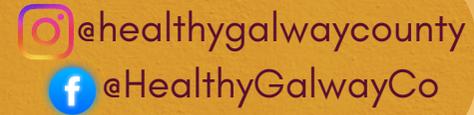




Healthy County Galway Newsletter December 2025



HEALTH & STRENGTH in Menopause



Galway Sports Partnership, in partnership with EduFIT, is hosting a **FREE 60-minute online workshop** covering:

- Menopause and muscle changes.
- Benefits of multimodal exercise.
- MenoWell's impact and research findings.
- Feedback from over 3,600 women and how that's been implemented in the new programme.
- How to access MenoWell 2 (including on-demand options).

Presented by:



Dr Diane Cooper
Founder and CEO of EduFIT
Clinical Exercise Physiologist
Health Researcher

Live on Zoom on Wednesday 10th December from 7-8pm

The workshop will be recorded for on-demand viewing for a period of 30 days.

To sign-up, please see the link in the post description.




MEMORY CAFÉ INITIATIVE Christmas Celebration

Memory Café Initiative Connemara

Invite you to join us for Christmas Lunch and Holiday Cheer
"Joyful Jingles and Melodies"

On
Monday 8th December in The Station House Hotel at 12.30 pm

Contact Kathleen for Full details:
087 241 4169





👉 CURIOUS ABOUT YOUR FITNESS LEVEL? JOIN OUR WOMEN'S WELLNESS TESTING DAY AS PART OF A LARGE RESEARCH STUDY.

We're inviting postmenopausal women living in Ireland (meaning you haven't had a menstrual period in at least 12 months as part of the menopausal transition), to take part in a one-time, in-person fitness and health testing day focused on physical activity.

👉 WHAT'S INVOLVED?

- A range of questionnaires and simple physical tests
- Total time: approx. 1 hour and 15 minutes

👉 WHY PARTICIPATE?

Get your fitness results (strength, flexibility, aerobic fitness and body composition) on the spot for free. Get a free online booklet with exercise and nutrition tips tailored to this stage of life. Help us to understand how to better support postmenopausal women in staying active and healthy.

👉 INTERESTED? SIGN UP BELOW

Please provide your details in the below link or QR code and we will get back to you soon with details of the testing day.

<https://forms.office.com/e/Tx2pCW4xu1>

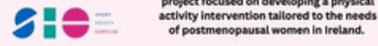
For more information contact us:
a00325038@student.tus.ie
0877160537
Rita Trentz - Sport & Health Sciences Department - TUS



Expression of Interest for Post Menopausal Women's Health & Fitness Testing Day



This study forms part of a broader PhD project focused on developing a physical activity intervention tailored to the needs of postmenopausal women in Ireland.



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



Rialtas na hÉireann
Government of Ireland



Dementia Cafe Initiative Connemara



hi healthy ireland | Healthy Galway | Clár Éire Ildánach Creative Ireland Programme | HE Feidhmeannacht na Seirbhíse Sláinte Health Service Executive

MEMORY CAFÉ INITIATIVE
Christmas Celebration

FORUM CONNEMARA CLG | SICAP Social Inclusion & Community Activation Programme

Memory Café Initiative
Connemara

Invite you to join us for Christmas Lunch and Holiday Cheer
"Joyful Jingles and Melodies"
On
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The Station House Hotel
at 12.30 pm

Contact Kathleen for Full details:
087 241 4169

Memory Café Initiative Christmas Celebration in Connemara

Healthy County Galway, Forum Connemara, and the Alzheimer Society of Ireland are pleased to support a special Christmas Lunch and Holiday Celebration for participants of the Memory Café Initiative in Connemara.

This event is designed to support social connection and festive cheer for those attending the Memory Cafés, providing an opportunity to come together in a warm and welcoming environment.

Event Details:

Date: Monday, 8th December at 12:30 PM

Venue: The Station House Hotel, Clifden

Activities: Carol Singing, Music & Song

The Memory Café Initiative offers a safe and supportive space for people living with dementia and their caregivers to connect, share experiences, and enjoy meaningful activities. This Christmas celebration is part of an ongoing effort to support community wellbeing and inclusion, aligning with the goals of Healthy Ireland to promote mental health and social participation.

Empowering Women's Health A Resounding Success



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Rita Trentz - Sport & Health Sciences
Department - TUS



This study forms part of a broader PhD project focused on developing a physical activity intervention tailored to the needs of postmenopausal women in Ireland.

Women's Wellness Testing Day - Healthy County Galway

Healthy County Galway, in collaboration with the HSE, Comhair na nOileán, Broadband Connection Points Officers, Forum Connemara, and local resource centers, is leading an innovative Women's Health Programme designed to support postmenopausal women in improving their physical wellbeing.

This initiative forms part of a broader research study aimed at understanding how lifestyle interventions can enhance health outcomes for women during later life stages. By participating, women will not only receive personalised fitness assessments but also contribute to valuable research that informs future health strategies across Ireland.

Benefits for Participants:

- Immediate feedback on fitness indicators such as strength, flexibility, and aerobic capacity.
- A free digital booklet with tailored exercise and nutrition guidance.
- Contribution to research to potentially shape national health policy for women's health.

Healthy County Galway is proud to champion this programme as part of its commitment to inclusive health initiatives, ensuring that women in all parts of the county have access to resources that support active, healthy living.



Taking Stock Farmer's Program

National
BEEF
CONFERENCE

Beef Farming 2025: Value, Profit & Renewal

FREE EVENT!

Exhibitors on the evening include:

- Advisory Service
- Organics
- Forestry
- Collaborative Farming
- Education
- Health & Safety

www.teagasc.ie/beefcon25

WOODS HOTEL
ATHENRY

NOVEMBER CO. GALWAY

Session 1: High-Value Weanlings: From Breeding Decisions to Market Demand
Chaired by: Keith Fahy, Teagasc & Galway Bay FM

Session 2: Beef 2025 and Beyond: Prices, Profits and Passing on the Farm
Chaired by: Damien O'Reilly, Former RTÉ Radio 1 Countrywide presenter

Managing the Suckler Cow Pre- and Post-Calving for Fertility and Performance
Professor David Kenny
Head of Animal & Bioscience Research Department, Teagasc

The Myostatin Gene in Beef Breeding: Balancing Muscling and Calving Ease
Dr. Katie Quigley
Geneticist, ICBF

Global Beef Markets: What's Driving Prices and What's Next
Rupert Claxton
Meat Director, GIRA

Beef Farm Profits in 2025: Tax Planning for This Year and Beyond
Trevor Boland
Beef Farmer & Accountant, IFAC

Panel Discussion: How to breed, feed, and sell weanlings the market wants

Professor David Kenny (Teagasc), **Dr. Katie Quigley** (Geneticist, ICBF), **John Barry** (Beef Beef Programme, Senior Beef CTF, Teagasc), **Brendan Egan** (Casterles, Farm Manager), **Thomas O'Connor** (Beef Finches, W.Moore)

Panel Discussion: Generational Renewal on Irish Beef Farms: Challenges and Solutions

Dr. Emma Dillon (Senior Research Officer, Teagasc, Economist), **Ruth Fennell** (Collaborative Farming Specialist, Teagasc), **Trevor Boland** (Beef Farmer & Accountant, IFAC), **Eimonn & Donnchadh McCarthy** (Beef Beef Programme, Senior Beef CTF, Teagasc)

www.teagasc.ie/beefcon25

Healthy County Galway at Teagasc National Beef Conference

Healthy County Galway was invited to attend the Teagasc National Beef Conference held recently at Raheen Woods Hotel, Athenry. The event, themed “Beef Farming 2025: Value, Profit & Renewal”, brought together farmers and industry experts to discuss future opportunities and challenges in beef production.

As part of the Taking Stock campaign, Healthy County Galway hosted an information stand providing health resources, leaflets, and merchandise to promote farmer wellbeing. The initiative aimed to raise awareness about the importance of physical and mental health in farming communities.

Additionally on the night, Healthy Galway supported Podiatry foot checks and health checks provided by Cro

These services were welcomed by attendees, highlighting the value of integrating health and wellbeing into agricultural lifestyles. By engaging directly with farmers, the campaign reinforced Healthy Ireland’s commitment to preventative health and community wellbeing.



Nutritional Health



Lentil and vegetable stew

Ingredients

- 1 large onion
- 2 medium carrots
- 2 celery sticks
- 100g / 4oz. of mushrooms
- 2 small courgettes
- 1 tablespoon of oil
- 175g / 6oz. of red lentils
- 1 teaspoon of mixed herbs
- 600ml / 1 pint of low salt vegetable stock
- 2 tablespoons of tomato purée
- Black pepper to taste

Method

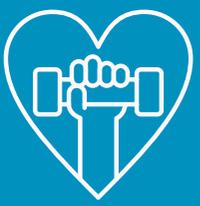
1. Chop all the vegetables
2. Heat the oil in a large saucepan, add the onion and cook for five minutes
3. Add the carrots and celery, cook for two minutes
4. Stir in the lentils, herbs, stock, puree and pepper and bring to the boil
5. Cover and simmer for 20 minutes until the lentils are soft
6. Stir in the courgettes and mushrooms and cook for a further 10 minutes
7. Transfer to a casserole dish for serving

Benefits

A lentil and vegetable stew is a winter winner for both taste and health.

- Red lentils are packed with plant protein and fiber, which help keep you full and support steady energy levels.
- Carrots and courgettes add vitamin A for healthy vision and skin, while celery provides antioxidants that fight inflammation.
 - Mushrooms are a natural source of B vitamins, which boost energy and support the nervous system – did you know they're also one of the few plant-based sources of vitamin D?

Combined with low-salt vegetable stock and mixed herbs, this stew hydrates, nourishes, and warms you from the inside out. It's a simple, affordable way to feel energised and comforted during the colder months.



Physical Exercise



STEP INTO WINTER

AND FEEL THE GOOD IT GIVES



with Healthy Ireland and parkrun

WHEN: Every Saturday morning at 9:30
WHERE: Over 150 locations in Ireland
WHO: EVERYONE is welcome!

FOR MORE INFORMATION
www.parkrun.ie

Saturday mornings just got better. 'Step into Winter' and Join your local Parkrun. A free, no pressure 5km run that's all about fun, fresh air and meeting new people.

Visit

<https://www.parkrun.com/>



Galway Sports Partnership 2026 Programmes

Bike Week 2026 Grant - Now Open!

Men on Move - New Locations

Buggy Buddies - New 2026 Schedule
Launches January

Siel Bleu Active Islands - Inishbofin & Inis
Mór

Glow Games - Active Islands

New HER Moves Programme

Walk Leader Courses



@galwayactive



galwayactive.ie



091-509 670



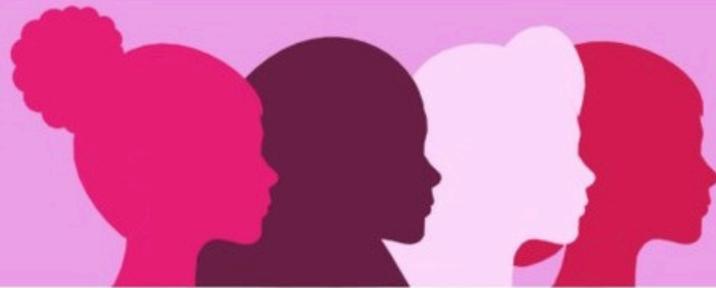
SPÓRT ÉIREANN
SPORT IRELAND



Local Community Events



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Galway Sports Partnership, in partnership with EduFIT, is hosting a **FREE 60-minute online workshop** covering:

- Menopause and muscle changes.
- Benefits of multimodal exercise.
- MenoWell's impact and research findings.
- Feedback from over 3,600 women and how that's been implemented in the new programme.
- How to access MenoWell 2 (including on-demand options).

Presented by:



Dr Diane Cooper
Founder and CEO of EduFIT
Clinical Exercise Physiologist
Health Researcher

**Live on Zoom on
Wednesday 10th
December from 7–8pm**

The workshop will be recorded for on-demand viewing for a period of 30 days.

To sign-up, please see the link in the post description.



Galway Sports Partnership is inviting you to a free online workshop with Dr. Diane Cooper, Founder & CEO of Edufit on the topic 'Health & Strength in Menopause'

17 Date: Wednesday, December 10th

⌚ Time: 7:00 PM – 8:00 PM

📍 Location: Online (via Eventbrite registration)

Topics: Menopause and muscle changes
Benefits of strength training and multimodal exercise
MenoWell's impact and research findings (feedback from 3,600 women)
Addressing common health concerns from Women in Midlife

In addition to this, the MenoWell 2.0 Programme will launch in January 2026 for women across Galway City and County. This six-week health and exercise initiative, designed by Edufit, supports women in midlife—whether approaching or experiencing post-menopause.

The programme is fully funded through Sport Ireland's Women in Sport initiative and supported by Healthy Galway County, Atlantic Technological University and University of Galway.

Register now on Eventbrite

<https://www.eventbrite.ie/e/1969243373942?aff=oddtcreator>



Local Community Events

Living Well

A programme for adults with long-term health conditions



Living Well is a free group programme for adults living with any long-term or chronic health condition. It takes place over six weekly workshops (6 x 2.5 hours) – either online or in-person. It is delivered by trained leaders, most of whom are also living with a long-term health condition.

You will develop self-management skills and confidence to live well with your health conditions. You will also meet other people who live with long-term health conditions and learn from each other's experiences.

Upcoming Living Well Programmes

Venue	Day	Start date	Finish date	Time
Ballinasloe	Fridays	16 th January 2026	20 th February 2026	10.00am – 12.30pm

To book your place contact

Name: Martha McTigue

Phone: 086 0142688

Email: mmctigue@southmayo.com

www.hse.ie/LivingWell



*Long-term health conditions include (but are not limited to) COPD, asthma, diabetes, stroke, heart conditions, multiple sclerosis (MS), arthritis, cancer, Crohn's disease, chronic pain and depression.



Self-management Support



Sláintecare.

Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.

WRDATF Community Cocaine Response Small Grants Scheme



Date: December 1st, 2025

Details:

Name: WRDATF Community Cocaine Response Small Grants Scheme

Total Fund: €30,000

Grant Amounts: €5,000 – €10,000

Duration: 6–12 months per project

Eligible Areas: WRDATF region; Galway, Mayo & Roscommon

Administering Body: WRDATF

Application Process: Short proposal (max 2 pages) + budget summary

Reporting: 1-page final report; optional community feedback session

Eligible Activities

Projects must address cocaine and/or crack cocaine use and may include (but are not limited to):

Harm Reduction Initiatives

Outreach and Peer Support

Treatment and Early Intervention

Community Education and Awareness

The advert is on Activelink: www.activelink.ie/node/119466



Local Community Events



DiPS
for Health

FREE!

monthly

Friday 12th December
12.30pm-1.30pm
Crabpool (Ladies) Beach
Salthill, Galway

All Welcome. No experience needed!

BOOK NOW bit.ly/MHI-events
or email sarah.fahy@mentalhealthireland.ie











COFFEE MORNING



16 DAYS OF ACTIVISM TO END GENDER-BASED VIOLENCE

FCRC BALLINASLOE SOCIAL SERVICES, H53 KC98

Join us on Tuesday 9th of December from 10.30am







Local Community Events

AkiDWA

AKINA DADA WA AFRICA

Health and Wellness Summit 2025

FREE Health Screening and Education on heart health, mental health, wellbeing, safety, Gender based violence and more!

 Tuesday
9 December, 2025

 11.00am - 04:00pm

 PorterShed, Galway
H91 TCX3

Contact Us

 support_officer@akidwa.ie

 089 954 9411

[REGISTER HERE](#)



AkiDWA

AKINA DADA WA AFRICA

HEALTH AND WELLNESS SUMMIT

PROGRAMME

- | | |
|-------------------|--|
| 11.00 AM-11.30 AM | Tea and coffee-Registration & Welcome |
| 11.30AM-12.00PM | Opening Program |
| 11 AM- 4.00 PM | Health & Wellness Exhibition Opens |
| 12.30 PM-1.30 PM | Panel Discussion 1 : Mental Health |
| 1.30 PM-2.00 PM | LUNCH |
| 2.00 PM-3.00 PM | Panel Discussion 2 : Health and Gender Base Violence |
| 3.15PM-3.30 PM | Closing remarks. |

The event offers free health services and information on mental, physical, emotional, and social wellbeing. Safetynet Primary Care and Croí will provide free screenings and check-ups on a first-come basis. Other participating organizations include Black Therapist Ireland, Sexual Assault Trauma Unit, Ruhama, Galway LAIT, Galway Rape Crisis Centre, Community Gardaí, and more.

Light refreshments will be available. Registration is encouraged to ensure adequate services and food.
Register here: [Galway Health and Wellness Summit 2025](#)



Healthy County Galway - Links

Stay Connected with Healthy County Galway!

We're delighted to announce the launch of our new Linktree — your one-stop hub for everything Healthy County Galway.

Through this single link, you can now:

- Sign up for our monthly newsletter to stay informed on health initiatives, events, and resources across County Galway.
- Sign up for upcoming Healthy Galway programmes.
- Access our email to get in touch directly.
- Follow us on Instagram and Facebook.

Follow the link: linktr.ee/healthycountygalway.

Or scan the QR code below to explore and connect instantly!



Sign up to the Healthy County Galway monthly newsletter.

By submitting this form, you agree to receive the **Healthy County Galway** monthly newsletter by email. We will only use your purpose of sending you this newsletter. You can unsubscribe at any time by contacting us at arankin@galwayco.ie, and we will store your information from our records. Your data will be stored securely and will not be shared with any third parties.

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

* Required

1. Name or Organisation *

2. Email address to receive the newsletter *

Never give out your password. [Report abuse](#)



Healthy County Galway

We support and organise programmes, events, and funding opportunities to empower people to improve their health and wellbeing in County Galway.



Register for a Women's Health Programme event near you



Sign up to the Healthy Galway County monthly newsletter



Email us



Facebook



Instagram



Twitter



Our website



Healthy County Galway Website

Healthy County Galway

We support and organise programmes, events, and funding opportunities to empower people to improve their health and wellbeing.

www.galway.ie/healthyireland

What is Healthy Ireland?

Healthy Ireland is a Government-led initiative which aims to create an Irish society where everyone can enjoy physical and mental health, and where wellbeing is valued and supported at every level of society.

Healthy Ireland has come about because of concerns that the current health status of people living in Ireland – including lifestyle trends and health inequalities – is leading us towards a future that is dangerously unhealthy, and very likely unaffordable. The many risks to the health and wellbeing of people living in Ireland include some which are obvious: issues such as overweight and obesity, mental health, smoking, alcohol and drugs. Healthy Ireland seeks to provide people and communities with accurate information on how to improve their health and wellbeing and seeks to empower and motivate them by making the healthy choice the easier choice.



Three Year Strategy

☞ Healthy County Galway's Programme Objective for 2022-2025

To increase the percentage of people aged 50+ engaging in one or more social leisure activities at least once a week.

Related Links

- [Galway Sports Partnership](#)
- [Healthy Ireland](#)
- [Get Ireland Active](#)
- [Get Ireland Walking](#)
- [Tobacco Free Ireland](#)
- [A Healthy Weight for Ireland](#)
- [Reducing Harm, Supporting Recovery](#)
- [National Sexual Health Strategy](#)
- [Comhairle na nÓg](#)
- [Better Outcomes Brighter Futures](#)
- [Croí na Gallimhe](#)
- [Sexual Health West](#)
- [Galway Rural Development](#)
- [Forum Connemara](#)
- [Galway Children & Young People's Services Committee \(CYPSC\)](#)
- [Comhar na nOileán CTR](#)
- [Comhar na nOileán CTR Facebook](#)

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**](mailto: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!

✉ healthandwellbeing@galwaycoco.ie

@healthygalwaycounty

 @HealthyGalwayCo

Acknowledgments:
Morven Brooks
Graduate Placement, Rural,
Community Development & Integration