

Healthy Galway City & Healthy Galway County Newsletter February 2025



 aisling.colreavy@galwaycity.ie

Follow us on Social Media

 [@healthygalway](https://www.facebook.com/healthygalway)

 [@healthygalway](https://www.instagram.com/healthygalway)

 [Healthy Galway City Website](https://www.healthygalwaycity.ie)

Healthy Galway City Community Grant 2025

Galway City Council invites applications for funding from local community groups and clubs within the Galway City administrative area under the Healthy Ireland Framework.

Healthy Ireland is a national government-led strategy aimed at improving the health and wellbeing of everyone living in Ireland.

The Healthy Ireland goal is to prevent chronic disease by encouraging healthy lifestyle behaviours and creating healthier environments.

The 4 central goals of Healthy Ireland are:

- increasing the amount of people who are healthy
- reducing health inequalities
- protecting the public from threats to health and wellbeing
- creating an environment where every individual and sector can play their part in achieving a healthy Ireland

Galway City Council and Healthy Galway City invite applications for funding from local community groups and clubs within Galway City to support initiatives, projects and activities that are aimed at improving health and wellbeing.

Applications for funding should align to one or more of the above goals in order to be successful.

Online applications open on **Tuesday, 4th February 2025 at 9 am.**

Guidelines for the grant can be found here [Healthy Galway City 2025 Community Grant guidelines.pdf \(PDF, 160.15KB\)](#)

To make your online application for the Galway City Council Healthy Ireland Grant 2025, please apply here: <https://submit.link/3jh>

For any queries in relation to the above please contact candc@galwaycity.ie or 091-536 461/ 091 – 536358.

To find out more about Healthy Galway City, please visit <https://www.healthygalwaycity.ie/>

The closing date for all online applications is Friday, 21st February 2025 at 4.00pm.



 arankin@galwaycoco.ie

Follow us on Social Media

 [@healthygalwaycounty](https://www.facebook.com/healthygalwaycounty)

 [@healthygalwaycounty](https://www.instagram.com/healthygalwaycounty)

 [Healthy Galway City Website](https://www.healthygalwaycity.ie)

Free World Cancer Day Webinar

'Your cancer prevention questions answered'

Covering healthy eating, melanotan, alcohol, tobacco and vaping

Date 4th February 2025
Time 12:00-13:15

Visit www.hse.ie/cancerprevention to register

Brought to you by the Irish Cancer Prevention Network

Irish Cancer Prevention Network



Free World Cancer Day Webinar 'Your cancer prevention questions answered'

The Irish Cancer Prevention Network will host a live webinar for World Cancer Day.

Tuesday 4 February
12pm to 1:15pm

The webinar will feature expert speakers presenting on healthy eating, skin protection: melanotan, alcohol, vaping and tobacco products and their relationship to cancer risk.

If you cannot attend the live webinar, a recording of the event will be sent to all those who register.

Click the link below to register

https://zoom.us/webinar/register/WN_I9S SmbDiQRW4zxfRQOrELQ#/registration

Physical Activity

Galway Sports Partnership and Healthy Galway (city & county) are delighted to announce our Older Adult Grant Information and Come and Try Day!

This event was run in 2024 with great success with groups getting information on what to include on their grant forms for the Age and Opportunity grant and this year we will have additional grants and information you can apply for.

Older Adult Grant Info & Come and Try Day

Friday 7th February

11am-1pm

Ballinfoile Castlegar Neighbourhood Centre, Headford Road, Galway City (Eircode H91PN50)

Complimentary Tea & Coffee for attendees.

Information will be available on the below grants (there may be additional grants included on the day)

- Age and Opportunity Grant
- HSE National Lottery Grant Scheme
- Galway County Grants
- Galway City Grants

Activities included on the day (there may be additional activities included on the day)

- Siel Bleu
- Activator Poles
- Go for Life Games
- Boccia
- Scooch

The event is open for groups to send up to 10 group members to gain information on grants and trying out the activities, see information below and please contact eloftus@galwaycoco.ie for further information.

[Click here](#) to find your local Parkrun and Junior Park run in Galway City and County - parkrun is positive, welcoming and inclusive, there is no time limit, and no one finishes last. Everyone is welcome to come along and get moving! Walkers, joggers and runners welcome.

OLDER ADULTS GRANT INFO & COME AND TRY DAY

Friday 7th February
11am-1pm

Ballinfoile Castlegar Neighbourhood Centre
(Headford Road, Galway City H91PN50)



Speak to us about upcoming grants, eligibility
and what to apply for along with trying
activities you can apply to purchase!



Healthy
Galway



Physical Activity



Men on the Move
The best MOVE you'll ever make

MEN WANTED

Want to improve your health & wellbeing?
Want to feel fitter and have more energy?
This is for you.....
MEN'S EXERCISE PROGRAMME!
Suitable for beginners & those returning to fitness

Program Details

When: Starting January 22nd @ 7.30pm

Where: Ballybane Community Resource Centre

SCAN THE QR CODE
TO REGISTER YOUR PLACE TODAY!



Weekly Sessions

Wednesday's, 7.30 - 8.30pm

8 week programme, Jan 22nd - March 12th

For more details contact the Community Sports Hub;
WhatsApp Vera on 0858536614 or email vera@ardfrc.com

Supported by



Social Steps Dance Classes for Over 60's are back! Running Mondays throughout 2025 (excluding Bank Holiday Mondays) in three locations in Galway City. Classes are completely free to attend, drop ins are welcome. For more information, contact Healthy Galway City Coordinator Aisling on 085 821 7547 or aisling.colreavy@galwaycity.ie

What is Men on the Move?

Men on the Move is a Free physical activity programme aimed at adult men looking to improve their health and wellbeing, in a fun and sociable environment. Suitable for beginners or those returning to fitness!

What to expect:

Weekly structured physical activity sessions led by qualified fitness professional, tailored to suit all ages and fitness levels
Classes take place Wednesday evenings 7.30-8.30pm

Where: Ballybane Community Resource Centre, H91VP6D

When: Starts Wednesday 22nd @ 7.30pm

Duration: 8 weeks, Jan 22nd - March 12th

How to Register:

For more information, or to register, simply scan the QR Code on poster or use the following link: <https://forms.office.com/r/14mUCZqfrS>

Funded by Galway Sports Partnership



SOCIAL STEPS DANCE CLASS FOR OVER 60'S

Starting in January 2025 - Dates to be confirmed!
In three locations in Galway City
Running throughout 2025, drop ins welcome

Come along and enjoy a fun and friendly dance class, with tea, coffee and refreshments served

Teachers from Galway Dance will demonstrate social dances including jiving, waltzing, line dancing and much more!

Suitable for all abilities, FREE to attend

This project is funded through the Healthy Ireland Fund supported by the Department of Health and is supported through the Creative Ireland programme.



Mental Health & Wellbeing

Léiríonn taighde gur féidir le roinnt nósanna simplí laethúla cabhrú le strus a laghdú

Research shows that adopting some simple daily habits can help to reduce stress

Everyone experiences stress, which is a normal part of life. While stress can help us handle challenging situations, too much of it can lead to negative effects like anxiety, dizziness, and burnout. Managing stress is crucial to maintaining both mental and physical health. To keep stress levels in check, consider adopting some new habits.

Staying hydrated can prevent stress headaches, while deep breathing exercises can promote calmness. Engaging in enjoyable activities and using positive affirmations can also help manage stress.

Listening to music, exercising regularly, and ensuring adequate sleep are effective ways to reduce stress. Additionally, practicing gratitude and using techniques like humming or matching body language in social situations can further alleviate stress.

Finding what works best for you is key. Whether it's a small workout at home, a walk, or a relaxing bath, incorporating these habits into your daily routine can make a significant difference in managing stress.

For more tips on stress reduction, visit <https://www2.hse.ie/mental-health/issues/stress/> Remember, while stress is common, if you are finding it difficult to cope with constant stress - The most important thing to do is speak to your doctor or mental health professional.

To find a GP in your area, contact the Irish College of General Practitioners on 01 676 3705.

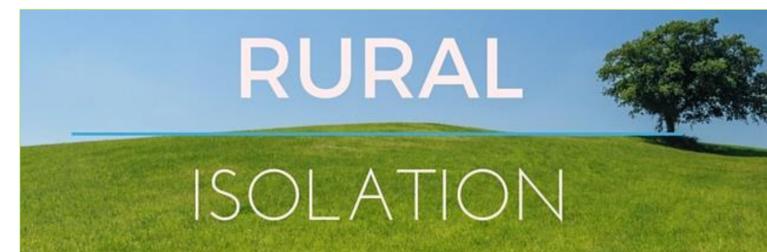


- Reach Out and send a message to someone you haven't contacted in a while
- Be Genuine: Open up about wanting to reconnect.
- Share what you've missed and make up for lost time



TIPS TO GET BETTER SLEEP

- Be mindful of what you eat before bed.
- Don't exercise too close to bed time
- Minimise gadget use.
- Avoid doom scrolling
- Unwind an hour before bed time
- Follow a consistent sleep schedule.



Leithlisiú tuaithe sa Ghaeltacht

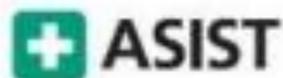
Like many rural areas, Connemara has its own unique set of mental health issues that can impact the local community. To address these issues, several professional local and national organisations provide mental health support and services in Connemara.

- **For face-to-face counselling try the Clann Resource Centre, Oughterard, Elm Tree Clifden, contact your GP or the HSE Mental Health Services.**
- **For phone support try the Samaritans, Pieta House, Seniorline or Aware.**
- **Online see www.yourmentalhealth.ie, www.westbwell.ie, www.text50808.ie**
- **Additionally, community groups and local initiatives, such as sporting clubs and fitness groups, can provide social support and a sense of belonging for those who may be experiencing isolation or loneliness.**

Mental Health & Wellbeing



Applied Suicide Intervention Skills Training



Applied Suicide Intervention Skills Training

Booking is essential, please follow this QR code:



or visit www.nosp.ie/training or email:

darlene@breakingthrough.org

Location:

Croí, Moyala Lane, Newcastle, Co. Galway, H91FF68

Date: 27 & 28 Feb '25

Time: 9am-5pm (both days)

ASIST is a two-day skills building workshop in suicide first aid. Participants are trained to reduce the immediate risk of a suicide and increase the support for a person at risk. The workshop provides opportunities to learn what a person at risk may need from others to keep safe and get more help. Those taking part in the training will feel challenged and safe, work interactively with others in small groups, learn a suicide first aid model that provides a framework for skills practice and experience powerful audio visuals.

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

The Applied Suicide Intervention Skills Training (ASIST) programme will run in Croí, Galway from 9am to 5pm on Monday and Tuesday, February 27 and 28 next.

The ASIST programme is a two-day intensive, interactive, and practice-dominated workshop designed to help Caregivers recognize the immediate risk of suicide and learn how to intervene to prevent the tragic consequences of suicide. This training is aimed at professionals and individuals who are working in an area where they are likely to come into contact with someone who is at risk of suicide. ASIST is designed to help all Caregivers become more ready, willing, and able to help persons at risk of suicide.

You can find out more information about ASIST [HERE](#).

The training is free, but booking is essential, and participation is restricted to over 18s only.

To book your place now for ASIST at Croí, Moyala Lane, Newcastle, Galway on February 27 & 28 please follow this [LINK](#).



Galway Community Café

A free, peer-led, out of hours adult mental health café

Galway Community Café is available to support individuals in person, through phone calls and also by offering Social Saturday groups.

Please call/text the café on 087 108 5134 to arrange a time for a chat.

Please note that this booking system is monitored from Thursdays to Sundays only.

Galway Community Café is a free out-of-hours adult mental health cafe that provides peer support to people in a supportive non-clinical space.

Contact by phone on 087 108 5134 or [book a time with us!](#)

A two-day skills building workshop in suicide first aid, this training is FREE to attend and funded by the HSE National Office for Suicide Prevention

Suicide first aid helps meet some of the challenges in reducing suicidal behaviour

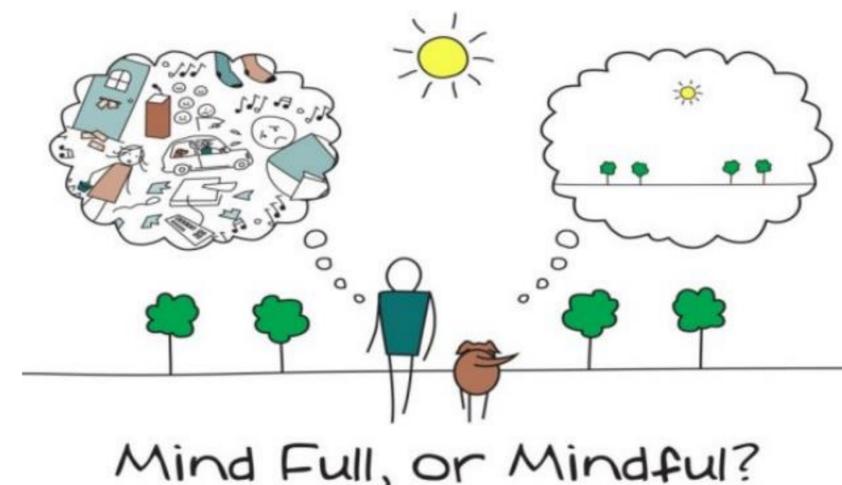
Eating Well

Ithe Neamhaireach vs Ithe Aireach

An itheann tú gan intinn? Seans go bhfuil cuma air seo a bheith ag ithe agus tú ag breathnú ar an teilifís, ag scrollú trí d'fhón, nó ag glacadh sneaiceanna díreach ón mála gan smaoineamh. Nuair a itheann muid gan mheabhair, is minic nach mbíonn a fhios againn cé mhéad atá á ithe againn nó fiú ag baint taitnimh as an mbia go hiomlán. Is féidir le seachráin an dearcadh ar shaintréithe bia cosúil le blas agus uigeacht a bhaint, rud a chuireann moill ar mhothú iomláine agus ag cur isteach ar chuimhne iontógáil bia, rud a fhágann go dtiocfaidh méadú ar sneaiceanna.

Go deimhin, fuarthas amach in athbhreithniú eolaíoch gur ith daoine a fuair pacáistí bia níos mó, codanna bialainne níos mó, agus plátaí agus babhlaí níos mó ar an meán 30% níos mó bia i gcomparáid leo siúd a tugadh méideanna níos lú. Mar sin féin, chreid breis agus 70% de na daoine gur ith siad an méid céanna mar is gnách, agus chreid 94% go daingean nach raibh tionchar ag an bpacáiste, ag an gcuid nó ag méid an phláta orthu. Tugann sé seo le tuiscint gur féidir le fachtóirí seachtracha a chur faoi deara do dhaoine ithe go meabhrach.

Ar an lámh eile, ciallaíonn ithe aireach a bheith feasach agus tú ag ithe, ag díriú ar thréithe céadfacha, ag aithint freagairtí ar bhia, agus ag tabhairt aird ar leideanna ocrais agus satiety. Léiríonn staidéir go bhfeabhsaítear iompraíocht iteacháin, ionghabháil chothaithe agus meáchan coirp le hidirghabhálacha atá bunaithe ar aireachais, agus go bhféadann siad cuidiú le ró-ithe mí-intinne a chosc.



Do you eat mindlessly? This might look like eating while watching TV, scrolling through your phone, or grabbing snacks straight from the bag without thinking. When we eat mindlessly, we're often not aware of how much we're consuming or even fully enjoying the food. Distractions can take away the perception of food attributes like flavor and texture, delaying the feeling of fullness and interfering with memory of food intake, leading to increased snacking.

In fact, a scientific review found that people given larger food packages, bigger restaurant portions, and larger-sized plates and bowls ate an average of 30% more food compared to those given smaller sizes. However, over 70% of people believed they had eaten the same amount as usual, and 94% firmly believed they were not influenced by the package, portion, or plate size. This suggests that external factors can cause people to eat mindlessly.

Mindful eating, on the other hand, means being attentively aware while eating, focusing on sensory attributes, acknowledging responses to food, and paying attention to hunger and satiety cues. Studies show that mindfulness-based interventions improve eating behavior, dietary intake, and body weight, and can help prevent mindless overeating.

Eating Well

CR♥Í's tips for mindful eating

Fighting Heart Disease & Stroke

Tips for Mindful Eating

- Come to the table with an appetite but **not ravenously hungry**.
- **Remove any distractions** such as your phone, television or newspapers.
- Start with a **small portion** of food.

- Pause before eating to look at and **appreciate your food** and how it got to your plate.
- **Bring your senses to the meal** – appreciate the different colours, textures, smells and flavours of your food.
- Take **small bites** and put your fork down between bites to fully taste your food.
- **Chew your food** thoroughly so that you can taste it properly. You may have to chew each mouthful 20-40 times.
- **Eat slowly**. This will help you to recognise when you are starting to feel full. It can sometimes take 20 minutes for our stomach to signal to our brain that it is full. The slower you eat, the more time you give yourself to recognise this feeling.
- **How does your body feel?** What are your physical sensations, emotions, hunger level and satisfaction while you are eating and after you are finished eating?



In the cold weather, it's important to stay warm with hearty and healthy meals. Soups are a great way to get lots of nutrients and fill yourself up.



Tá an mhias traidisiúnta Albanach seo saibhir, líonadh agus te go leor chun an fuarú a bhaint as na cnámha is fuaire. Great le haghaidh téamh suas tar éis gníomhaíocht lasmuigh sa gheimhreadh.

This traditional Scottish dish is rich, filling and warm enough to take the chill out of the coldest bones. Great for warming up after outdoors activity in winter.

Ingredients: 450g stewing lamb, 450g stewing beef, 1 chicken stock cube, 2 large onions, 1 large carrot, 1 medium turnip, 2 leeks (green tops only), 200g of pearl barley, a tied bunch of fresh herbs (bay leaf, parsley, thyme, and rosemary), 4 cloves of garlic, 1 tablespoon of olive oil, 2 litres / 4 pints of cold water, salt and pepper to taste.

Method:

- Brown the meat in a frying pan with the oil
- Chop all the other vegetables; onions, carrots, turnip, leeks, garlic
- Add 2 litres / 4 pints of cold water to large cooking pot and put in the meats, and the scrapings off their pan, before adding the chopped vegetables, herbs, and stock cube
- Bring slowly to the boil, and then skim off excess fat
- Simmer for 4 to 5 hours, allow cooling, then skimming again, and take out the herb bouquet
- Check seasoning and serve steaming hot



Social Connection/Nasc Soisialta

Healthy Galway Grant for Community Garden Projects

Healthy Galway recently provided €30,000 in funding to support community projects, with grants ranging from €1,000 to €5,000. These grants were used to purchase equipment and materials that encourage participation in social and leisure activities.

Those encouraged to apply included Not-for-profit community or voluntary groups managing community gardens that are freely accessible to the wider community.

The goal was to enhance social connections for older people, reduce isolation, and support physical, mental, and emotional wellbeing.



Feedback from Headford Community Garden:

"Headford Community Garden was delighted to be included in the Healthy County Galway funding for the Community Gardens Grant. *We were able to purchase a climbing wall from a local business Smallwall School Products. It is a wonderful addition to our garden. Support for community gardens is vital as they're often the only green spaces in some towns. Big thank you"*



Other News

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
Ballina, Co. Mayo	Tuesday	18 th February 2025	25 th March 2025	2.00pm – 4.30pm
Loughrea, Co. Galway	Thursday	20 th February 2025	27 th March 2025	10.30 am – 1 pm
Boyle Co. Roscommon	Wednesday	26 th March 2025	30 th April 2025	10.30 am – 1 pm
Galway City	Tuesday	1 st April 2025	6 th May 2025	2.00pm – 4.30 pm
Castlebar, Co Mayo	Friday	25 th April 2025	30 th May 2025	10.30 am – 1 pm

To book your place contact

Name: Martha McTigue

Phone: 086 0142688

Email: mmctigue@southmayo.com

www.hse.ie/LivingWell



Living Well Programme



MALEs Ireland - Galway Men's Circle

You are warmly invited to join us for drumming, meditation, and sharing in a brotherhood of men—transforming one another through a power greater than ourselves.



We are dedicated to cultivating healthy, mature masculinity. Together, we take ownership of our 'stuff'—releasing what no longer serves us—so we can move beyond it and embrace a healthier way of being. We take action in the best interest of ourselves, our families, and our communities.

Galway Men's Circle provides a space where:

- Men can recognise their innate need for the support and nurture of other men—where they can openly share what's going on for them, be heard without the need to be fixed, be vulnerable without judgment, and be held in the confidence of the group.
- We practice the Way of Council to create a sacred space for each other, speaking and listening from the heart in confidence, where we are heard without the need for answers.

We aim to foster a generation of men who embrace both the roles of learners and elders in their lives. We welcome all men, regardless of age, ethnicity, background, sexual orientation, status, or creed. Our community is inclusive, open to men of all faiths or none, and we respect the individual beliefs of each man.

When: Mondays 7.30-9pm Fortnightly.

Where: Ballybane Resource Center H91 VP6D

Cost: A donation of €5 is suggested, but not essential.

For more information contact Jason 087 2715757 or visit malesireland.ie

*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.

Other News



ZERO TOLERANCE

MEN'S AID Ireland

Helpline Open
Monday - Friday
9am - 5pm

01 554 3811

hello@mensaid.ie
www.mensaid.ie

in | | f | |

Men's Aid Ireland provide a confidential service in Galway underpinned by a victim centric and human rights proofed approach aimed at ensuring all male victims of Domestic Violence/Coercive Control receive the required support to be safe.

An Outreach Court Support Worker, based at the Courthouse in Galway, provides a face to face or phone service for those victims who, from a gender perspective, primarily identify as male, including non-binary, intersex and transgender. We also acknowledge our responsibility to support all victims of Domestic Violence/Coercive Control and will provide 'support to report' for any victim, irrespective of gender, by referral to the most relevant of our civil society partners, with the informed consent of the victim.

Confidentiality: Service users can expect complete confidentiality save where disclosures reveal self-harm, harm to others or child danger concerns. We understand that it can be difficult to come forward and disclose abuse or violence, and so we put your safety first. Men's Aid complies with Children First Guidelines in relation to the protection and welfare of children.

Galway Outreach Support is a free service and is available every Tuesday and Wednesday from 09:00 to 17:00 at Courthouse Square, Galway, Co. Galway. H91 CDT6. Appointments can be made by calling our Confidential Support Line on 01-5543811, or via email at hello@mensaid.ie

Additional information is available by visiting our website at www.mensaid.ie and donations are welcome and may also be made through our website at www.mensaid.ie/donate

Join Croí in making Galway heart safe! ❤️

Croí invites you to be a part of a life-saving initiative by registering your Automated External Defibrillators (AEDs) at <https://heartbeatnow.ie/>.

Croí is specifically seeking businesses, clubs, and organisations across Galway City with defibrillators to register them on the pilot platform at <https://heartbeatnow.ie/>. This mapping exercise will be crucial for painting a picture of defibrillator coverage in the city and testing the system in a simulated environment.

The Heartsafe North-West Europe (NWE) Project marks a transformative step in addressing Sudden Cardiac Arrest. This innovative initiative seeks to improve survival rates in Out-of-Hospital Cardiac Arrest cases by piloting a world-leading, community-based, first responder system, modelled after the successful Dutch approach.

Click here to learn more about the project and why you should get involved: <https://croi.ie/launch-of-heartsafe-nwe-project-in-galway/>



**Heartsafe North-West Europe (NWE) Project
in Galway City:**

Making North-West Europe Heart Safe



**JOIN US IN MAKING GALWAY HEART SAFE,
LET'S SAVE LIVES TOGETHER!**

Register Your AED Today at www.heartbeatnow.ie

Want to be included in March's issue?

Healthy Galway Newsletter



Would you like to submit a piece for the Healthy County Galway Newsletter?

"If you work with or are involved with an agency, an organisation, community or voluntary group and you would like to submit an item to be included in the next edition, please follow the guidelines below:

- A high quality image or poster in jpg format (not pdf)
- Name of event / activity / programmes
- Date and time
- Location (include Eircode)
- Target audience / who is it suitable for?
- Cost (if any)

Please email your entry to Adele Rankin at arankin@galwaycoco.ie

The Healthy Ireland Fund
supported by the Department
of Health.



Do you want to submit an item to be included in next month's edition of the Healthy Galway City newsletter?

Please email the following to aisling.colreavy@galwaycity.ie:

- A high quality image or poster in jpg format (not pdf)
- Name of event / activity / programmes
- Date and time
- Location (include Eircode)
- Target audience / who is it suitable for?
- Cost (if any)
- Brief description of event / activity / programmes
- Any additional information
- How to register (if necessary)
- Contact details
- QR Code / Link (if available)

