



# Healthy County Galway Newsletter

## November 2025

@healthygalwaycounty

@HealthyGalwayCo

ht Healthy Galway Clár Eirí Ghairbháir Coimisiún Eilimhíochais Health Service Executive

**Memory Café Oughterard**

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

Lake Hotel Oughterard

- 11<sup>th</sup> November (Tuesday)
- 2<sup>nd</sup> December (Tuesday)

🕒 1.00 pm - 3.00 pm

Christmas Lunch

The Station House Clifden

December 8<sup>th</sup> 1pm

To Attend Please contact Kathleen: 087 241 4169

**Lung Cancer Awareness**

Find out more in this lung cancer flipbook on:

- What increases your risk of lung cancer?
- What are the signs and symptoms of lung cancer?
- Useful resources

Scan me

ht Healthy Galway Clár Eirí Ghairbháir Coimisiún Eilimhíochais Health Service Executive

**Memory Café An Ceathrú Rua An Cromptán H92 X4WH**

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

The First Wednesday of Each Month

🕒 11.00am - 1.00pm

To Attend Please Contact Adele: 087 2777790

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



# Dementia Cafe Initiative Connemara



hi healthy Ireland | Healthy Galway | Clár Éire Iddánach Creative Ireland Programme | HE Feidhmeannacht na Seirbhíse Sláinte Health Service Executive | SICAP Social Inclusion & Community Activation Programme | FORUM CONNEMARA CLG

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hi healthy Ireland | Kóilín na Mídeann Government of Ireland | European Union | pobal | LCDC

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 2020-2023.

## Memory Café Moves to Oughterard

The Memory Café previously held in Lettermullen has now relocated to Oughterard. This welcoming space offers informal get-togethers for people living with memory loss and their carers, providing an opportunity to connect, share experiences, and enjoy a relaxed social setting.

The new venue is the **Lake Hotel, Oughterard**, and upcoming dates are:

Thursday, 30th October  
Tuesday, 11th November  
Tuesday, 2nd December

Each session runs from 1:00 PM to 3:00 PM. Kathleen Aspell will be facilitating the cafe with volunteers on board to offer their help and support.

This initiative is supported by Healthy Galway, Forum Connemara, Creative Ireland and Alzheimers Society of Ireland ensuring a friendly and inclusive environment for all.

**Empowering Women's Health**  
 Programme Schedule and Speakers

On Thursday 8.45pm - 8.30pm

- 29 September: Dr. Patricia Conboy, Dr. Paula Healy
- 2 October: Dr. Sarah O'Halloran, Dr. Sarah O'Halloran
- 9 October: Dr. Sarah O'Halloran, Dr. Sarah O'Halloran
- 16 October: Dr. Sarah O'Halloran, Dr. Sarah O'Halloran
- 23 October: Dr. Sarah O'Halloran, Dr. Sarah O'Halloran

You can register either by:  
 - clicking the QR code  
 - clicking [www.hi.ie/empoweringwomen](http://www.hi.ie/empoweringwomen)  
 - clicking [empoweringwomen@hi.ie](mailto:empoweringwomen@hi.ie)

# Empowering Women's Health A Resounding Success



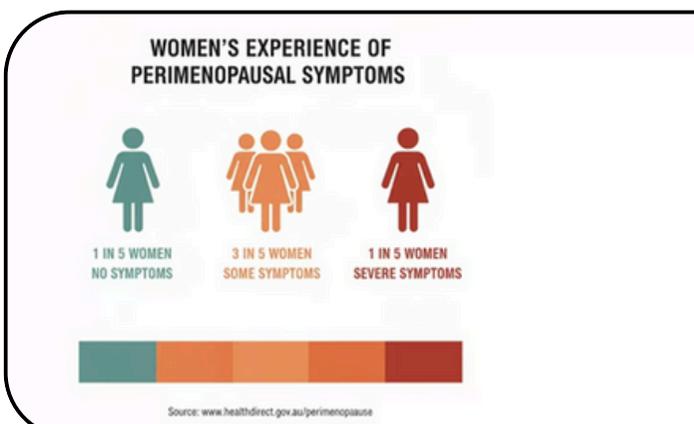
Change your view

**Céad Míle Fáilte - A Warm Welcome**

**Breathwork for Women**  
 Perimenopause, Menopause & Beyond

*Simple tools to ease anxiety, sleep better, and reconnect with your body*

Marian Ní Chonghaile | Founder - Thrive with Marian  
 Life & Executive Coach | Certified Breathwork Facilitator

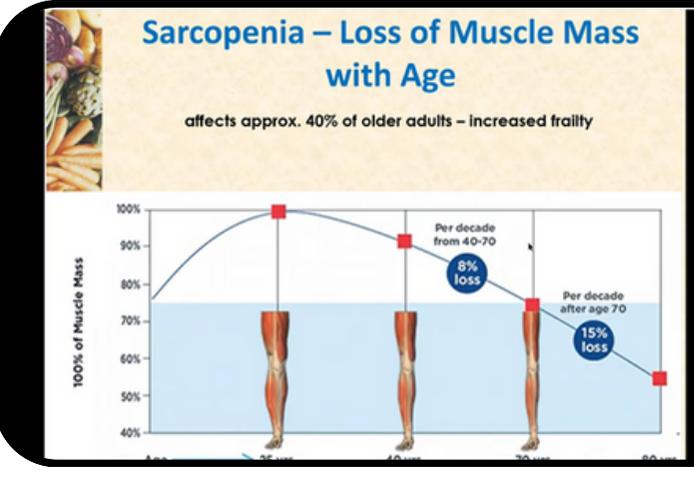


Leisha Vale (...)

1 GG

The recent Empowering Women's Health programme, focusing on perimenopause, menopause, and postmenopause, has been a tremendous success. Participants praised the sessions for their informative content and practical advice, delivered by expert speakers across a range of topics including women's health, herbal medicine, nutrition, physical exercise, and mental wellbeing. Feedback received to date has been overwhelmingly positive, highlighting the value of this initiative in supporting women's health and wellbeing in our community.

Participants: Adele Rardin, Admin (External), SOLAS FRC (Unverified), cuigeal@gmail.com (Unverified), Eithne O'Halloran (External), Marie Cuddy's (Unverified), Helen Clann Resource Centre (Unverified), Karen Concannon, recess (Unverified), Lisa Corbett (Unverified), Ballyglavin Station (External), Nollaig NiCharthaigh (Unverified)

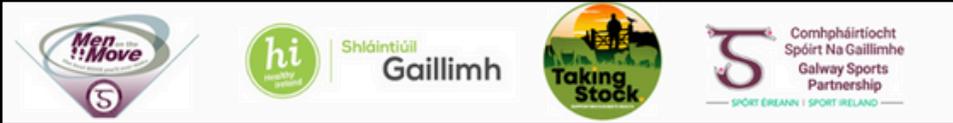


Admin

KC



# Men on the Move Leitir Mor/Letterfrack



Diamond Hill Gym, Letterfrack.

**FREE 8-WEEK MEN'S HEALTH & FITNESS PROGRAMME**  
**ALL FITNESS LEVELS WELCOME**



**ADVICE ON HEALTHY EATING, PHYSICAL ACTIVITY AND WELLNESS.**

**Starts Thursday, the 9<sup>th</sup> of October.**  
**Time: 19:00-20.30.**

**TO REGISTER, PLEASE CONTACT DAVID BOHAN ON 085-2676192**



## Men's Health & Fitness Programme - Letterfrack

The free 8-week Men's Health & Fitness Programme at Diamond Hill Gym, Letterfrack is off to a great start and welcomes men of all fitness levels.

The programme combines practical workouts with expert advice on physical activity, and wellness support, making it an ideal opportunity to improve health in a friendly, supportive environment.

Sessions run every Thursday from 7:00-8:30pm, which commenced on the 9<sup>th</sup> of October. This initiative is supported by Healthy Ireland, Galway Sports Partnership, and Forum Connemara, ensuring participants have access to quality guidance and resources for health.



# Nutritional Health



## November – Embracing Seasonal Wellness

November in Ireland brings a noticeable change in the air—cooler temperatures, shorter daylight hours, and the last of the autumn leaves giving way to winter’s calm.

It’s the perfect time to make the most of the seasonal harvest and adjust our habits to stay healthy and energised.

### Seasonal Stars on Your Plate

Ireland’s November harvest offers plenty of nourishing options:

**Root Vegetables** like carrots, parsnips, and turnips are ideal for hearty soups and roasts, packed with fiber and vitamins.

**Cabbage and Brussels Sprouts**, staples of the Irish winter table, are rich in antioxidants and support immunity.

**Apples and Pears**, still in season, make excellent snacks or comforting baked desserts.

**Pumpkin and Squash**, perfect for warming dishes, provide vitamins A and C for seasonal wellness.

## Mindful Eating This November

As the evenings grow darker and the festive season begins to stir.

Here are a few gentle reminders to help you stay well while enjoying the flavours of the season:

### **1. Portion Awareness**

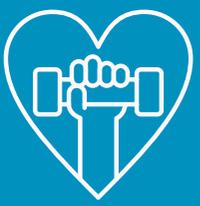
Whether it’s a Sunday roast or a seasonal treat, enjoy your favourites — just be mindful of portion sizes. Using a smaller plate and taking time to savour each bite can help you feel satisfied without overdoing it.

### **2. Balanced Plates**

Try to include a mix of lean proteins, vegetables, and wholegrains in your meals. These nutrient-rich foods help keep your energy steady and support your overall wellbeing as the colder weather sets in.

### **3. Be Present at the Table**

November is a time for connection. Put away your phone, eat slowly, and enjoy the company of those around you. Whether it’s a quiet dinner or a lively chat over tea, these moments of togetherness are just as nourishing as the food.



# Physical Exercise

## Keeping Active as the Weather Turns Cooler

As autumn settles in and the temperatures begin to drop, it's natural to feel drawn indoors. But staying active during the colder months is just as important for your physical and mental wellbeing.

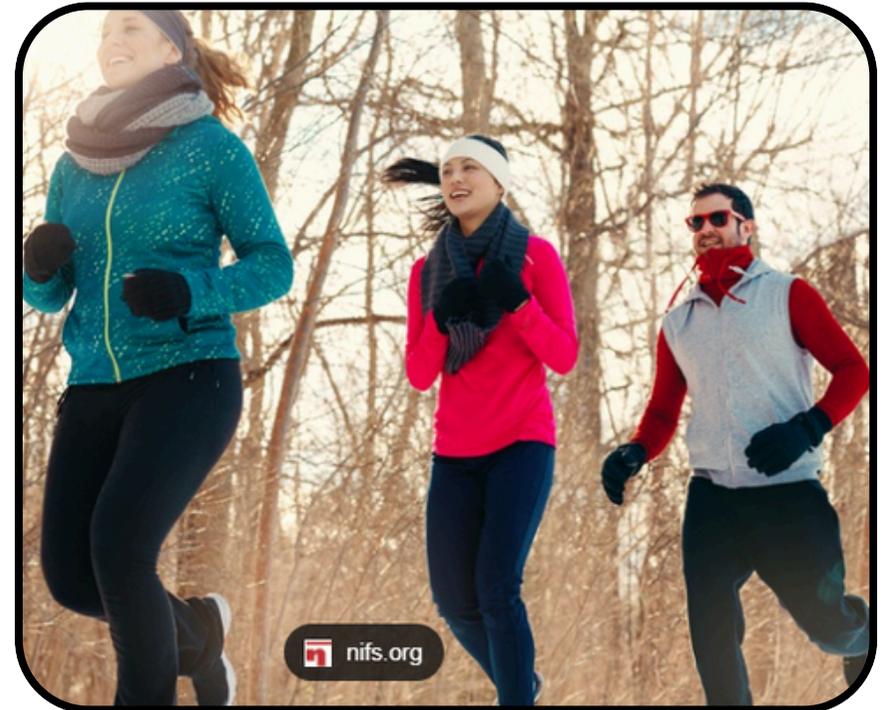
Here are a few simple ways to keep moving, no matter the weather:

### 1. Move Indoors:

When it's too chilly or wet to head outside, try indoor activities like yoga, Pilates, or simple home workouts. Even a short daily routine can help boost your energy and mood.

### 2. Wrap Up and Head Out:

If you enjoy the outdoors, don't let the cold stop you. Dress in warm layers and embrace the fresh autumn air with a brisk walk, a cycle, or a gentle hike. The changing colours and crisp breeze can be a real tonic.



### 3. Stay Hydrated:

It's easy to forget to drink water when it's not warm out, but staying hydrated is just as important in cooler weather. Aim for around eight glasses a day. Herbal teas or warm water with lemon are great options to keep you cosy and hydrated.



# Nutritional Health



## Hearty Irish Beef Stew for November

As the November evenings grow longer and chillier, there's nothing quite like a warming bowl of stew to bring comfort to the table. This one-pot Irish beef stew is packed with wholesome vegetables and rich, meaty flavour — perfect for cosy nights in.

Serve it with a slice of freshly baked Irish soda bread to soak up every last drop — a true taste of home.

### *Nutritious Recipe:*

2 ¼ pounds boneless chuck roast,  
trimmed and cut into 1 1/2-inch  
pieces

¾ teaspoon salt

½ teaspoon ground pepper

2 tablespoons neutral oil

1 small yellow onion,

Chopped 3 medium carrots,  
diagonally sliced into 1-inch  
pieces

3 stalks celery, cut into 1-inch  
pieces

1 tablespoon tomato paste

2 teaspoons chopped fresh thyme

4 cups low-sodium beef broth

1 ½ pounds baby potatoes, halved

2 tablespoons cornstarch

2 tablespoons cold water

2 tablespoons chopped fresh flat-  
leaf parsley, plus more for garnish

1. Sprinkle beef all over with salt and pepper.
2. Heat 1 tablespoon oil in a large heavy pot over medium-high heat.
3. Add half of the beef; cook, turning to brown on 2 or 3 sides, about 3 minutes per side. Transfer the browned beef to a bowl; repeat the process with the remaining beef and 1 tablespoon oil.
4. Add onion, carrots and celery to the drippings in the pot; cook, stirring often, until the vegetables begin to soften, about 4 minutes.
5. Add tomato paste; cook, stirring constantly, for 1 minute. Add thyme; cook, scraping the bottom of the pot to release any browned bits, until the liquid is slightly reduced, about 2 minutes.
6. Add broth and the beef (with any accumulated juices in the bowl); bring the mixture to a boil over medium-high heat.
7. Reduce heat to medium-low; cover and cook until the beef is mostly tender, about 1 hour, 10 minutes. Stir in potatoes; cover and cook until the beef and potatoes are tender, 15 to 20 minutes.
8. Whisk cornstarch and cold water in a small bowl. Increase heat to high; add the cornstarch mixture and cook, stirring constantly, until thickened, about 2 minutes. Remove from heat; stir in parsley. If desired, garnish with additional parsley.

# Galway Sports Partnership November Programmes

Men on Move

Siel Bleu Active Islands

Balance Bikes

Glow Games

HER Moves

Walk Leader Courses

OSAAT - One Step At A Time

Club Development Workshops

Buggy Buddies



@galwayactive



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



091-509 670



SPÓRT ÉIREANN  
SPORT IRELAND



# Lung Cancer Awareness Month

## Lung Cancer Awareness



Find out more in this lung cancer flipbook on:

- What increases your risk of lung cancer?
- What are the signs and symptoms of lung cancer?
- Useful resources



*Scan me*



# Local Community Events

**FORUM**  
CONNEMARA CLG

**HSE**  
Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**SICAP**  
Social Inclusion & Community Activation Programme

## The Tuesday Club

### This Month in Ballyconeely!!

*Refreshments. Conversation. Activities and Music*

**€5 Contribution Requested**

**Ballyconeely Community Hall,**  
**Tuesday 4<sup>th</sup> Nov**  
**12.00pm – 2:00 PM**

**All Welcome From Ballyconeely, Roundstone and Cashel !!**

**Please Call If You Need Transport**

**Eithne: 085 179 7959**  
**or FORUM 095 41116**

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.

**SICAP**  
Social Inclusion & Community Activation Programme

**FORUM**  
CONNEMARA CLG

## CONFIDENCE BUILDING, & SELF ESTEEM FOR WOMEN

**For Job Seekers and Those Seeking Skills and Tools To Create Positive Change, Grow in Confidence and Achieve their Potential.**

**Location : The Alcock and Brown Hotel**  
**Tuesday November 18<sup>th</sup>**

**Time : 9.30am to 1.30pm**

**To Book Call Eithne : 085 179 79 59**

**Some Eligibility Criteria Will Apply**

tas na hÉireann  
Government of Ireland

Amma chomhoibriú ag an Aontas Eorpach  
Co-funded by the European Union

pobal  
government supporting communities

LCDC

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# Local Community Events

Portumna Active Retirement Group  
invites you to a FREE

## HEALTH AND WELLBEING COMMUNITY EVENT



Thursday 13<sup>th</sup> November

11am - 2pm

Portumna Town Hall, H53 AOK8

Free Health Checks, Information Stands on  
Services and Local Community Groups.  
Refreshments served



This project is co-funded by the Government of Ireland and the European Union.

**FÓRAM CHONAMARA CLG**

**AG CEILIÚRADH NA MBLIANTA ÓRGA**  
A CELEBRATION OF THE GOLDEN YEARS

**6ú Samhain 2025**  
**6th November 2025**

Sólaistí ar Fáil  
Refreshments Provided

Tacaíocht Pinsin / Pension Support  
Seirbhísí Tacaíochta / Support Services  
Uasghráduithe Fuinnimh Baile / Home Energy Upgrades  
Seirbhísí Meabhairshláinte / Mental Health Services  
Slándáil Baile / Home Security  
Béilí ar Rothaí / Meals on Wheels

Ionad / Venue:  
Coláiste Chuimhneacháin  
An Phiarsaigh,  
Ros Muc, H91 CTP2

Am / Time: 12:00in - 2:00in

Citizens Information

Peter (085) 267 5863    Nórah (085) 179 7723    [sicap@forumconnemara.ie](mailto:sicap@forumconnemara.ie)

Partners: seaí, thrive, hi, Gaillimh, AgeAction, CRVI, HFE, etc.

Tá an Clár um Chuidiú Sóisialta agus Grúincheathrú Pobail (SICAP) cónascáilte ag Riadas na hÉireann, tríd an Boinn Forbartha Tuaithe agus Pobail, agus Clár Sóisialta na hEorpá Plus leora gClár Forbartha, Cúimhne, Síolrann agus Oifige (SIF) 2022-2027.



# Local Community Events

## Drug & Alcohol Service for Under 18's

A FREE & CONFIDENTIAL SERVICE

DO YOU WORRY  
ABOUT YOUR  
**DRUG OR  
ALCOHOL USE**  
SOMETIMES?

### What are we?

A support service for under 18's who have difficulties with alcohol or other drugs.

### What we do

- We offer individual:
- Advice
  - Information
  - Support
  - Counselling
  - Onward Referral as Required

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You can call Olive Branagan on **087 339 5522**  
email: [olive.branagan@hse.ie](mailto:olive.branagan@hse.ie)  
Monday to Friday from 9 to 5.



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email: [olive.branagan@hse.ie](mailto:olive.branagan@hse.ie)  
Monday to Friday from 9 to 5.





# Healthy County Galway - Links

## Stay Connected with Healthy County Galway!

We're delighted to announce the launch of our new Linktree — your one-stop hub for everything 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.
- Follow us on Instagram and Facebook.

Follow the link: [linktr.ee/healthycountygalway](https://linktr.ee/healthycountygalway).

Or scan the QR code below to explore and connect instantly!



**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 purpose of sending you this newsletter. You can unsubscribe at any time by contacting us at [arankin@galwayco.ie](mailto:arankin@galwayco.ie), and we will store 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 \*

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2. Email address to receive the newsletter \*

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



## 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



# Healthy County Galway Website

## 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 Gallimhe](#)
- [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](#)

## 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 [\*\*arankine@galwaycoco.ie\*\*](mailto:arankine@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!**

✉ [healthandwellbeing@galwaycoco.ie](mailto:healthandwellbeing@galwaycoco.ie)

@healthygalwaycounty

 @HealthyGalwayCo

Acknowledgments:  
**Morven Brooks**  
Graduate Placement, Rural,  
Community Development & Integration