



Comhairle Chontae na Gaillimhe
Galway County Council

Healthy County Galway Newsletter

July 2025



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

arankin@galwaycoco.ie

@healthygalwaycounty

@HealthyGalwayCo

LCDC

MINDFUL MOVEMENT & MEDITATION

A class to enhance physical mobility, mental clarity, emotional well-being, and community connection through gentle, accessible mindful movement and meditation practices.

HEALTHY ISLANDS

THURSDAYS @ 11AM - IONAD POBAIL
JUNE 12TH, 19TH & 26TH & JULY 3RD

REGISTRATION ALL WELCOME | FACILITATED BY SARAH LYNCH-0871696600

Men's Health Week 2025

Cancer Prevention and Early Diagnosis

nccp National Cancer Control Programme

Your Health Matters

Talk to a cancer nurse today and learn how to...

- Spot cancer early
- Make healthy lifestyle changes
- Reduce your risk
- Get information on screening

Galway Shopping Centre, Headford Rd, Galway

Wednesday July 23rd & Thursday July 24th
9am - 6pm

Visit our website cancer.ie/roadshows



Gaillimh Shláintiúil



Rialtas na hÉireann
Government of Ireland



Men's Health Week

Men's Health Week 2025 – A Great Success

We're delighted to share that Men's Health Week 2025 was a tremendous success.

Across the county, individuals and communities came together to take part in a wide range of activities promoting men's physical and mental well-being.

From group walks and health checks to workshops and community events, the week was filled with positive energy, connection, and meaningful conversations. The enthusiasm and participation from all involved truly made this a memorable and impactful week.

Thank you to everyone who supported and contributed to making Men's Health Week 2025 such a success. .





Farmer's Health - 'Taking Stock Campaign'



Croi health checks were provided by Healthy County Galway for farmers at the Teagasc Sheep Event – with a fantastic level of engagement and uptake.



Teagasc Sheep Event June 2025



Healthy County Galway hosted a stand at the Teagasc Sheep Event, sharing free health information & merchandise with a great turnout!



Dementia Cafe Initiative

Connemara

We're excited to share that the **Memory Café** is coming to The Wild Goat Café, Letterfrack, offering a warm, welcoming space for people living with dementia and their carers.

Location: The Wild Goat Café, Letterfrack

 Dates:

- 7th July, 6th August, 1st September
- Time: 11:30 AM – 1:00 PM

These gatherings are a chance to connect, share experiences, and enjoy a relaxed atmosphere with others who understand. Whether you're a carer, a family member, or someone living with dementia, you're warmly invited to join.



FORUM CONNEMARA CLG | hi healthy Ireland | Healthy Galway | FHE Feidhmeannacht na Seirbhíse Sláinte Health Service Executive | SICAP Social Inclusion & Community Activation Programme

MEMORY CAFÉ

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

Wild Goat Café

The Wild Goat Café, Letterfrack

 7th July

- 6th August
- 1st September

 11:30 AM – 1:00 PM

 To book your place, contact Kathleen: 087 241 4169

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government, through the Department of Social and Community Development, and the European Union through the

Help Shape Connemara Memory Cafés

We are gathering feedback from the community in Connemara to help shape the memory Café initiative. If you or someone you know might be interested, please get in touch with Healthy County Galway for further information.



Memory Café in Connemara

An Cheathrú Rua	Clifden	Leitir Mealláin
An Crompán, H91 X4WH	Clifden District Hospital, H71 YV83	Comhar Chuigeal Teo, H91 CH7X
1 st Wednesday of the Month 11am - 1pm	2 nd & 4 th Monday of the Month 11am - 1pm	3 rd Wednesday of the Month 11am - 1pm
Contact Adele 087 7777790	Contact Teresa 087 721 2329	Contact Eilín 091 551553

"A welcoming space in Connemara for people with dementia, cognitive impairment, & Alzheimer's — to connect, share, & find support."



Physical Health

Your Health Matters



Talk to a cancer nurse today and learn how to....



Spot cancer early



Make healthy lifestyle changes



Reduce your risk



Get information on screening



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Headford Rd, Galway



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Thursday July 24th
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Visit our website cancer.ie/roadshows

Your Health Matters

The Irish Cancer Society is bringing vital health information directly to you with a two-day awareness event at the Galway Shopping Centre, Headford Road, Galway.

17 **Dates:**

Wednesday, July 23rd & Thursday, July 24th

🕒 Time: 9:00 AM - 6:00 PM

This event is part of our nationwide “Your Health Matters” Roadshow, aimed at empowering individuals with the knowledge and tools to take control of their health. Whether you're concerned about cancer, curious about prevention, or just want to learn more, this event is for you.

💬 What You Can Expect:

One-on-One Conversations with Cancer Nurses

Learn to Spot Cancer Early

Learn the signs and symptoms to watch for and when to seek medical advice.

Healthy Lifestyle Tips

Discover practical ways to improve your diet, increase physical activity, and reduce harmful habits.

Understand Your Risk

Learn about the factors that increase cancer risk and how you can take action to reduce them.

Screening Information

Find out what screening services are available in Ireland, who should get screened, and how to access them.

🔗 More information available at: cancer.ie/roadshows

Men's Health – Common Cancers that Affect Men



Men's Health Week 2025

Cancer Prevention and Early Diagnosis



nccp National Cancer
Control Programme

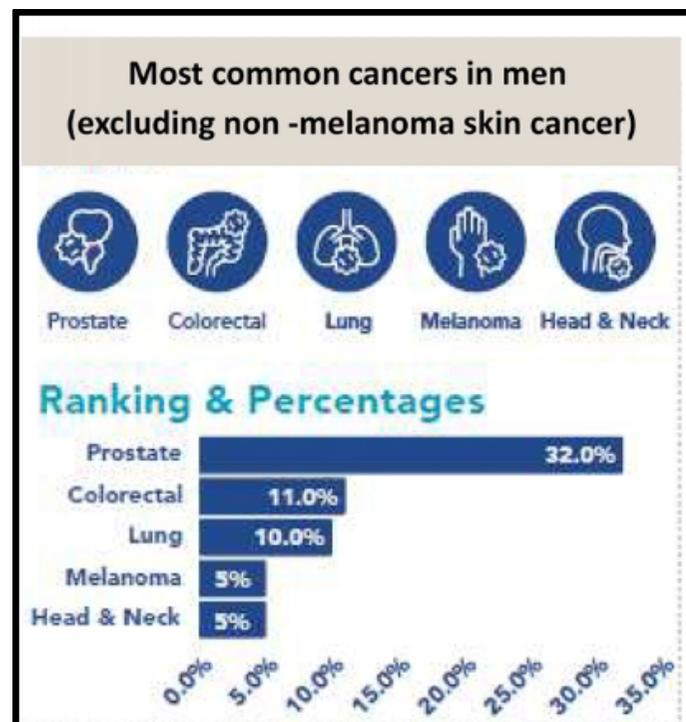
Every year approximately 12,000 men are diagnosed with cancer in Ireland. (NCRI,2022)

The good news? According to the World Health Organization, 30-50% of cancers are potentially preventable through changes to lifestyle and environmental factors.

Each person's risk of developing cancer is influenced by factors we can't change, such as age and genetics, and those we can, like diet, tobacco use, alcohol consumption, physical activity, and screening uptake.

What are the most common cancers that affect men and what the signs and symptoms?

[Find out more here](#)



Healthy Eating

Epic Summer Salad

This Epic Summer Salad is bursting with freshness and vibrant colors—perfect for sunny days and BBQs!



Ingredients

400g black beans drained
2 large handfuls baby spinach leaves
roughly chopped
500g heritage tomatoes
chopped into large chunks
½ cucumber - halved lengthways, seeds
scooped out and sliced on an angle
1 mango
peeled and chopped into chunks
1 large red onion - halved and finely
sliced
6-8 radishes - sliced
2 avocados - peeled and sliced
100g feta crumbled

For the dressing

Large bunch of mint
small bunch of coriander
small bunch of basil
1 fat green chilli
deseeded and chopped
1 small garlic clove
100ml extra virgin olive oil
or rapeseed oil
2 limes
zested and juiced
2 tbsp white wine vinegar
2 tsp honey

Handful of herbs

Method

Step 1

Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

step 2

Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.

Healthy Eating

Creamy Tahini & Honey Dressing



Ingredients

¼ cup
Extra-Virgin Olive Oil
¼ cup
Tahini
3 tablespoons
Lemon Juice (to taste)
2 tps Honey
2 tps Dijon Mustard
2 teaspoons
Honey (or maple syrup)
½ teaspoon
Fine Sea Salt
add
Black Pepper (ground)
2 tablespoons
Ice-Cold Water (add
as needed)

Directions

1. In a liquid measuring cup or jar, combine the olive oil, tahini, 2 tablespoons lemon juice, mustard, maple syrup, salt, and several twists of black pepper. Whisk until thoroughly blended.
2. Add the cold water, and whisk again. The dressing should become...
Read full directions

Benefits of Eating Salad

- **Nutrient-Rich:** Salads are packed with vitamins A, C, and K, which are essential for skin health, immune function, and bone strength.
- **High in Fiber:** Regular consumption increases fiber intake, aiding digestion and promoting a feeling of fullness.
- **Antioxidants:** Ingredients like tomatoes and bell peppers provide antioxidants that help combat oxidative stress and reduce chronic disease risk.
- **Weight Management:** Salads can boost metabolic rate and help maintain a healthy weight due to their low calorie and high nutrient content.
- **Overall Health Improvement:** Daily salad consumption can enhance energy levels and overall health when balanced with proteins and healthy fats.

Other Notices

Sexual Harassment in the Workplace Training

Delivered by Galway Rape Crisis Centre

WORKPLACE TRAINING THAT MATTERS

SEXUAL HARASSMENT IN THE WORKPLACE



The training includes:

- What workplace harassment can look like
- The emotional and team impact
- How to respond supportively to a disclosure
- Information on where staff can access support, internally and externally



Contact Us



development@grcc.ie

Purpose of the Training

To help organisations meet their legal obligations, strengthen staff awareness, and foster a respectful, informed, and safe work environment by providing clear, expert-led guidance on identifying and responding to sexual harassment in the workplace.

What the Training Covers

- Understanding sexual harassment: Clear explanation of behaviours that fall under sexual harassment in a workplace context
- Impact on individuals and teams: Emotional, psychological, and organisational consequences
- Responding appropriately: How to support a colleague who discloses an experience
- Support pathways: Information on internal and external support options available to staff

Social Activities

Physical Activity

Physical Activity







One in ten Post-primary school children received the recommended minimum minutes of P.E. per week.

Seven out of ten people aged 15 & over do not meet recommended physical activity guidelines.

One in four primary children meets recommended physical activity guidelines.

Less than one in seven people walk or cycle to work.



At least **150 to 300 minutes** moderate-intensity aerobic physical activity




or

at least **75 to 150 minutes** vigorous-intensity aerobic physical activity




or an equivalent combination throughout the week

MOVE YOUR WAY

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150 minutes a week**

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2 days a week**

AND

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



Healthy Galway



Rialtas na hÉireann
Government of Ireland



Comhairle Chontae na Gaillimhe
Galway County Council

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!

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arankin@galwaycoco.ie

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Acknowledgments:

Morven Brooks

Graduate Placement, Rural,
Community Development & Integration