

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

**Healthy
Galway**

New Programme: Dementia Cafés

Healthy County Galway, in partnership with The Alzheimer Society of Ireland, Creative Ireland, Age Friendly, HSE and Forum Connemara, is delighted to announce the launch of two Dementia Cafés and one social club in Connemara, located in Carraroe, Clifden, and Lettermullen, starting in May.

Dementia Cafés provide a warm, welcoming place for people living with cognitive impairment and their carers to meet and connect with one another. They also offer an opportunity to share experiences and obtain reliable information on dementia care and supports, free of charge. For more information, please refer to the flyer.

They welcomed me with open arms and attended to me. I reckon I had a new lease of life. ”

Cafe Attendee (CESRD Study, 2020)

The cafe is fun, welcoming, friendly and safe. You can get a cuppa, make friends enjoy a bit of entertainment and get useful information all in the same place. ”



Clár Nua: Caiféanna Néaltraithe

Tá ríméad ar Chontae Sláintiúil na Gaillimhe, i gcomhpháirtíocht le Cumann Alzheimer na hÉireann, Éire Ildánach, Aoisbhá, Feidhmeannacht na Seirbhíse Sláinte agus Fóram Chonamara, a fhógairt go bhfuil dhá Chaifé Néaltraithe agus club sóisialta amháin i gConamara, atá lonnaithe sa Cheathrú Rua, sa Chlochán agus i Leitir Maoláin, ag tosú i mí na Bealtaine.

Cuireann Caiféanna Néaltrú áit the, fáilteach ar fáil do dhaoine a bhfuil lagú cognaíoch orthu agus dá gcúramóirí bualadh le chéile agus ceangal a dhéanamh leo. Tugann siad deis freisin taithí a roinnt agus faisnéis iontaofa a fháil faoi chúram agus tacaíochtaí néaltrú, saor in aisce. Le haghaidh tuilleadh eolais, féach ar an mbileog.



Clár Nua | New Programme: 'Mending HeArts'

Mending HeArts is a 4-week series of Arts Workshops for stroke survivors and people living with cardiovascular disease. Come along to have fun, meet others, and get creative in a supportive environment – no art experience needed and all materials provided.

Is clár 4 seachtaine é **Mending HeArts Art Workshops** do mharthanóirí stróc agus do dhaoine a bhfuil galar cardashoithíoch orthu. Bígí linn le spraoi a bheith agat, bualadh le daoine eile, agus bí cruthaitheach i dtimpeallacht thacúil – níl aon ghá le taithí ealaíne agus cuirtear gach ábhar ar fáil.

What to expect:

- Guided sessions to explore different art experiences and mediums
- A welcoming community
- A relaxed atmosphere to be creative pressure free

Cad a bheith ag súil leis:

- Seisiúin threoraithe chun eispéiris agus meáin éagsúla ealaíne a fhiosrú
- Pobal fáilteach
- Atmaisféar suaimhneach le bheith cruthaitheach saor ó bhrú

Only 10 spaces available so book soon!

Click here to register for the workshops in: [Loughrea](#)

Family Resource Centre, Tuesdays 3pm–4:30pm; April 22, 29, May 6, 13

Click here to register for the workshops in: [Ballinasloe](#)

Library, Fridays 3pm–4:30pm April 25, May 2, 9, 16

Funded by Creative Ireland, the Mending HeArts Project is a partnership between Saolta Arts, HSE West North West, Galway County Council, Galway City Council, Croí and Healthy Ireland that seeks to integrate participatory arts into healthcare and community settings.

Arna mhaoiniú ag Éire
Chruthaitheach, is comhpháirtíocht é
an Tionscadal Mending HeArts idir
Saolta Arts, FSS Thiar Thuaidh,
Comhairle Chontae na Gaillimhe,
Comhairle Cathrach na Gaillimhe,
Croí agus Éire Shláintiúil a fhéachann
le healaíona rannpháirtíochta a
chomhtháthú i suíomhanna cúram
sláinte agus pobail.

Níl ach 10 spás ar fáil mar sin cuir in áirithe go luath!

Cliceáil anseo le clárú do na ceardlanna in: [Ionad Acmhainní](#)

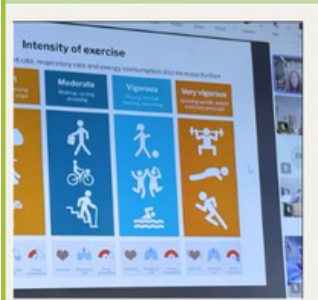
[Teaghlach Bhaile Locha Riach](#), Dé Máirt 3pm–4:30pm; 22 Aibreán, 29, 6 Bealtaine, 13

Cliceáil anseo le clárú do na ceardlanna i: [Leabharlann](#)

[Bhéal Átha na Sluaighe](#), Dé hAoine 3pm–4:30pm 25 Aibreán, 2, 9, 16 Bealtaine

Women's Health Programme Update

Clár Sláinte na mBan Nuashonrú



With thanks to our speakers and facilitators in Inis Oírr, Inishbofin, Inis Mór, Inis Meáin, Ros Muc, Casla, and Leitir Mealláin

Empowering Women's Health Programme Schedule and Speakers		
6	March 2025 Bone, Physio & Cardiovascular Health Aromatherapy, Reflexology	Ms. Ogechi Nsoedo Physiotherapist and Women's Health Expert Ms. Nicola O Malley Reflexologist Aromatherapist
13	March 2025 Women's and Gynaecological Health	Ms. Helena Carr Clinical Nurse Specialist, Complex Menopause Clinic Ms. Kori Palkuti Personal Trainer Physical Exercises
20	March 2025 Nutrition for Women's Health Acupuncture & Homeopathy	Ms. Lisa Corbett Senior Community Nutritionist Ms. Laoise O Flaherty Acupuncturist and Homeopath
27	March 2025 Physical Health, Fitness and Pelvic Health Yoga	Ms. Kori Palkuti Pelvic Floor Specialist Ms. Marie Hehir Yoga Instructor
3	April 2025 Gynaecological Health Mental Health	Dr. Carol Duffy General Practitioner for Women's Health Ms. Teresa Keane Mental Health Ireland Development Officer

Amra chomhoibriste ag an Aontas Eorpach
Co-fundaid by the European Union

Our **Women's Health Programme talk series** has received glowing feedback and impressive attendance at each session across **Inis Oírr, Inishbofin, Inis Mór, Inis Meáin, Rosmuc, Casla, and Lettermullan**. In response to the positive feedback, Healthy County Galway, in collaboration with **Comhar na nOileán** and **FORUM Connemara**, will be aiming to establish Women's Connect Cafés for women's health in Connemara and the offshore islands. These cafés will offer activities and resources tailored to the needs of each group.

Tá aiseolas iontach faighte ag ár **Sraith Cainteanna Clár Sláinte na mBan** agus tinreamh iontach ag gach seisiún ar fud **Inis Oírr, Inis Bó Finne, Inis Mór, Inis Meáin, Ros Muc, Casla,** agus **Leitir Mealláin**. Mar fhreagra ar an aiseolas dearfach, beidh sé mar aidhm ag Healthy County Galway, i gcomhar le **Comhar na nOileán** agus **Fóram Conamara**, Caiféanna Nasc na mBan a bhunú do shláinte na mban i gConamara agus ar na hoileáin amach ón gcósta. Cuirfidh na caiféanna seo gníomhaíochtaí agus acmhainní ar fáil a bheidh in oiriúint do riachtanais gach grúpa.

Physical Activity | Gníomhaíocht Fhisiciúil

Little Wanders Hike & Craft! 🍄

Hike 4-5km in beautiful scenery, with refreshments, chats and bring home a nature craft souvenir! Suitable for mums with babies in carriers and toddlers who can walk the trail.

Sign up via Eventbrite:

<https://www.eventbrite.ie/e/1306835884309?aff=oddtcreator>

Note: Terrain not buggy friendly. Must be 12 weeks+ postpartum with medical clearance to exercise.

Contact: kconcannon@galwaycoco.ie for more info.



Little Wanders Hike & Craft! 🍄

Siúil 4-5km i radharcra álainn, le sólaistí, comhráite agus tabhair leat cuimhneachán ceardaíochta dúlra! Oiriúnach do mháithreacha a bhfuil leanaí acu in iompróirí agus do lapadáin ar féidir leo an turas a shiúl.

Cláraigh trí Eventbrite:

<https://www.eventbrite.ie/e/1306835884309?aff=oddtcreator>

Nóta: Níl an tír-raon cairdiúil do bhugaí. Caithfidh sé a bheith 12 sheachtain+ postpartum le cead leighis chun aclaíocht a dhéanamh.

Déan teagmháil le: kconcannon@galwaycoco.ie le haghaidh tuilleadh eolais.



LITTLE WANDERS HIKE & CRAFT

An Outdoor Experience for Mums and Babies/Little Ones

WINTER
Cong Woods - 10th April

SPRING
Knockma Hill - 01st May

SUMMER
Coole Park - 26th June

AUTUMN
Portumna Forest - 02nd Oct

THURSDAYS AT 10.30-13.30

5-6KM HIKE, CRAFT AND TEA/COFFEE

 **SPORT IRELAND**
LOCAL SPORTS PARTNERSHIPS

with Forest School & Walking Leader
Cécile Robin


Comhpháirtíocht
Spóirt Na Gaillimh
Galway Sports
Partnership

Physical Activity | Gníomhaíocht Fhisiciúil

HSE
Seidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Buggy Buddies
Indoor/Outdoor
Fitness Classes

GALWAY SPORTS PARTNERSHIP

TUAM STARS GAA

2 classes added!
01st and 08th May
Thursdays at 12pm

Tea/Coffee and chats
after every class

**A community class
for parents and
mums with little
babies**

**Comhpháirtíocht
Spóirt Na Gaillimhe
Galway Sports
Partnership**

SPÓRT ÉIREANN | SPORT IRELAND

Comhpháirtíocht Spóirt na
Gaillimhe & HSE

Cairde Buggy.

Ranganna Aclaíochta
Laistigh/Allamuigh

Tuam Stars GAA

2 Rang curtha leis!
1ú agus 8ú Bealtaine
Déardaoín ag 12pm

Tae/Caife agus comhráite tar éis
gach ranga

Rang pobail do thuismitheoirí
agus máithreacha le leanaí
beaga

Mental Health Training Opportunity

Deis Oiliúna Meabhairshláinte

Suicide Alertness Training for Everyone **Barna**



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

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

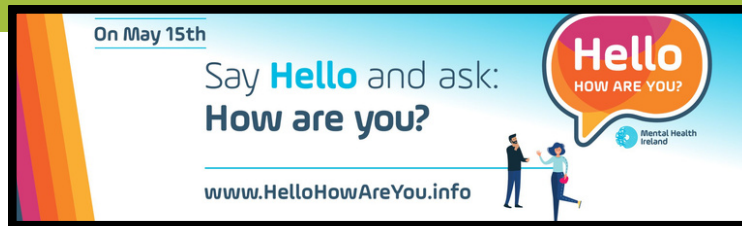
Is clár oiliúna airdeall féinmharaíthe é SafeTALK atá deartha chun cabhrú le daoine comharthaí anacair a aithint agus iad siúd atá i ngátar a nascadh le tacaíocht. Tá an oiliúint seo oscailte d'aon duine 18+ nach bhfuil taithí acu ar aon chaillteanas le déanaí.

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>

Mental Health



Mental Health Ireland is inviting the nation to say Hello and ask **How Are You?** with meaning on Thursday, May 15th.

Now in its fourth year, the national Hello, How Are You? campaign highlights the importance of staying connected, helps tackle loneliness, creates a sense of belonging and builds relationships. It also encourages early help-seeking through reliable information on mental health support services and signposting.

There are many ways to slow down and genuinely engage with a family member, friend or even a stranger. You don't need to be an expert to have a meaningful conversation. By using the HELLO Steps you can feel supported in asking the question. Let's make saying Hello and asking How Are You? an everyday question that keeps us connected.

For free Hello resources, toolkits and all the information you need in different languages, visit www.hellohowareyou.info/resources



Say "Hello, How Are You?" this May 15th with Thrive Connemara



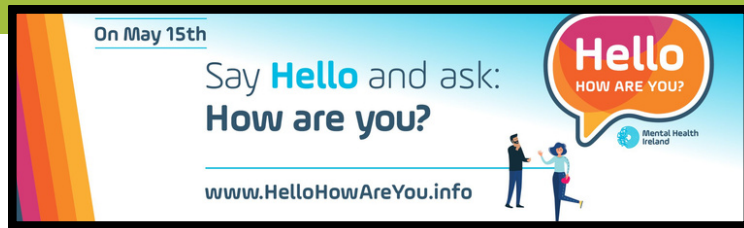
Now in its fourth year, Hello, How Are You? is a national campaign from Mental Health Ireland encouraging meaningful connection to help tackle loneliness and support mental wellbeing. You don't need to be an expert —just follow the simple HELLO steps:

H: Say Hello
E: Engage
L: Listen
L: Learn
O: Offer time and support

Thrive Connemara is proud to bring this campaign to life with events across Clifden, Clonbur, Oughterard, Inis Meáin, Inis Mór, Inis Oírr, Letterfrack, and Inverin on Thursday, May 15th.

For event times and full details, visit:
<https://hellohowareyou.info/get-involved/events-in-my-area/>

Sláinte Mheabhrach



Tá Mental Health Ireland ag tabhairt cuireadh don náisiún Dia duit a rá agus fiafraí de **Conas atá Tú?** le brí ar an Déardaoin, 15ú Bealtaine.

Anois ina cheathrú bliain, tá an comórtas náisiúnta Dia duit, Conas Atá Tú? leagann an feachtas béim ar a thábhachtaí atá sé fanacht ceangailte, cuidíonn sé le dul i ngleic leis an uaigneas, cruthaíonn sé muintearas agus cothaítear caidrimh. Spreagann sé freisin lorg cabhrach go luath trí fhaisnéis iontaofa ar sheirbhísí tacaíochta meabhairshláinte agus trí chomharthaíocht.

Tá go leor bealaí ann chun moilliú agus caidreamh dáiríre a dhéanamh le ball teaghlaigh, cara nó fiú strainséir. Ní gá duit a bheith i do shaineolaí le comhrá brí a bheith agat. Trí na Céimeanna HELLO a úsáid is féidir leat a bhraitheann go bhfuil tacaíocht agat chun an cheist a chur. Déanaimis Dia duit a rá agus fiafraímis Conas atá Tú? ceist laethúil a choinníonn nasctha sinn.

Le haghaidh acmhainní Dia duit saor in aisce, uirlisí uirlisí agus an fhaisnéis go léir atá uait i dteangacha éagsúla, tabhair cuairt ar

www.hellohowareyou.info/resources



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Mental Health/Sláinte Mheabhrach

Health and Wellbeing Boards Boird Sláinte agus Folláine



We are delighted to see the installation of a new Health and Wellbeing Board in Killanin.

The Community Health and Wellbeing Boards initiative aims to raise awareness of local and national health supports, combat social isolation, and promote the Five Ways to Wellbeing, in collaboration with West Be Well, Mental Health Ireland, Galway Sports Partnership, HSE, and Healthy Galway County.

Tá lúcháir orainn Bord Sláinte agus Folláine nua a fheiceáil i gCill Ainnin. Tá sé mar aidhm ag tionscnamh na mBord Sláinte agus Folláine Pobail feasacht a ardú ar thacaíochtaí sláinte áitiúla agus náisiúnta, dul i ngleic le leithlisiú sóisialta, agus na Cúig Bhealach chun Folláine a chur chun cinn, i gcomhar le West Be Well, Mental Health Ireland, Comhpháirtíocht Spóirt na Gaillimhe, FSS, agus Contae na Gaillimhe Sláintiúil.

CONNECT

BE ACTIVE

TAKE NOTICE

KEEP LEARNING

GIVE

Sexual Health | Sláinte Ghnéasach

HIV Awareness/Feasacht VEID

Following the national HIV stigma campaign launch in January, HIV awareness posters are now available for download and print orders in multiple languages on www.healthpromotion.ie.

In addition to Irish and English, posters are available in French, Spanish, Portuguese, Russian, Ukrainian, and Polish for a limited period.

This campaign is crucial in raising awareness and combating HIV stigma, and the multilingual resources aim to reach and support diverse communities effectively.



Tar éis seoladh an fheachtais náisiúnta stiogma VEID i mí Eanáir, tá póstaerí feasachta VEID ar fáil anois le híoslódáil agus le príontáil orduithe i dteangacha éagsúla ar www.healthpromotion.ie.

Chomh maith le Gaeilge agus Béarla, tá póstaerí ar fáil i bhFraincis, Spáinnis, Portaingéilis, Rúisis, Úcráinis, agus Polainnis ar feadh tréimhse teoranta.

Tá an feachtas seo rithabhachtach chun feasacht a ardú agus chun stiogma VEID a chomhrac, agus tá sé mar aidhm ag na hacmhainní ilteangacha teacht ar phobail éagsúla agus tacú leo go héifeachtach.

Healthy Eating / Ithe Sláintiúil

FETA AND SPINACH STUFFED SWEET POTATOES

****Ingredients (Serves 4):****

- 4 medium sweet potatoes
- 1 tbsp olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 8 oz mushrooms, sliced
- 4 cups fresh spinach
- 1 tsp dried oregano
- Salt & pepper, to taste
- 1 cup crumbled feta cheese
- Fresh parsley (garnish)
- Balsamic glaze (for drizzling)

****Method****

1. Bake: Preheat oven to 200°C. Pierce sweet potatoes with a fork and bake for 45–60 minutes until tender.
2. Sauté: In a frying pan, heat olive oil. Sauté onion for 3–4 minutes, add garlic and mushrooms and cook for 5–7 minutes until browned. Stir in spinach and oregano; season with salt & pepper.
3. Mix & Stuff: Remove frying pan from heat and fold in feta. Cut baked potatoes in half, scoop a little flesh, and fill with the veggie mixture.
4. Finish: Drizzle with balsamic glaze and garnish with parsley.



PRÁTAÍ MILSE LÍONTA FETA AGUS SPIONÁISTE SEO

****Comhábhair (Freastal 4):****

- 4 prátaí milse mheán
- 1 tbsp ola olóige
- 1 oinniún beag, mionghearrtha
- 2 clóibh gairleog, mionfheoil
- 8 unsa beacáin, slisnithe
- 4 cupáin spionáiste úr
- 1 tsp oregano triomaithe
- Salann & piobar, chun blas a chur air
- 1 cupán cáis feta crumbled
- peirsil úr (garnish)
- Glaoth balsamach (le haghaidh drizzling)

****Modh****

1. BÁCÁIL: Preheat oigheann go 200°C. Pierce prátaí milse le forc agus bÁCÁIL ar feadh 45–60 nóiméad go dtí go tairisceana.
2. Sauté: I bhfriochtán, teas an ola olóige. Sauté oinniún ar feadh 3–4 nóiméad, cuir gairleog agus beacáin agus cócaireacht ar feadh 5–7 nóiméad go dtí go browned. Corraigh i spionáiste agus oregano; séasúr le salann & piobar.
3. Measc & Stuif: Bain an friochtán ón teas agus fill isteach feta. Gearr prátaí bÁCÁILte ina dhá leath, scoop beagán flesh, agus lón isteach leis an meascán veggie.
4. Críochnaigh: Ceobhrán le glaze balsamach agus garnish le peirsil.



Bowel Screening | Scagadh Putóige



**April was
Bowel
Cancer
Awareness
Month**

"It is just so important that people make sure they are signed up for the BowelScreen programme. For some reason I wasn't and as soon as I realised, I contacted them and there you go, contacting them, asking for the test, doing the test – it probably saved my life or at the very least."



– Tom, recovered from bowel cancer

What is Bowel Screening?

Bowel screening detects bowel cancer early using a simple home test (FIT) that checks for tiny amounts of blood in your stool.

Who is Eligible?

Men and women aged 59–70 are invited every two years. The age range is expanding to 55–74.

Why is it Important?

Early detection increases the chances of successful treatment. Screening can also find polyps, which might turn into cancer if not removed.

How to Participate?

If you're aged 59–70 in Ireland, call BowelScreen on Freephone 1800 45 45 55 to check your details. You'll receive an invitation within two years. The test is done at home, is quick, easy, and painless.

Symptoms



Bleeding from your bottom



Blood in your poo



A change in how often you poo, or regularly having diarrhoea or constipation



Losing weight but you're not sure why



Feeling very tired all the time but you're not sure why



A pain or lump in your tummy

Contact your GP immediately if you have any concerns. For More Information – HSE Freephone: **1800 45 45 55**

For any bowel cancer related queries, you can also contact the Irish Cancer Society's freephone Support Line at **1800 200 700** or email supportline@irishcancer.ie.

Sun Safety | Sábháilteacht Ghrian

SLIP
ON A SHIRT



SLOP
ON SOME
SUNSCREEN

SLAP[®]
ON A HAT



WRAP
ON SOME
SUNGLASSES

THE BENEFITS OF WEARING SPF

Prevent the early onset of wrinkles & fine lines

Avoid blotchy skin & hyperpigmentation



Reduce the risk of skin cancer

Avoid inflammation & redness

Protect against sunburn

Source: SunSmart Code | Irish Cancer Society

LloydsPharmacy

PROTECT YOUR SKIN:



COVER UP

Wear appropriate clothing to protect your skin including a wide-brimmed hat and sunglasses.



WEAR SUNSCREEN

Apply sunscreen often and don't forget the tops of your feet, neck, and ears.



AVOID TANNING BEDS

Tanning beds produce an intensified level of UV radiation in a short period of time, increasing chances of skin cancer.

KNOW YOUR ABCDEs



- A** Asymmetry - One side of a mole or birthmark does not match the other side.
- B** Border- Irregular or scalloped borders.
- C** Color - Varies with shades of tan, brown and black, white, red, pink or blue.
- D** Diameter - Look for spots that are larger than 6mm but can be smaller.
- E** Evolving - If the mole or lesion is suddenly changing size, shape and/or color.

Other Information | Faisnéis Eile

GRD's Nature Network Launch

Want to make your community group
'greener'?

Join us for the launch of the East
Galway Nature Network – a new space
for local groups (new or long-standing)
to share ideas, get inspired, and learn
how to be more eco-friendly.

 Ard Rí Hotel, Tuam
 May 20th | 7-9 PM

The evening will feature guest speakers
like Conor Carty (LEADER), Rosina Joyce
(Galway Biodiversity Officer), and Janet
Laffey (LAWPRO), plus information
stands from SEAI, Climate Action Fund,
GRETb, and more.

It's all part of Biodiversity Week 2025 –
and it's free to attend!

Get in touch with Emily Hughes, Climate
Action Officer, at 087-4131248 or
ehughes@grd.ie for more info.



Could your community group be greener?

**SAVE THE DATE for
GRD's Nature Network Launch
20th May**

**Meet other community groups, access
training, funding, share ideas, and contacts**

For more details contact Emily Hughes on 0874131248
email: ehughes@grd.ie



Other Information | Faisnéis Eile

Seoladh Líonra an Dúlra GRD



An bhféadfadh do ghrúpa pobail a bheith níos glaise?

**SÁBHÁIL AN DÁTA do Sheoladh Líonra
Dúlra GRD an 20 Bealtaine**

**Buail le grúpaí pobail eile, rochtain ar oiliúint,
maoiniú, smaointe agus teagmhálacha a roinnt**

**Le haghaidh tuilleadh sonraí déan teagmháil le
Emily Hughes ar 0874131248
ríomhphost: ehughes@grd.ie**



Ar mhaith leat do ghrúpa pobail a dhéanamh 'níos glaise'?

Bígí linn do sheoladh Líonra Dúlra Oirthear na Gaillimhe – spás nua do ghrúpaí áitiúla (nua nó fadbhunaithe) chun smaointe a roinnt, inspioráid a fháil, agus foghlaim conas a bheith níos neamhdhíobhálach don chomhshaol.

📍 Óstán Ard Rí, Tuaim

📅 20 Bealtaine | Beidh aoichainteoirí ar nós

Conor Carty (LEADER), Rosina Joyce (Oifigeach Bithéagsúlachta na Gaillimhe), agus Janet Laffey (LAWPRO) ar an oíche seo, chomh maith le seastáin eolais ó SEAI, an Ciste um Ghníomhú ar son na hAeráide, GRETB, agus go leor eile.

Tá sé ar fad mar chuid de Sheachtain na Bithéagsúlachta 2025 – agus tá freastal air saor in aisce! Téigh i dteagmháil le Emily Hughes, Oifigeach Gníomhaithe ar son na hAeráide, ag 087-4131248 nó ehughes@grd.ie chun tuilleadh eolais a fháil.



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 **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, especially when relating to Gaeltacht areas

Thank you!

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Acknowledgments:

Morven Brooks

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