

Are you subscribed to the Healthy Galway Newsletter?

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

Healthy Galway City & Healthy Galway County Newsletter March 2025



Healthy
Galway City



aisling.colreavy@galwaycity.ie

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[Healthy Galway City Website](#)



Daffodil Day

Daffodil Day is a day that raises funds and awareness for cancer using the daffodil as a symbol of hope and resilience and it takes place on the 28th of March.

The Irish Cancer Society website provides much information on the topic of cancer from the different types, possible symptoms, prevention, support and much more [Home | Irish Cancer Society](#).

You can help fundraise for Daffodil Day in a multitude of ways: 'Fundraise your own way' by doing the 12,000 steps challenge, collecting donations on Daffodil Day by creating your own fundraising event or simply donate to [Irish Cancer Society : Home](#). Fundraising can also be registered through your business or work-place.



Healthy
Galway



arankin@galwaycoco.ie

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Women's Health Programme

EMPOWERING WOMEN'S HEALTH

A 5-week Women's Health and Wellness Virtual Live Programme with Expert Guest Speakers

Topics to include: Nutritional Health, Gynaecological Health, Bone & Cardiovascular Health, Physical Activity, Pelvic Health and Complementary Approaches to Health.

Locations:

On Thursdays from
11:00am-1:00pm
6th March
13th March
20th March
27th March
3rd April

- Oifigí Comhar Caomhán, Inis Oí
- Inishbofin Community Centre, Inishbofin
- Oifigí Comharchumann Forbartha Árann, Inis Mór
- Oifigí Comhlacht Forbartha, Inis Meán
- Screebe House, Rosmuc, H91X5WY
- Comhar Ghuigeal Teo., Leitir Meáin, H91 CH7X



Complimentary tea, coffee and snacks on the day



The 'Taking Stock' campaign is supporting farmers across Mayo, Galway, and Roscommon this March, focusing on health, financial planning, farm succession, and work-life balance.

With expert advice and real farmer stories shared across social media, radio, and newspapers, it's time to take stock for your health, your future, and your farm.

For further details contact: ADELE RANKIN
Healthy Galway County Coordinator - E: arankin@galwaycoco.ie



An bhfuil tú suibscríofa don Nuachtlitir Gaillimh Sláintiúil?

Comhairle Sláinte agus Folláine in Aisce, Nuacht agus Imeachtaí ar fud Chontae na Gaillimhe

Health Events

Comhpháirtíocht Spóirt Na Gaillimhe Galway Sports Partnership
SPÓRT ÉIREANN | SPORT IRELAND

Buggy Buddies Classes Galway

Ballybane Community Resource Centre
6 week programme - €20
starts Mon March 03rd at 11.45am

Tuam - Ard Rí House Hotel
Taster session - FREE!
Thurs 06th Mar at 10am
followed by
tea/coffee/scone at Ard Rí

Women in Sport Week
3rd-9th March 2025

#WomenInSportIre

#AccelerateAction

SPÓRT ÉIREANN SPORT IRELAND
Comhpháirtíocht Spóirt Na Gaillimhe Galway Sports Partnership
SPÓRT ÉIREANN | SPORT IRELAND
Féilmeantacht na Seirbhíse Sláinte Health Service Executive
iArdaun Roscam Doughiska Family Resource Centre



Buggy Buddies Classes

No Time? No Babysitter? No Problem! Parents & Baby Exercise Group; Mums, Dads, All Welcome and Suitable for All Abilities.

Gan Am? Uimh Babysitter? Gan Fadhb! Grúpa Cleachtadh Tuismitheoirí & Leanbh; Fáilte roimh Mháithreacha, Dhaidí, agus Feiliúnach do Chách.

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
Galway City – Ballybane Resource Centre	Tuesdays	1 st April 2025	6 th May 2025	10.30 am – 1 pm
Clifden – Forum Connemara	Wednesdays	2 nd April 2025	7 th May 2025	6.45 pm – 9.15 pm

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.

HSE SMRC Self-Management Resource Centre Self-management Support South West Mayo Partnership Company Ltd. Sláintecare.

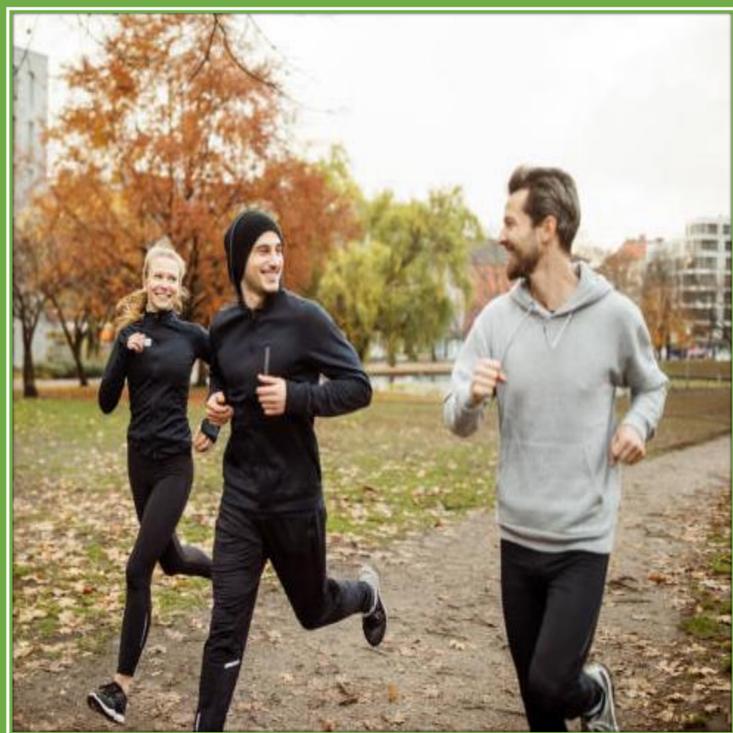
Living Well is an SMRC Evidence Based Self-Management Programme originally developed at Stanford University.

Physical Activity

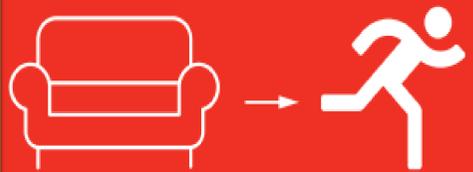
Looking for an easy, actionable way to get more active? Why not start jogging!

- **Couch to 5k is a nine-week training program** designed to help people transform a sedentary lifestyle into an active one. Taking on the challenge of Couch to 5K can help boost your confidence and self-belief, as you prove to yourself that you can set yourself a target and achieve a goal. Running regularly can also be a great stress reliever and has even been shown to combat depression.

Is clár oiliúna naoi seachtaine é Couch to 5k atá deartha chun cabhrú le daoine stíl mhaireachtála shuiteach a athrú ina stíl mhaireachtála gníomhach. Is féidir le tabhairt faoi dhúshlán Couch go 5K cabhrú do mhuinín agus do fhéinchreideamh a mhéadú, agus tú ag cruthú duit féin gur féidir leat sprioc a shocrú duit féin agus sprioc a bhaint amach. Féadann rith rialta a bheith ina fhaoiseamh mór struis freisin agus tá sé léirithe fiú go dtéann sé i ngleic leis an dúlagar.



Couch to 5K Jogging Plan



Irish Heart
Foundation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Run 1 min, walk 1 min. Repeat 10 times.	Rest	Run 2 mins, walk 4 mins. Repeat 5 times.	Rest	Rest	Run 2 mins, walk 4 mins. Repeat 5 times.	Rest
WEEK 2	Run 3 mins, walk 3 mins. Repeat 4 times.	Rest	Run 3 mins, walk 3 mins. Repeat 4 times	Rest	Rest	Run 5 mins, walk 3 mins. Repeat 3 times.	Rest
WEEK 3	Run 7 mins, walk 2 mins. Repeat 3 times	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest
WEEK 4	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest	Run 10 mins, walk 2 mins. Repeat twice, then run for 5 mins	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest
WEEK 5	Run 9 mins, walk 1 min. Repeat 3 times	Rest	Run 12 mins, walk 2 mins. Repeat twice, then run for 5 mins	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest
WEEK 6	Run 15 mins, walk 1 min. Repeat twice	Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest	Rest	5k Race!	Rest

Physical Activity



JOIN A WALKING GROUP

GetWalkingIreland.ie has over 1,800 walking groups registered across the country. By joining a walking group you will be part of a growing national movement for people who are proud to Click on the link below to access their nationwide directory of walking groups. You'll be able to see if there's a walking group nearby.

<https://www.getirelandwalking.ie/join-a-walking-group>

GLAC PÁIRT I NGRÚPA SIÚL

Tá breis agus 1,800 grúpa siúlóide cláraithe ar fud na tíre ag **GetWalkingIreland.ie**. Trí dhul isteach i ngrúpa siúlóide beidh tú mar chuid de ghluaiseacht náisiúnta atá ag dul i méid do dhaoine atá bródúil as Cliceáil ar an nasc thíos chun rochtain a fháil ar a n-eolaire náisiúnta de ghrúpaí siúlóide. Beidh tú in ann a fheiceáil an bhfuil grúpa siúlóide in aice láimhe.

<https://www.getirelandwalking.ie/join-a-walking-group>



Just 30 minutes of walking every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.

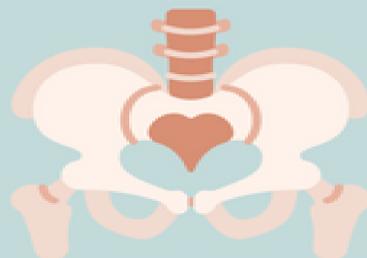
GET IRELAND
WALKING 

Physical Activity

Don't Ignore Your Pelvic Floor

Ná Déan Neamhaird ar do Urlár Peilveach

Five Reasons Your Pelvic Health is Important



1

Your pelvic floor keeps several vital organs, including your bladder and your intestines, in place.

Your pelvic floor muscles work with your hip, back, and abdominal muscles to help stabilize your upper body.

2

3

In both men and women, pelvic floor muscles contribute to healthy sexual function.

Strong pelvic floor muscles allow you to maintain bladder and bowel control.

4

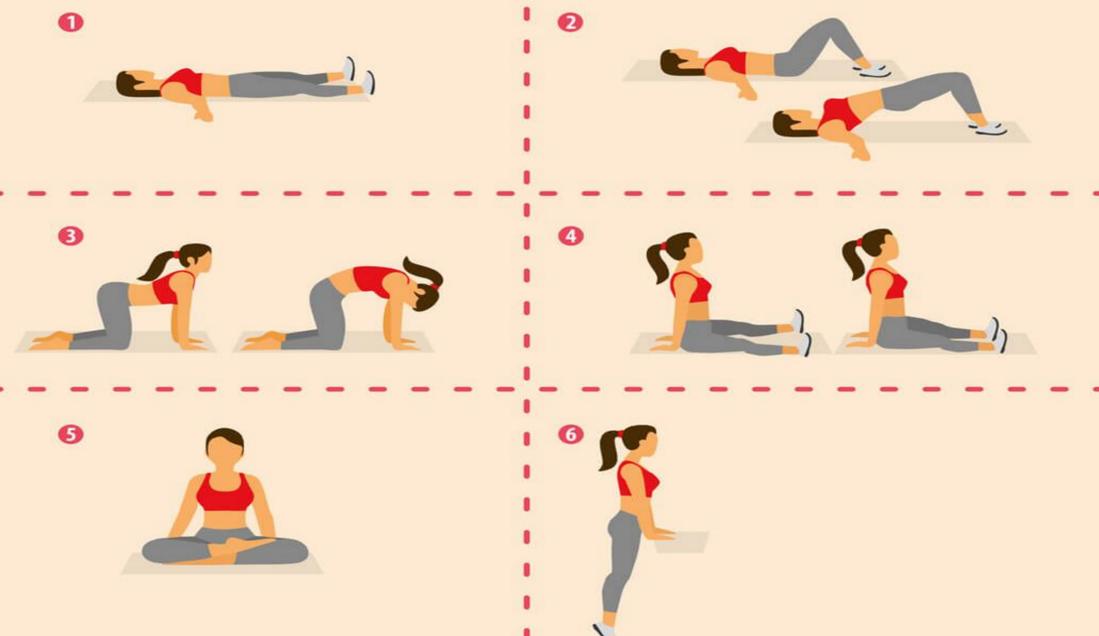
5

During pregnancy, healthy pelvic floor muscles reduce strain. A strong pelvic floor can also decrease the likelihood of some complications during labor and delivery.



6

exercises to strengthen the muscles of the pelvic floor



CU Urogynecology
UNIVERSITY OF COLORADO

Do's & Don'ts

What to eat for a healthy pelvic floor:

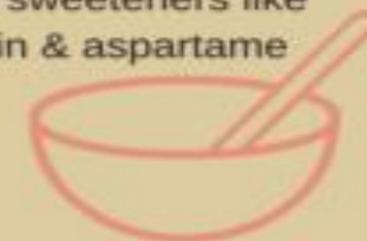
Pelvic Floor Dream Team:

- Pure water
- Low-acidic fruits like apricots, bananas & melons
- Omega-3 fatty acids
- Caffeine free herbal teas



Pelvic Floor Foes:

- Caffeinated beverages
- Carbonated beverages
- Acidic fruits like tomatoes, cranberries & oranges
- Spicy foods
- Artificial sweeteners like saccharin & aspartame
- Alcohol



An effective pelvic floor friendly diet comes with moderation of the good and bad.

Mental Health & Wellbeing



Galway Community Café

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

Galway Community Café is a free out-of-hours adult mental health café 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!

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.



It's okay to disconnect and take a moment for yourself and away from the busyness



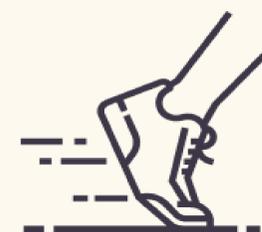
1 CATCH-UP WITH OTHERS OVER A CUPPA

It can be easy to get into a rut and not make time for your relationships. Try to check in with friends and family by picking up the phone or schedule regular catch ups over video calls.



2 LIMIT HOW MUCH NEWS YOU CONSUME

There's a lot of gloomy news at the moment and listening or reading too much of it can increase anxiety. Setting yourself a daily limit can help protect your mental health.



3 STAY ACTIVE, MENTALLY AND PHYSICALLY

Keep yourself active with a daily walk, a workout, reading a book, or doing a jigsaw, (or all of them!).



4 DON'T BE AFRAID TO ASK FOR HELP

During challenging times, it's perfectly natural to struggle mentally. Try not to bottle up your feelings and speak to a friend or seek professional help.



5 CURB YOUR ALCOHOL INTAKE

Contrary to popular belief, drinking too much alcohol can exacerbate negative feelings, anxiety and worry. If you're struggling with your mental health try to ensure you're not drinking too much.

Mental Health & Wellbeing



International Women's Day

International Women's Day is day of celebrating the many achievements of women and supporting gender equality. It is also a day to reach out to the women in your life and with it fast approaching on **March 8th**, here are some contacts that may be of interest.

Galway City Women's Shed

This group meets twice a month and enjoy a diverse range of enjoyable and educational activities.

Email: galwaycitywomensshed@gmail.com

Instagram: [galwaywomenshed](https://www.instagram.com/galwaywomenshed)

Facebook: Galway City Women's Shed

Women's Aid

[Women's Aid](https://www.womensaid.ie) provide free and confidential support to women experiencing domestic violence, family and friends, and professionals supporting victims of abuse.

- [National Freephone Helpline 1800 341 900](https://www.womensaid.ie) available 24 hours a day, 7 days a week
- [Telephone Interpretation Service 1800 341 900](https://www.womensaid.ie) available 24 hours a day, 7 days a week
- [Instant messaging service](https://www.womensaid.ie) available at [womensaid.ie](https://www.womensaid.ie):
 - Monday – Friday, 10am – 1pm and 7pm – 10pm
 - Saturday, 12pm – 3pm and 7pm – 10pm
 - Sunday, 11am – 1pm and 7pm – 10pm
- Text service for Deaf and Hard of Hearing women available 8am – 8pm, 7 days a week on 087 959 7980

Breast Screening Information

What breast screening involves

Breast screening involves having a mammogram of your breasts. A mammogram is an x-ray of the breast used to find breast cancer when it's too small to see or feel.

Breast screening takes place at a BreastCheck clinic or a mobile screening unit.

You'll get a letter with your results within 3 weeks of your mammogram. Your GP will also receive your results.

In most cases, results are normal and no cancer is found.

***Did you know BreastCheck offers free breast screening if you:**

- are aged 50 to 69
- live in Ireland
- have a PPS number

For more information [Breast screening information - HSE.ie](https://www.breastcheck.ie)



- Reach Out and send a message to someone you havent contacted in a while
- Be Genuine: Open up about wanting to reconnect.
- Share what you've missed and make up for lost time

Eating Well



An Easy and Bright Spring Salad

Ingredients

- Asparagus
- Peas
- Radishes
- Feta cheese
- Toasted pistachios and roasted chickpeas
- Avocado
- Fresh herbs (basil, mint, chives)
- Your favourite salad greens (for example butterhead, red leaf lettuce, rocket)
- Dressing (lemon juice, white wine vinegar, olive oil, basil)

Recipe

1. Boil salted water, then blanch asparagus for 1 minute. Transfer to ice water for 1 minute, then drain, dry and add the peas.
2. Use a blender, food processor, or mortar and pestle to pulse together the basil, garlic, lemon juice/zest, vinegar, olive oil, and salt into a dressing.
3. Toss asparagus and peas with half of the dressing.
4. Assemble salad: Layer greens, asparagus/peas, radishes, feta, avocado, pistachios, chickpeas, and herbs on top. Drizzle with remaining dressing. Season to taste and serve.

Sailéad Earraigh Éasca agus Geal

Comhábhair

- Asparagus
- Piseanna
- Raidisí
- cáis Feta
- pistachios tósta agus chickpeas rósta
- Avocado
- Luibheanna úra (basil, mint, síobhais)
- Na Greens sailéad is fearr leat (mar shampla ceann ime, leitís duille dearg, roicéad)
- Cóiriú (sú líomóide, fínéagar fíon bán, ola olóige, basil)

Oideas

1. Boil uisce saillte, ansin blanch asparagus ar feadh 1 nóiméad. Aistrigh chuig uisce oighir ar feadh 1 nóiméad, ansin draein, tirim agus cuir na piseanna leis.
2. Bain úsáid as cumascóir, próiseálaí bia, nó moirtéal agus pestle chun an basil, an gairleog, an sú líomóide / zest, fínéagar, ola olóige agus salann a chur le chéile i bhfeisteas.
3. Caith asparagus agus piseanna le leath de na feistis.
4. Cuir sailéad le chéile: Greens ciseal, asparagus/piseanna, raidisí, feta, avocado, pistachios, chickpeas, agus herbs ar an mbarr. Ceobhrán leis an bhfeisteas atá fágtha. Séasúr chun blas agus riar.

Mindful Eating



Stop Mindless Eating, Practice Mindful Eating

- Mindless eating habits often start in childhood and become automatic through repetition. Examples include checking your phone during meals, eating while driving, or snacking at your desk. These habits are triggered by internal cues (thoughts, emotions) or external cues (ads, smells).
- Cravings often develop gradually, to the point where we don't notice their influence on our behavior. Neuroscience shows that when certain cues are associated with a reward, like seeing a cigarette or checking social media, our brain subconsciously craves the expected rush or distraction. These cravings can grow stronger if we don't address them.
- To break these patterns, try intervening by removing the cue, such as turning off your phone, so the habit can be disrupted. This can help you form new, healthier habits over time. However, some habits may never fully disappear. In these cases, replacing the old routine with a new, satisfying one—like choosing healthier snacks—can help shift the behavior and meet the same needs.

Stop Ithe Gan Meabhair, Cleachtaigh Ithe Aireach

- Is minic a thosaíonn nósanna iteacháin gan mheabhair le linn óige agus éiríonn siad uathoibríoch trí athrá. I measc na samplaí tá seiceáil ar do ghuthán le linn béilí, ithe agus tú ag tiomáint, nó sneaiceanna ag do dheasc. Spreagtar leideanna inmheánacha (smaointe, mothúcháin) nó leideanna seachtracha (fógraí, boladh) na nósanna seo.
- Is minic a fhorbraíonn cravings de réir a chéile, go dtí an pointe nach dtugaimid faoi deara a dtionchar ar ár n-iompar. Léiríonn néareolaíocht nuair a bhíonn leideanna áirithe bainteach le luach saothair, cosúil le toitín a fheiceáil nó na meáin shóisialta a sheiceáil, bíonn ár n-inchinn ag iarraidh go fo-chomhfhiosach an luaith nó an seachrán a bhfuitear ag súil leis. Féadann na cravings seo fás níos láidre mura dtugaimid aghaidh orthu.
- Chun na patrúin seo a bhriseadh, déan iarracht idirghabháil a dhéanamh tríd an gcliú a bhaint, mar shampla do ghuthán a mhúchadh, ionas gur féidir cur isteach ar an nós. Is féidir leis seo cabhrú leat nósanna nua níos sláintiúla a chruthú le himeacht ama. Mar sin féin, seans nach n-imíonn roinnt nósanna go hiomlán. Sna cásanna seo, is féidir cabhrú leis an iompar a athrú agus freastal ar na riachtanais chéanna trí ghnáthamh nua a chur in ionad an tseanghnáthaimh.

Eating Well



Starting Solid Foods



Workshops in
Westside Library &
Ballybane Library
Galway City

Babies Welcome!

Are you starting your baby on solid food or planning to start soon?

Join one of these **FREE** in person workshops to learn more, and have your questions answered by the HSE Community Nutrition & Dietetic Team.

2025 Venues

Westside Library & Ballybane Library

Please scan this QR code for further details and registration information for sessions from January - June 2025



Registration Essential

Other HSE online workshops

Baby Food Made Easy



Scan this code to book a place and find out more



Take the fuss out of fussy eating online workshop



A Healthy Dinner Recipe



Vegetable stir-fry with egg rice

Ingredients

- › ½ head of broccoli, broken into small florets
- › 1 onion, finely chopped
- › juice of ½ a lime
- › 250 g basmati rice
- › 1 egg, whisked
- › 10 ml of vegetable oil
- › 1 pepper, sliced
- › 2 dstsp of peanuts or cashew nuts
- › spring onion, finely chopped, to garnish
- › 1 carrot, cut into little sticks
- › 1 tbsp of soy sauce
- › 1 tbsp of honey

Serves
4 adults



Preparation time
15 minutes



Cooking time
20 minutes



Utensils needed

Chopping board
Chopping knife
Frying pan
Baking tray
Wooden spoon
Saucepan
Vegetable peeler



Method

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Cook the rice according to the packet instructions.
3. Place the vegetables, apart from the onion, on a baking tray and roast until tender for about 20 mins.
4. Gently fry the onion in the oil without browning it in a wok or large frying pan. Set aside half of it for the egg rice.
5. Add the roasted vegetables to the onion in the frying pan.
6. Combine soy sauce, lime juice and honey in a cup, add to the wok or frying pan and coat the vegetables.
7. Sprinkle with peanuts or cashew nuts.
8. In a separate pan combine the cooked rice, the remaining onion and the whisked egg with the soy sauce.
9. Stir until well combined and the egg has cooked.
10. Serve the egg fried rice alongside the vegetables.
11. Garnish with the spring onion.

This tasty stir-fry uses simple ingredients and is even quicker to prepare if you use leftover rice.

Social Connection/Nasc Soisialta

Community Gardens Grant Scheme

Another group has benefitted from the Community Gardens Grant Scheme, where Healthy Galway provided €30,000 in funding

"The awarded funding has made a huge investment in our community park and community gardens."

Abbeyknockmoy Community Garden installed Sensory Equipment, Accessible Benches & Picnic Tables.

These grants were used to purchase equipment and materials that encourage participation in social and leisure activities. The goal was to enhance social connections for older people, reduce isolation, and support physical, mental, and emotional wellbeing.



Scéim Deontais na nGairdíní Pobail

Bhain grúpa eile leas as Scéim Deontais na nGairdíní Pobail, áit ar chuir Gaillimh Shláintiúil maoiniú de €30,000 ar fáil

"Tá infheistíocht mhór déanta ag an maoiniú a bronnadh inár bpáirc pobail agus inár ngairdíní pobail."

Suiteáladh **Gairdín Pobail Mhainistir Chnoc Muaidh** Trealamh Céadfach, Binsí Inrochtana & Táblaí Picnic.

Úsáideadh na deontais seo chun trealamh agus ábhair a cheannach a spreagann rannpháirtíocht i ngníomhaíochtaí sóisialta agus fóillíochta. Ba é an sprioc ná naisc shóisialta do dhaoine scothaosta a fheabhsú, aonrú a laghdú, agus tacú le folláine fhisiceach, mheabhrach agus mhothúchánach.



Other News

Join us for our free 5-week Women's Health and Wellness Programme with expert guest speakers!

This is an exciting live virtual programme, being held in various locations across the county. It's a great opportunity to connect with other women and learn valuable information about women's health.

Bígí linn dár gClár Sláinte agus Folláine na mBan 5 seachtaine le haoichainteoirí saineolacha!

Is clár fíorúil beo é seo, atá á reáchtáil in áiteanna éagsúla ar fud an chontae. Deis iontach atá ann chun teagmháil a dhéanamh le mná eile agus eolas luachmhar a fhoghlaim faoi shláinte na mban.



Women's Health Programme

EMPOWERING WOMEN'S HEALTH

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Topics to include: Nutritional Health, Gynaecological Health, Bone & Cardiovascular Health, Physical Activity, Pelvic Health and Complementary Approaches to Health.

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- Inishbofin Community Centre, Inishbofin
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- Oifigí Comhlacht Forbartha, Inis Meáin
- Screebe House, Rosmuc, H91X5WY
- Comhar Chuigeal Teo., Leitir Mealláin, H91 CH7X

On Thursdays from 11:00am-1:00pm

- 6th March
- 13th March
- 20th March
- 27th March
- 3rd April

Complimentary tea, coffee and snacks on the day

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



Other News

The Farmer's Health and Wellbeing Programme will commence in the first week of March across all regions – Roscommon, Galway, and Mayo.

"Taking Stock of Farmer's Health" will be broadcast on radio throughout these three counties, starting on Galway Bay FM on Tuesday, March 4th, at 7 PM with Keith Fahy.



Each week, expert guest speakers will discuss various topics, including farm succession, financial planning, cardiovascular health, and work-life balance for farmers.

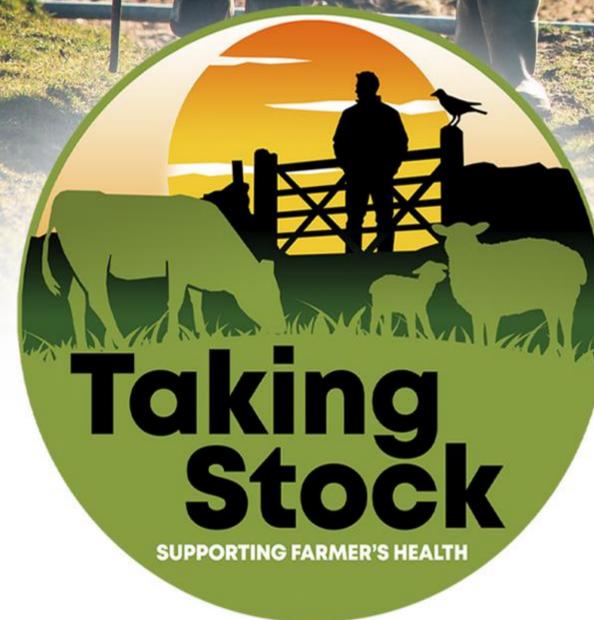
Additionally, the information will be available to all in the local Galway newspaper, **The Connaught Tribune.**

Cuirfear tús le Clár Sláinte agus Folláine na bhFeirmeoirí sa chéad seachtain de mhí an Mhárta i ngach réigiún – Ros Comáin, Gaillimh agus Maigh Eo.

Craolfar **"Taking Stock of Farmer's Health"** ar an raidió ar fud na dtrí chontae sin, ag tosú ar Galway Bay FM Dé Máirt, 4 Márta, ag 7 PM le Keith Fahy.

Gach seachtain, pléifidh aoichainteoirí saineolacha ábhair éagsúla, lena n-áirítear comharbas feirme, pleanáil airgeadais, sláinte chardashoithíoch, agus cothromaíocht oibre is saoil d'fheirmeoirí.

Chomh maith leis sin, beidh an t-eolas ar fáil do chách sa nuachtán áitiúil i nGaillimh, **The Connaught Tribune.**



The 'Taking Stock' campaign is supporting farmers across Mayo, Galway, and Roscommon this March, focusing on health, financial planning, farm succession, and work-life balance.

With expert advice and real farmer stories shared across social media, radio, and newspapers, it's time to take stock for your health, your future, and your farm.

For further details contact: ADELE RANKIN
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Comhairle Chontae na Gaillimhe
Galway County Council



Healthy Galway



IFA

CRÓÍ

Mental Health Ireland



Other News

Healthy Ireland at Your Library

TALK: WEIGHT MANAGEMENT AS PART OF A HEALTHY LIFESTYLE



-  **WEDNESDAY
5TH MARCH**
-  **11:15AM-12:15PM**
-  **GORT LIBRARY**

Join Megan Casey as she talks about the role weight management plays in a healthy lifestyle.

Megan Casey is a pharmacist specialising in health and mindset transformation, particularly around improving mental health, physical health, weight loss and habit change.



All welcome!

A Healthy Ireland at Your Library event



STAYING HEALTHY AT MENOPAUSE



-  **THURSDAY
20TH MARCH**
-  **5:30-6:30PM**
-  **BALLINASLOE
LIBRARY**

Join Dr. Patricia Heavey for this talk on nutrition and health during menopause

**DR. PATRICIA HEAVEY,
TUS COURSE CO-ORDINATOR
AND LECTURER**



All welcome!

A Healthy Ireland at Your Library event



Weight Management Talk in Gort Library

Caint ar Bhainistíocht Meáchain i Leabharlann an Ghoirt

Staying Healthy at Menopause Talk

Ag Fanacht Sláintiúil ag Caint Menopause i Leabharlann Bhéal Átha na Sluaighe

Other News

Healthy Ireland at Your Library

SUPPORTING CHILDREN & TEENS WITH NEURODIVERSITY



 **THURSDAY
20TH MARCH**

 **11AM-12PM**

 **LOUGHREA
LIBRARY**

Clinical psychologist, Dr. Malie Coyne, will advise parents and caregivers on how to support children and teenagers with neurodiversity

DR. MALIE COYNE, CHARTERED
CLINICAL PSYCHOLOGIST,
UNIVERSITY OF GALWAY,
LECTURER, AUTHOR, AND PARENT



All welcome!

A Healthy Ireland at Your Library event



Comhairle Chontae na Gaillimhe
Galway County Council

SUPPORTING CHILDREN & TEENS WITH NEURODIVERSITY



 **SATURDAY
22ND MARCH**

 **11AM-12PM**

 **ORANMORE
LIBRARY**

Clinical psychologist, Dr. Malie Coyne, will advise parents and caregivers on how to support children and teenagers with neurodiversity

DR. MALIE COYNE, CHARTERED
CLINICAL PSYCHOLOGIST,
UNIVERSITY OF GALWAY,
LECTURER, AUTHOR, AND PARENT



All welcome!

A Healthy Ireland at Your Library event



Comhairle Chontae na Gaillimhe
Galway County Council

Talks on Supporting Children and Teens with Neurodiversity, in Loughrea and Oranmore

Caint ar Thacú le Leanaí agus Déagóirí le Néar-éagsúlacht, i Leabharlanna Bhaile Locha Riach agus Órán Mór

Other News

The 9 Freedoms for the Air
a place of their own

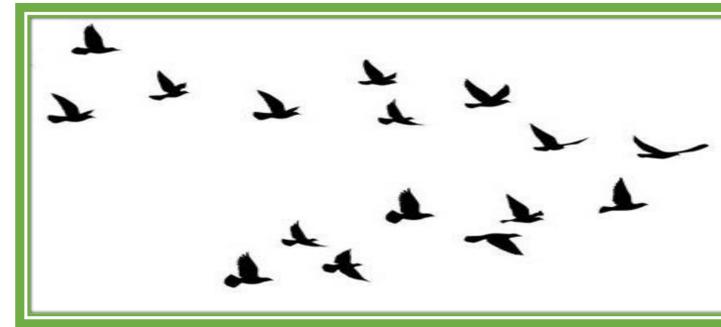
Art + Environment Workshops

We are looking for people in the Westside community to join a series of art workshops about the air.

Westside Resource Centre
6 sessions from
Monday 31st March to
Thursday 15th May 2025
11:30am - 3pm

The workshops will explore the air we breathe using folklore, scientific and legal knowledge. We will do this by collectively embroidering a textile which will be shown at exhibitions in Westside and beyond as part of The Air We Share project. Participants will work with the artists who created the project, Paula McCloskey and Sam Vardy, and local textile artist Karena Ryan.

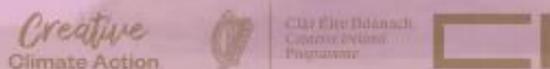
Open to all, no previous experience necessary.
Lunch and refreshments will be provided.
To register your interest please call Westside Resource Centre (091) 528325.



Air We Share engages "with the issue of air quality through artistic interventions, citizen science and community action in Westside Galway"

These workshops are part of The Air We Share, a Creative Climate Action Project funded by Creative Ireland.

If you would like to find out more information about the project please visit the website theairweshare.ie



Other News



HAVE YOUR SAY ON GALWAY'S 2025-2030 AGE FRIENDLY STRATEGY!

Are you age 55+ and living in Galway?

If so, we want to hear your views on how to ensure Galway is a great place for older adults to live.

If you would like a hard copy posted to you please text 083 396 8881 or email maria@hubplanning.ie

ONLINE SURVEY:

www.bit.ly/GalwayAgeFriendly



Are you age 55+ and living in Galway?

If so, we want to hear your views on how to ensure Galway is a great place for older adults to live.

Your feedback and insights will help us to identify funding priorities and projects across a broad range of areas which impact quality of life for older people, including transport, housing, outdoor spaces, social participation, community supports and health services.

The survey can be accessed at the following link- [Age Friendly Galway Survey](#) until 7th March 2025. We would be grateful if you could share the survey with your network and encourage participation.

An bhfuil tú 55+ agus i do chónaí i nGaillimh?

Más ea, ba mhaith linn do thuairimí a chloisteáil maidir le conas a chinntiú gur áit iontach í Gaillimh do dhaoine fásta breacaosta.

Cabhróidh d'aiseolas agus do chuid léargais linn tosaíochtaí agus tionscadail mhaoinithe a aithint thar raon leathan réimsí a mbíonn tionchar acu ar chaighdeán saoil do dhaoine aosta, lena n-áirítear iompar, tithíocht, spásanna lasmuigh, rannpháirtíocht shóisialta, tacaíochtaí pobail agus seirbhísí sláinte.

Is féidir teacht air ag an nasc ag - [Age Friendly Galway Survey](#) go dtí an 7 Márta 2025.

Bheadh muid buíoch díot dá bhféadfá an suirbhé a roinnt le do líonra agus rannpháirtíocht a spreagadh.

Other News

Get SunSmart! Children's Art Competition

Prizes: Overall winners will have their artwork featured as part of the 2025 SunSmart Campaign and also win an OPW Family Heritage Card, a Family Day Pass to Dublin Zoo and a National Book Token

Runner up prizes also up for grabs

More info at www.gov.ie/getsunsmart



How to Enter

There are 4 categories:

Category 1: Preschool & Category 2: Junior infants to First Class – Download, Print and colour the image [Click here for application form.](#)

Category 3: Second Class to Fourth Class / Category 4: Fifth and Sixth Class – Download, print and draw a picture of how to be SunSmart using the Healthy Ireland SunSmart 5S's. You can use crayons, pencils, pens, colouring pencils, markers or paint on the space below or on a plain white paper. If using plain white paper make sure to include the details at the bottom of the form.

[Click here for application form for second to fourth class.](#)

[Click here for application form for fifth and sixth class](#)

How to submit

Post your picture to:
Healthy Ireland SunSmart, NCCP Cancer Prevention Function,
National Cancer Control Programme,
King's Inns House,
200 Parnell Street, Dublin 1,
DO1 A3Y8

Or

Ask a parent, guardian or teacher to take a photo of your picture and email it to healthyireland@health.gov.ie by **5pm on 28th**

March 2025

Full details of the competition can be found www.gov.ie/getsunsmart

Follow the SunSmart 5 S's to reduce your risk of skin cancer



Slip on clothing that covers your skin



Slop on sunscreen on exposed areas using factor 30+ for adults and 50+ for children



Slap on a wide-brimmed hat



Seek shade – especially if outdoors between 11am and 3pm



Slide on sunglasses

Do not deliberately try to get a suntan. Avoid getting a sunburn. Never use a sunbed.

Be SunSmart
www.hse.ie/sunsmart



National Cancer Control Programme



Competition Overview

The HSE's National Cancer Control Programme (NCCP) in collaboration with Healthy Ireland are calling on pre-school and primary school children to enter the **art competition** showing how to be SunSmart!

Encouraging kids to play outdoors is important but protecting our skin from the sun's harmful UV rays is just as important and we can do this by following the SunSmart 5 S's.



Other News



SPRING SCHEDULE 2025

LEARN TO USE YOUR MOBILE DEVICE (Smart phones, Tablets & Laptops, February 18th , 10:30—12:30 €40 (6 weeks)

CRAFTING & CARD MAKING, April 7th, 9:45-11:45, €10 a week

CHAIR YOGA and coffee, March 26th , 10:45-11:15, €20 –6 weeks

CONVERSATIONAL ENGLISH for Migrants, Thursdays, 10:00-12:00

UPCYCLING AND SEWING— LEARN TO USE SEWING MACHINE , February 26th, 10:30-12:30, €40 (6 weeks)

PATCHWORK AND QUILTING—€40—6 weeks

KNITTING AND CROCHET CLASSES- March 5th Tuesday, 2:30-40 €20—4 weeks

YOUNG HEARTS –Connecting older adults and TY students using art and other cultural and fun activities.

LUNCH AND SOCIAL CLUB— For older adults— **waiting list**

GUARDIAN GIRLS GLOBAL KARATE PROJECT

#WomenInSportIre

**TEENAGE GIRLS
SELF DEFENSE
CLASSES**



**WESTSIDE
COMMUNITY
CENTRE**

**4 weeks from
Wed 19th March
5-6pm**



**Women in Sport Week
3rd-9th March 2025**



Guardian Girls Global Karate Project

Cost: Free (this programme is funded via Sport Ireland, Women in Sport via Galway Sports Partnership)

Capacity: 15 places are available

Register here:

[Guardian Girls - Global Karate Project Tickets, Wed 19 Mar 2025 at 17:00 | Eventbrite](#)

Please note that parental consent is required for all girls who wish to attend – see registration form for details

Would you like to submit a piece for the Newsletter or sign up to our mailing list? Get in touch!

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)



Ar mhaith leat píosa a chur isteach don Nuachtlitir nó clárú lenár liosta seoltaí? Bígí i dteagmháil!