day Out in Galway & Mayo

Family Carers in Galway, Mayo and Roscommon are invited to a day out in Tuam and Claremorris. Join for just the morning, the afternoon or both.

Tuesday 10th June

10am: Summer Saunter at
Palace Grounds, Tuam

11am: Brunch at Ard Rí

4pm: Energy Talk (solar,
generator etc) in
Claremorris followed by Dinner

Free Registration via Eventbrite



National Carers Week Events Imeachtaí Sheachtain Náisiúnta na gCúramóirí

NATIONAL CARERS WEEK

Trip to Ballinasloe

Family Carers from Galway, Mayo and Roscommon are invited to a day of information, self-care and afternoon tea.

There are 2 buses available for this event from Carrick-on-Shannon (via Tulsk & Roscommon Town) and Tuam (via Galway & Loughrea)

Cost: €10 for the day

**Monday 9th June
10am-6pm**



Registration via Eventbrite





Rialtas na hÉireann
Government of Ireland



Healthy
Galway

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 [**arankin@galwaycoco.ie**](mailto:arankin@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, especially when relating to Gaeltacht areas

Thank you!

Follow us | Lean linn:

 arankin@galwaycoco.ie

 @healthygalwaycounty

 @HealthyGalwayCo

Acknowledgments:

Morven Brooks

Graduate Placement, Rural,
Community Development & Integration



Rialtas na hÉireann
Government of Ireland



Healthy
Galway

Ar mhaith leat alt a chur isteach do Nuachtlitir na míosa seo chugainn nó liostáil lenár liosta ríomhphoist?

Má oibríonn tú le gníomhaireacht, eagraíocht, grúpa pobail nó grúpa deonach, agus gur mhaith leat mír a chur isteach don chéad eagrán eile, seol do mhír le do thoil chuig Adele Rankin ag **arankine@galwaycoco.ie** le:

- Íomhá ardchaighdeáin nó póstaer i bhformáid íomhá (ní i bhformáid PDF) a chuimsíonn:
Ainm an imeachta/gníomhaíochta/chláir
Dáta, am agus suíomh (Eirchód, más infheidhme)
Lucht spriocdhírithe – cé dó a bhfuil sé oiriúnach?
Costas (más ann)

Téacs dátheangach más féidir, go háirithe má bhaineann sé le ceantair Ghaeltachta
Go raibh maith agat!

Follow us | Lean linn:

✉ arankine@galwaycoco.ie

📷 @healthygalwaycounty

📘 @HealthyGalwayCo

Buíochas:

Morven Brooks

Graduate Placement, Rural,
Community Development & Integration