



# Nuachtlitr Sláintiúil Contae na Gaillimhe Nollaig 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 tip 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

**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.

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



# Café Cuimhne Conamara



Shláintiúil  
Gaillimh



Healthy  
Galway



Clár Éire Ildánach  
Creative Ireland  
Programme



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



MEMORY CAFÉ INITIATIVE  
Christmas Celebration



Social Inclusion &  
Community Activation  
Programme

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Lunch  
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On

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087 241 4169



Éilín na Míreann  
Commission of Ireland



www.innovatingby  
theireland.eu

Co-funded by the  
European Union



government supporting community



LCDC

The Social Inclusion and Community Activation Programme (SICAP) is co-funded by the Irish Government.

## Tionscnamh Caifé Cuimhne Ceiliúradh Nollag i gConamara

Tá Healthy County Galway, Forum Conamara, agus Cumann Alzheimer na hÉireann sásta tacú le Lón Nollag speisialta agus Ceiliúradh Saoire do rannpháirtithe sa Tionscnamh Caifé Cuimhne i gConamara.

Tá an ócáid seo deartha chun tacaíocht a thabhairt do nasc sóisialta agus do spraoi féile do dhaoine a fhreastalaíonn ar na Caiféanna Cuimhne, ag soláthar deis teacht le chéile i dtimpeallacht te agus fáilteach.

### Sonraí na hÓcáide:

Dáta: Dé Luain, 8 Nollaig ag 12:30 i.n.

Ionad: Óstán Station House, An Clochán

Gníomhaíochtaí: Amhránaíocht Carúil, Ceol agus Amhráin

Cuireann an Tionscnamh Caifé Cuimhne spás sábháilte agus tacúil ar fáil do dhaoine atá ag maireachtáil le néaltrú agus dá gcaomhnóirí chun nascadh, taithí a roinnt, agus taitneamh a bhaint as gníomhaíochtaí bríocha. Tá an ceiliúradh Nollag seo mar chuid d’ár ngealltanas leanúnach do leas an phobail agus do chuimsiú, ag teacht le spriocanna Healthy Ireland chun meabhairshláinte agus rannpháirtíocht shóisialta a chur chun cinn.

# Clár Sláinte na mBan Rath Mór



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

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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.

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

✉ **For more information contact us:**  
a00325038@student.tus.ie  
0877160537

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.



## Lá Tástála Folláine do Mhná - Sláintiúil Contae na Gaillimhe

Tá Sláintiúil Contae na Gaillimhe, i gcomhar leis an HSE, Comhair na nOileán, Oifigigh na bPointí Ceangail Leathanbhanda, Forum Conamara, agus ionaid acmhainní áitiúla, ag stiúradh Clár Sláinte do Mhná nuálach atá deartha chun tacú le mná i ndiaidh sos míostraithe chun a bhfolláine fhisiciúil a fheabhsú.

Tá an tionscnamh seo mar chuid de staidéar taighde níos leithne atá dírithe ar thuiscint a fháil ar conas is féidir le hidirghabhálacha stíl mhaireachtála torthaí sláinte a fheabhsú do mhná i gcéimeanna níos déanaí den saol. Trí pháirt a ghlacadh, gheobhaidh mná ní hamháin measúnuithe aclaíochta pearsantaithe ach cuirfidh siad le taighde luachmhar a threoróidh straitéisí sláinte.

### **Buntáistí do Rannpháirtithe:**

- Aiseolas láithreach ar tháscairí aclaíochta ar nós neart, solúbthacht, agus cumas aeróbach.
- Leabhrán digiteach saor in aisce le treoir aclaíochta agus cothaithe pearsantaithe.
- Rannchuidiú le taighde a mhúnlóidh beartas sláinte náisiúnta do shláinte na mban.

Tá bród ar Sláintiúil Contae na Gaillimhe an clár seo a chur chun cinn mar chuid dá thiomantas do thionscnaimh sláinte chuimsitheacha, ag cinntiú go bhfuil rochtain ag mná i ngach cuid den chontae ar acmhainní a thacaíonn le saol gníomhach, folláin.



# Clár Feirmeoirí 'Taking Stock'

National **BEEF** CONFERENCE  
 FREE EVENT!  
 Beef Farming 2025: Value, Profit & Renewal  
 Exhibitors on the evening include:

COJAG • Advisory Service • Collaborative Farming • Education • Health & Safety  
 • Organics • Forestry  
 Training for Water Quality • SIGNPOST • DAIRYBEEF  
 Mental Health Ireland • CRUI • Fighting Heart Disease & Stroke  
 Waters of LIFE • hi • Healthy Galway  
 www.teagasc.ie/beefcon25

FREE EVENT!

Beef Farming 2025: Value, Profit & Renewal  
 TUESDAY **18<sup>TH</sup>** **5 PM**  
**NOVEMBER** RAHEEN WOODS HOTEL  
**ATHENRY**  
**CO. GALWAY**

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

**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

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

**Professor David Kenny** Teagasc  
**John Barry** Beef and Programme Support Officer, Teagasc  
**Thomas O'Connor** Beef Finches, W.More  
**Dr. Katie Quigley** Geneticist, ICBF  
**Brendan Egan** Cashiers, Matt Manager

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

**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: 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** Dairy Beef Programme, National Beef Centre, Roscommon

## Sláintiúil Contae na Gaillimhe ag Comhdháil Náisiúnta Eallaigh Teagasc

Cuireadh Sláintiúil Contae na Gaillimhe chun freastal ar Chomhdháil Náisiúnta Eallaigh Teagasc a reáchtáladh le déanaí in Óstán Raheen Woods, Baile Átha an Rí. Bhí téama na hócáide "Feirmeoireacht Eallaigh 2025: Luach, Brabús & Athnuachan", agus thug sí le chéile feirmeoirí agus saineolaithe tionscail chun deiseanna agus dúshlán amach anseo i dtáirgeadh eallaigh a phlé.

Mar chuid den fheachtas Taking Stock, d'óstáil Sláintiúil Contae na Gaillimhe seastán eolais ag soláthar acmhainní sláinte, bileoga eolais, agus earraí chun folláine na bhfeirmeoirí a chur chun cinn. Bhí sé mar aidhm ag an tionscnamh feasacht a mhúscailt faoi thábhacht na sláinte fisiciúla agus meabhrach i pbobail feirmeoireachta.

Ina theannta sin ar an oíche, thug Healthy Galway tacaíocht do sheiceáil chos le Podiatry agus do sheiceáil sláinte a cuireadh ar fáil ag Croí.

Glacadh go han-mhaith leis na seirbhísí seo ag na rannpháirtithe, rud a léirigh an luach a bhaineann le sláinte agus folláine a chomhtháthú i stíl mhaireachtála talmhaíochta. Trí bheith i dteagmháil dhíreach le feirmeoirí, neartaigh an feachtas tiomantas Healthy Ireland do shláinte choscach agus do leas an phobail.



# Ithe Sláintiúil



## **Stobhach Leanntán agus Glasraí**

### **Comhábhair**

- 1 oinniún mór
- 2 cairéad meánmhéide
- 2 mhaide soilire
- 100g / 4oz beacán
- 2 chorráiste bheaga
- 1 spúnóg bhoird d'ola
- 175g / 6oz leanntán dearg
- 1 spúnóg bhoird de luibheanna meastha
- 600ml / 1 phionta stoc glasraí íseal salainn
- 2 spúnóg bhoird de phúré trátaí
- Piobar dubh de réir blas

### **Modh**

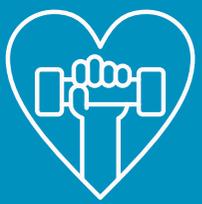
1. Gearr na glasraí go léir.
2. Téigh an ola i sásan mór, cuir an t-oinniún leis agus cócaráil ar feadh cúig nóiméad.
3. Cuir na cairéid agus an soilire leis, cócaráil ar feadh cúig nóiméad eile.
4. Cuir na leanntáin, na luibheanna, an stoc, an púré trátaí agus an piobar leis agus tabhair chun boil é.
5. Clúdaigh agus suanbhruith ar feadh 20 nóiméad go mbeidh na leanntáin bog.
6. Cuir na corráistí agus na beacáin leis agus cócaráil ar feadh 10 nóiméad eile.
7. Aistrigh go mias caiséid le freastal.

### **Buntáistí**

Is rogha iontach é stobhach leanntán agus glasraí don gheimhreadh ó thaobh blas agus sláinte.

- Tá leanntáin dearga lán le próitéin phlandaí agus snáithín, rud a chabhraíonn leat mothú lán agus fuinneamh seasmhach a chothabháil.
- Soláthraíonn cairéid agus corráistí vitimín A le haghaidh radhairc agus craicinn shláintiúil, agus cuireann soilire frithocsaídeoirí ar fáil a throidann athlasadh.
- Is foinse nádúrtha de vitimíní B iad beacáin, a thugann fuinneamh agus a thacaíonn leis an néarchóras – an raibh a fhios agat gurb iad ceann de na foinsí plandaí annamh de vitimín D?

I dteannta stoc glasraí íseal salainn agus luibheanna meastha, hidrálann, cothaíonn agus téann an stobhach seo tú ón taobh istigh. Is bealach simplí, inacmhainne é chun mothú fuinniúil agus compordach le linn míonna fuara an gheimhridh.



# Cleachtadh Coirp

## 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](http://www.parkrun.ie)

Tá maidineacha Dé Sathairn níos fearr anois. Glac páirt i do Pharkrun áitiúil – rith saor in aisce, gan brú, 5km atá dírithe ar spraoi, aer úr agus bualadh le daoine nua.

Tabhair cuairt ar

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

Get your weekend mood boost



# Comhpháirtíocht Spóirt na Gaillimhe Cláir 2026



Deontas Seachtain na  
Rothaíochta 2026 – Oscailte  
Anois!

Fir ar Bogadh – Suímh Nua

Buggy Buddies – Sceideal Nua  
2026 ag Seoladh i Mí Eanáir

Siel Bleu Active Islands – Inis Bó  
Finne & Inis Mór

Cluichí Glow – Active Islands  
Clár Nua HER Moves

Cúrsaí Treoraí Siúil



@galwayactive



[www.galwayactive.ie](http://www.galwayactive.ie)



091-509 670



SPÓRT ÉIREANN  
SPORT IRELAND



# Imeachtaí Pobail Áitiúla

## 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 <sup>th</sup> January 2026	20 <sup>th</sup> 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](http://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

**Ainm: Scéim Deontais Bheaga um Fhreagairt Pobail ar Chócán WRDATF**

**Ciste Iomlán: €30,000**

**Méideanna Deontais: €5,000 – €10,000**

**Fad: 6-12 mhí in aghaidh an tionscadail**

**Ceantair Incháilithe: Réigiún WRDATF; Gaillimh, Maigh Eo & Ros Comáin**

**Comhlacht Riaracháin: WRDATF**

**Próiseas Iarratais: Moladh gearr (uasmhéid 2 leathanach) + achoimre ar bhuiséad**

**Tuairisciú: Tuairisc dheiridh 1 leathanach; seisiún aiseolais pobail roghnach**

**Gníomhaíochtaí Incháilithe**

**Ní mór do thionscadail dul i ngleic le húsáid cócáin agus/nó cócáin scoilte agus féadfaidh siad a bheith san áireamh (ach gan a bheith teoranta do):**

**Tionscnaimh Laghdaithe Díobhála Teagmháil agus Tacaíocht ó Phiarraí Cóireáil agus Idirghabháil Luath Oideachas agus Feasacht Pobail**

Tá an fógra ar Activelink: <https://www.activelink.ie/node/119466>



# Imeachtaí Pobail Áitiúla

## 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.

Tá Comhpháirtíocht Spóirt na Gaillimhe ag tabhairt cuireadh duit chuig ceardlann ar líne saor in aisce le Dr. Diane Cooper, Bunaitheoir & POF Edufit ar an ábhar 'Sláinte & Neart le linn na Sos Míostraithe'.

17 Dáta: Dé Céadaoin, 10 Nollaig

Am: 7:00 i.n. – 8:00 i.n.

Suíomh: Ar Líne (trí chlárú Eventbrite)

### Ábhair:

An sos míostraithe agus athruithe matáin Buntáistí an traenála neart agus aclaíocht ilmhódúil Tionchar MenoWell agus torthaí taighde (aiseolas ó 3,600 bean) Dul i ngleic le saincheisteanna sláinte coitianta i measc ban i lár an tsaoil

Tá áthas orainn a fhógairt freisin go seolfar Clár MenoWell 2.0 i mí Eanáir 2026 do mhná ar fud Chathair agus Chontae na Gaillimhe.

Is tionscnamh sláinte agus aclaíochta sé seachtaine é, deartha ag Edufit, a thacaíonn le mná i lár an tsaoil—bíodh siad ag druidim leis an sos míostraithe, á fhulaingt, nó tar éis é.

Tá an clár seo maoinithe go hiomlán trí thionscnamh Women in Sport de chuid Sport Ireland agus á thacú ag Healthy Galway County, Ollscoil Theicneolaíochta Atlantaigh agus Ollscoil na Gaillimhe.

Eventbrite

[https://www.eventbrite.ie/e/1969243373942?](https://www.eventbrite.ie/e/1969243373942?aff=oddtcreator)

[aff=oddtcreator](https://www.eventbrite.ie/e/1969243373942?aff=oddtcreator)



# Imeachtaí Pobail Áitiúla



**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](https://bit.ly/MHI-events)  
 or email [sarah.fahy@mentalhealthireland.ie](mailto: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







# Imeachtaí Pobail Áitiúla

**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.

Cuireann an ócáid seirbhísí sláinte saor in aisce agus eolas ar fáil maidir le folláine mheabhrach, fhisiciúil, mhothúchánach agus shóisialta. Tabharfaidh Safetynet Primary Care agus Croí scagthástálacha agus seiceáil sláinte saor in aisce ar bhonn an chéad-teacht, an chéad-fhreastal. I measc na n-eagraíochtaí rannpháirteacha eile tá Black Therapist Ireland, Aonad Tráma Ionsaithe Gnéis, Ruhama, Galway LAIT, Ionad Géarchéime Éignithe na Gaillimhe, Gardaí Pobail, agus go leor eile.

Beidh sólaistí éadroma ar fáil. Moltar clárú chun seirbhísí agus bia a chinntiú go leor.

Cláraigh anseo: [Galway Health and Wellness Summit 2025](#)

# Contae Sláintiúil na Gaillimhe – Naisc Faisnéise

## Fan i dTeagmháil le Contae Sláintiúil na Gaillimhe!

Tá áthas orainn a fhógairt go bhfuil ár Linktree nua seolta againn – do lárionad aon-stad do gach rud a bhaineann le Contae Sláintiúil na Gaillimhe!

Trí nasc amháin, is féidir leat anois:

- ✔ Cláraigh dár nuachtlitir mhíosúil chun fanacht ar an eolas faoi thionscnaimh sláinte, imeachtaí, agus acmhainní ar fud Chontae na Gaillimhe.
    - Rochtain ar ár rphost chun teagmháil dhíreach a dhéanamh.
    - Lean muid ar na meáin shóisialta – Instagram agus Facebook – chun nuashonruithe, leideanna, agus buaicphointí pobail a fheiceáil.
    - Lean an nasc: [linktr.ee/healthycountygalloway](https://linktr.ee/healthycountygalloway)
- Nó scanáil an cód QR thíos chun iniúchadh a dhéanamh agus ceangal láithreach!

**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 personal data (name and email address) for the purpose of sending you this newsletter. You can unsubscribe at any time by contacting us at [arankin@gallowaycoco.ie](mailto:arankin@gallowaycoco.ie), and we will remove your details from our mailing list and delete your information from our records. Your data will be stored securely and will not be shared with any third parties.

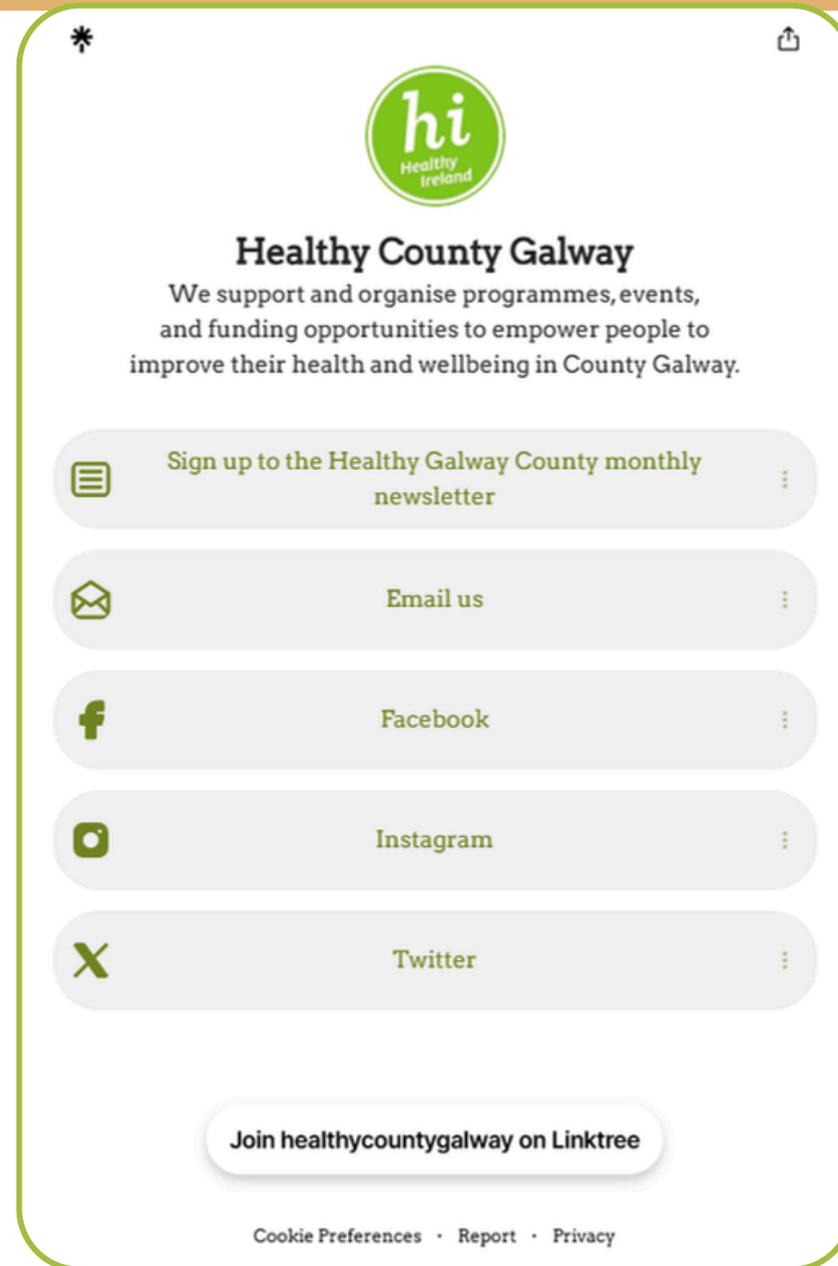
When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

\* Required

1. Name or Organisation \*

2. Email address to receive the newsletter \*

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



The screenshot shows the Linktree profile for Healthy County Galway. At the top is the 'hi Healthy Ireland' logo. Below it, the text reads: 'Healthy County Galway. We support and organise programmes, events, and funding opportunities to empower people to improve their health and wellbeing in County Galway.' The profile features five main navigation buttons: 'Sign up to the Healthy Galway County monthly newsletter', 'Email us', 'Facebook', 'Instagram', and 'Twitter'. At the bottom, there is a button that says 'Join healthycountygalloway on Linktree'. The footer includes links for 'Cookie Preferences', 'Report', and 'Privacy'.

# Suíomh Gréasáin Chontae Sláintiúil na Gaillimhe

## 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](http://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](#)
- [Croi na Gaillimhe](#)
- [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](#)



Healthy Galway



Rialtas na hÉireann  
Government of Ireland



Comhairle Chontae na Gaillimhe  
Galway County Council

## Ar mhaith leat alt a chur isteach do Nuachtlitir na míosa seo chugainn nó liostáil lenár liosta ríomhphoist?

Má oibríonn tú le gníomhaireacht, eagraíocht, grúpa pobail nó grúpa deonach, agus gur mhaith leat mír a chur isteach don chéad eagrán eile, seol do mhír le do thoil chuig Adele Rankin ag [healthandwellbeing@galwaycoco.ie](mailto:healthandwellbeing@galwaycoco.ie) / [arankin@galwaycoco.ie](mailto:arankin@galwaycoco.ie) le:

**Íomhá ardchaighdeáin nó póstaer i bhformáid íomhá (ní i bhformáid PDF) a chuimsíonn:**

- Ainm an imeachta/gníomhaíochta/chláir
- Dáta, am agus suíomh (Eirchód, más infheidhme)
- Lucht spriocdhírithé - cé dó a bhfuil sé oiriúnach?
  - Costas (más ann)
- Téacs dátheangach más féidir, go háirithe má bhaineann sé le ceantair Ghaeltachta

**Lean linn:**

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@healthygalwaycounty

@HealthyGalwayCo

**Go raibh maith agat!**

Buíochas:

**Morven Brooks**

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