



Healthy County Galway Newsletter

February 2026

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

Memory Café Clifden
The District Hospital
H71 YV83

Informal get-togethers in a welcoming space for people living with memory loss and their carers.

The Second Monday of the Month
11.00am - 1.00pm
To Attend Please Contact
Teresa: 087 721 2329

Memory Café Oughterard

Informal get-togethers in a welcoming space for people living with memory loss and their carers.

Lake Hotel Oughterard
20th January (Tuesday)
17th February (Tuesday)
10th March (Tuesday)
1.00 pm - 3.00 pm
To Attend Please contact
Kathleen: 087 241 4169

Memory Café Roundstone

Informal get-togethers in a welcoming space for people living with memory loss and their carers.

Roundstone,
The Bake-Away-Café
Tuesday 27th January
Tuesday 24st February
Tuesday 24th March
12.00 pm - 2.00 pm
For More Information
Contact Kathleen: 087 241 4169

Useful links

- healthandwellbeing@galwaycoco.ie
- [@healthygalwaycounty](https://www.instagram.com/@healthygalwaycounty)
- [@HealthyGalwayCo](https://www.facebook.com/@HealthyGalwayCo)
- linktr.ee/healthycounty.galway

Supported by

Healthy Galway
 Comhairle Chontae na Gaillimhe Galway County Council
 pobal government supporting communities
 Rialtas na hÉireann Government of Ireland
 LCDC Coiste um Fhorbairt Pobail Aitiúil na Gaillimhe Galway County Local Community Development Committee



Memory Cafés continue in 2026

Informal get-togethers in a welcoming space for those living with memory loss and their carers

Clifden - The District Hospital, 2nd Monday of the month, 11am-1pm - Contact Teresa on 087 721 2329

Oughterard - Lake Hotel, Tuesday 17th February, Tuesday 10th March, 1pm-3pm - Contact Kathleen on 087 241 4169

Roundstone - The Bake-Away Café, Tuesday 24th February, Tuesday 24th March, 12pm-2pm - Contact Kathleen on 087 241 4169

Letterfrack - The Wild Goat Café, Wednesday 4th February, Wednesday 4th March - 2pm-4pm - Contact Kathleen on 087 241 4169



Healthy Galway



Clár Éire Ildánach
Creative Ireland
Programme



Riailtas na hÉireann
Government of Ireland



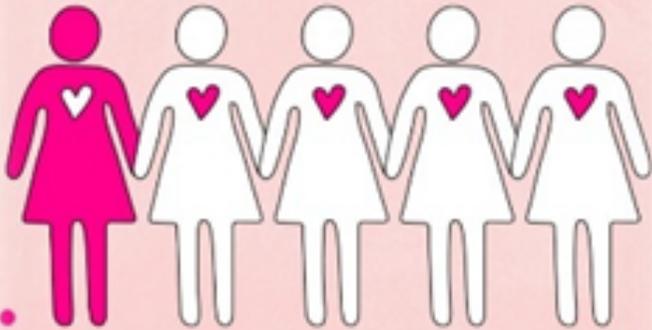
Arna chomhchistiú ag
an Aontas Eorpach
Co-funded by the
European Union



The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Rural and Community Development, and the European Union through the European Social Fund Plus under the Employment, Inclusion, Skills, and Training (EIST) Programme 2021-2027

Social Inclusion & Community Activation Programme

One in five low-income women report missing work, school or similar events due to lack of access to period supplies



Free Period Products

Táirgí Míostraithe Saor in Aisce



Available from:

- Áras na Mac Léinn (SU Office + Ladies toilet ground floor)
- Áras Moyola (Ladies toilet ground floor)
- Library Basement (SU Cloakroom + Ladies toilet ground floor)
- Engineering Building (Foyer)
- Arts/Science Concourse (Beside Student Enquiry Centre)
- Arts Millennium Building (Ladies toilet ground floor)

Please take only what you need



OLSCOOLA GAILLIMHIE
UNIVERSITY OF GALWAY



#EndPeriodPoverty



Period Poverty

Application for funding

Period poverty in Ireland was initially brought into focus by the publication, in late 2018, of a Plan International Survey of 1,100 teenage girls, aged 12-19.

The Survey identified 50% of girls as having occasionally experienced period poverty, and 10% as having used unsuitable products as a result. 61% had missed school on occasion because of their period.

In partnership with SICAP program implementers, Healthy County Galway will apply for the Period Poverty Fund under Galway County Council in 2026.

This initiative aims to install sanitary product dispensers in public facilities in the county and provide free sanitary products to those in need.

Collaboration with development agencies in the county will ensure key areas for distribution are identified, enabling equitable access and reducing barriers to essential health products.

Community Events

Safeguarding

Join an online webinar with Amanda Casey, Chief Social Worker, HSE, who will outline the work she has been engaged in since taking up post in August 2024 and current developments in adult safeguarding policy, practice and reform in the HSE.

The Disability Federation of Ireland, DFI, the National Federation of Voluntary Service Providers supporting people with Intellectual Disabilities, NFVSP and the National Disability Services Association, NDSA are jointly hosting this briefing session for their member organisations.

Please complete the full registration form including any key questions you wish to raise as part of the webinar.

Adult Safeguarding update

with

**Amanda Casey,
HSE Chief Social Worker**

Online member briefing
facilitated by DFI, NFVSP, and NDSA

 24 February 2026

 12pm to 1pm

 MS Teams

Register [HERE](#)

Community Events

Upcoming webinars



A WRDATF Planet Youth Webinar



Neurodiversity and Sleep

A webinar for the parents of teenagers

With
Lucy Wolfe
Sleep Consultant and Author



A webinar for parents that explores the complicated topic of neurodiversity and sleep.

Covering some of the ways that parents can support their teens to better understand and prioritise their sleep.

Thursday the 26th of February

19.00 – 20.15

Register [here](#): or use the QR code



Link to [Register Here](#)



Free World Cancer Day Webinar

Small Steps, Big Impact: Physical Activity for Cancer Risk Reduction

Wednesday, 4th February 2026

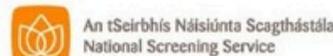
12pm to 1:15pm

Visit www.hse.ie/cancerprevention for the registration link

Brought to you by the Irish Cancer Prevention Network



Irish Cancer Prevention Network



Link to [Register Here](#)



WOMEN YOUR VOICE MATTERS

EDUFIT IS OFFERING THE OPPORTUNITY FOR ALL PARTICIPANTS TO BE ENTERED IN A DRAW TO WIN A €100 SPAS.IE VOUCHER FOR COMPLETING THIS SURVEY.



WE ARE CURRENTLY LOOKING FOR:

Women in any stage of menopause

English speaking & Residing in Ireland

TAKE PART IN OUR
SURVEY
ON ONLINE LIFESTYLE
PROGRAMMES
FOR WOMEN

For more info contact
Catherine.nicholl7@mail.dcu.ie

SCAN HERE



Grow Mental Health run free weekly mental health peer support groups in communities all over Ireland and online.

Recovery, Self-development, and Community are at the core of everything we do. Our groups are welcoming, inclusive, and supportive. Peer support is delivered by the participants within each group. People report life changing effects often within months of joining a group. Many describe a newfound confidence, a new and growing trust in other people, and a more hopeful outlook on both their future and overall wellbeing.

Our support groups are free to attend for anyone over 18.

Our groups are funded principally by HSE.

Groups meet weekly throughout Galway and online.

Peer-Support Meetings

GALWAY:

Contact - Alan Keaveney 086-4177726

GROUPS:

- Monday 11am- Croi Na Gaillimhe, Mill Street, Galway City.
- Monday 7pm- Tulsa Buildings Vincent De Paul House, Dublin Rd, Tuam, Co-Galway.
- Tuesday 7.30pm- Croi Na Gaillimhe, Mill Street, Galway City.
- Wednesday 11am- Loughrea Day Centre, Waterview House, Cross Street, Loughrea, Co-Galway.

[Enter here](#) for a chance to win a
€100 spas.ie voucher.

Active Islands

Weekly community exercise classes in
Inishbofin, Inis Oírr, Inis Mór and Inis Meáin

Siel Bleu Ireland are running these sessions, suitable for all ages and ability levels.

- **Inishbofin:** 1st session on 12th February 1pm; continues Wednesdays 10am at Inishbofin Community Centre
- **Inis Oírr:** Wednesdays 9–10am at Comhar Caomhán Teo
- **Inis Mór:** 1st session on Friday 13th February at 1pm in Halla Ronáin; continues online every Wednesday from 10-11am
- **Inis Meáin:** Wednesdays 9-10am at Ionad Pobail Inis Meáin

All sessions are designed to support fitness, balance, and wellbeing in a friendly and inclusive environment.

For more information or to register, email coordinator@activeislands.ie or visit www.sielbleu.ie



Register
here



Healthy
Galway



ciste na
gcuntas díomhaoín
the dormant
accounts fund



Womens Health

News and upcoming events

- Our **Women's Health Programme** series in 2025 was a huge success. The Programme will return for more live virtual webinars in Spring 2026 with new speakers and practical activities. Keep an eye out!
- **Postmenopausal Women's Wellness Testing Day** as part of a research study lead by TUS, more info on the poster (right). [Click here to sign up.](#)
- **M.FEST** - 26th February-1st March - a four-day multidisciplinary arts festival challenging the taboos around women's health. [M.Fest Facebook](#) or m.festivalgalway@gmail.com



♥ **CURIOS 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 Womens 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.

Sports Participation & Development Support Scheme

Siel Bleu Active Islands
Inclusive 'On the Move' - Loughrea

Orienteering Training - Ballinasloe

Menowell Womens Program

Good2Go Training - Ballinasloe

Walking Soccer - Oughterard

Visit the website for
more information



@galwayactive



www.galwayactive.ie



091-509 670



SPÓRT ÉIREANN
SPORT IRELAND



Comhairle Chontae na Gaillimhe
Galway County Council

Funding Schemes

Upcoming grants for your community group

Local Enhancement Programme (LEP) 2026 Launches

Capital funding for community groups to upgrade community facilities, to purchase equipment and improve energy efficiency. The fund also covers the supply and installation of a changeover switch to enable a generator connection in a Community Support Centre.

To apply, please complete our online application form at:

galwaycoco.submit.com

For more info and guidelines:

Website: www.galway.ie/news

Email: communitygrants@galwaycoco.ie

Deadline: 12:00pm Monday 23rd February

The Local Enhancement Programme (LEP) 2026 which funds a variety of equipment and community facility upgrades is now open for applications until Monday 23rd February 2026.

Click here to visit [Galway County Council's Grants Application Platform - galwaycoco.submit.com](https://galwaycoco.submit.com) and view all open funding schemes.

Stay Connected with 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.
- Connect on social media.

Visit our linktree: linktr.ee/healthycountygaway

Or scan the QR code:



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





Would you like to submit a piece for next month's Newsletter?

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 healthandwellbeing@galwaycoco.ie.

Submissions should contain:

- High-quality graphic or poster (image, not PDF)
- Name of the event/activity/program
- Date, time and location (Eircode if applicable)
- Target audience and cost if any
- Bilingual text if possible, especially when relating to Gaeltacht areas

Acknowledgements

Morven Brooks
Graduate Officer in Rural,
Community Development
& Integration

Thank you!

Useful links

-  healthandwellbeing@galwaycoco.ie
-  [@healthygalwaycounty](https://www.instagram.com/healthygalwaycounty)
-  [@HealthyGalwayCo](https://www.facebook.com/HealthyGalwayCo)
-  linktr.ee/healthycountygalway