



Healthy County Galway Newsletter

October 2025

@healthygawwaycounty

@HealthyGalwayCo

Memory Café Roundstone

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

Roundstone, Community Centre (Lower Hall)

- 11th September
- 9th October
- 13th November
- 11th December

12.00pm - 2.00 PM

To book your place, contact Kathleen: 087 241 4169

Celebrate World Mental Health Month with Thrive Connemara!

thrive Connemara Mental Health Ireland

Tuesday 14th October from 10.00am - 8.00pm

Deli @ Alcock & Brown Hotel, Clifden, H71 KN29

FREE

A range of workshops on offer for all adults over 18, explore the Five Ways to Wellbeing, get creative with art, immerse yourself in a relaxing sound bath, or feel the rhythm with drumming! Refreshments provided!

Scan the QR code to book your spot or email

Empowering Women's Health

A 5-week Women's Health and Wellness Programme

Perimenopause - Menopause Postmenopause

Streamed live to venues across County Galway

- Expert guest speakers
- Practical health & wellness tips
- A warm space to connect with women
- Enjoy a cup of tea and chat

Thursdays 6.45pm-8.30pm

25th September
2nd October
9th October
16th October
23rd October

Venues

- Comhar Caomhán, Inis Oirr
- Inishbofin Community Centre
- Comharchumann Árann, Inis Mór
- Comhlacht Forbartha, Inis Meáin
- Loughrea Resource Centre
- SCCUL Sanctuary, Clarinbridge;
- Forum Offices, Clifden;
- Community Center, Recess (FULLY BOOKED)
- Chlann Resource Centre, Oughterard
- Solas FRC, Headford
- Ard Ri House Hotel, Tuam
- Moycullen Community Centre
- Comhair Cuigeal Teo, Lettermullen
- Ballyglunin, Co. Galway
- Creagh Training Centre, Ballinasloe

Scan the QR to register or call your venue

Form also available by visiting www.linktr.ee/healthycountygalway

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



Rialtas na hÉireann Government of Ireland



Women's Health Programme Update

The **Empowering Women's Health programme** officially commenced on 25th September.

Running every **Thursday from 6:45pm-8:30pm**, these sessions led by expert guest speakers are streamed live to venues across County Galway and cover a diverse range of topics for women's wellbeing.

There are still spaces left for the remaining weeks of the programme - If you are interested in attending please register here: linktr.ee/healthycountygaway.



Empowering Women's Health
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Empowering Women's Health
Perimenopause - Menopause - Postmenopause

On Thursdays 6.45pm - 8.30pm

Programme Schedule and Speakers

25 September	 Geraldine Connolly Consultant OBGYN Women's Health	 Paula Herbert Yoga Instructor & Ayurvedic Practitioner
2 October	 Joan Dooley Community Herbalist Herbalism	 Ian Claxton Acupuncturist Acupuncture
9 October	 Ogechi Nsoedo Health Promotion Officer Cardiovascular & Bone Health	 Orlaith Kilgannon Physiotherapist Pelvic Health
16 October	 Ms. Lisa Corbett HSE Senior Community Nutritionist Nutritional Health	 Karen Concannon Sports Scientist Physical Exercise
23 October	 Leisha Vale Galway Recovery College Mental Health	 M. Ni Chonghaile Breathwork Facilitator Breathwork

You can register either by:

- scanning the QR code
- visiting www.linktr.ee/healthycountygaway
- emailing arankin@galwaycoco.ie



Dementia Cafe Initiative Connemara



FORUM CONNEMARA CCLD

hi Healthy Galway

HSE Feidhmeannacht na Seirbhíse Sláinte Health Service Executive

SICAP Social Inclusion & Community Activation Programme

Memory Café Roundstone

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

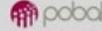
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Update on the Roundstone 'Memory Café'

Roundstone Community Hall is offering a warm and informal space for people living with dementia and their carers to come together.

These gatherings are designed to be relaxed and welcoming, providing an opportunity to connect with others who may be going through similar experiences.

Whether you're newly diagnosed, supporting a loved one, or simply curious, the Memory Café is a place to share stories, enjoy a chat, and access helpful information in a supportive environment.

Held monthly, the sessions are free to attend and include light refreshments. You can expect friendly faces, a calm atmosphere, and sometimes guest speakers or activities tailored to the needs and interests of attendees.

This initiative has been made possible through the valued collaboration of Forum Connemara, Healthy County Galway, HSE, and Kathleen Aspell, our dedicated facilitator for the café.

Women in Agriculture: Health and Wellbeing Event

Supporting Women's Health in Agriculture and Rural Communities




FREE EVENT
Wednesday 1st October
10.30am - 1:30pm
Mountbellew Agricultural College, Co. Galway
H53 WE00

Join Us for a Free Community Health Event!

What's Included:

- ✓ Preventative Care Guidance
- ✓ Free Health Checks
- ✓ Expert Speakers (Covering Health & Wellbeing Topics)




We are delighted to announce that we will be partnering with IFA on an event in partnership with Croí Heart & Stroke Centre and the Irish Farmers' Association (IFA) on 1st October, focused on empowering women in agriculture through health and wellbeing.

Details on the poster attached or contact us on aranking@galwaycoco.ie

Supporting Women's Health in Agriculture and Rural Communities
1st October 2025, Mountbellew Agricultural College

Schedule

10:30 AM – Welcome & Opening Remarks
Speaker: Eithne Curley: Brief introduction and overview of the event.

10:40 AM – Women in Agriculture & Health: Challenges and Insights
Speaker: Dr. Maura Farrell (FLIARA): Exploring unique challenges faced by women in agriculture & health.

10:50 AM – Cardiovascular Health for Women
Speaker: Representative from Croí: Women's health checks with a focus on cardiovascular wellbeing.

11:00 AM – Women's Leadership in Agriculture (Northern Ireland)
Speaker: Veronica Morris: Insights into leadership roles for women in the agri-sector.

11:10 AM – Breast Cancer & Women's Health
Speaker: Nurse from Irish Cancer Society: Comprehensive discussion on breast cancer

11:20 AM – Farm Safety Challenges
Speaker: Cianan Roche: Addressing key safety concerns and risks on farms.

11:30 AM – Mental Health & Bereavement Support
Speaker: Embrace FARM Representative: Support services for mental health & bereavement

11:40 AM – Occupational Health in the Workplace
Speaker: Michelle Nolan (Health and Safety Authority): Factors affecting women's health in the workplace.

11:50 AM – Promoting Health & Wellbeing Among Farm Women
Speaker: John McNamara (Teagasc): Evidence-based research to support farm women's health.

12:00 PM – Break (15 minutes)

12:15 PM – Panel Discussion: Women's Health & Leadership in Agriculture
Moderator: Sarah McIntosh (Irish Farmers Journal)
Panelists: Dr. Maura Farrell (University of Galway); Mella Briscoe (Dairy Farmer); John McNamara (Teagasc), Veronica Morris, Eithne Curley

QUESTIONS AND ANSWERS (15 MINS) 12:45pm



Men on the Move Leitir Mor




Shláintiúil
Gaillimh



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

Men On The Move

SPÓRTLANN NAOMH ANNA

Leitir Móir



Wednesdays @ 8-9.30pm
Commencing September 24th

THE PROGRAMME WILL RUN FOR 8 CONSECUTIVE WEEKS ON A WEDNESDAY EVENING.
REFRESHMENTS WILL BE PROVIDED

TO REGISTER PLEASE CONTACT PETER LYDON ON
0852675863



Social Inclusion & Community Activation Programme



government supporting communities



Comhairle Chontae na Gaillimhe
Galway County Council



Men on the Move Leitir Móir - A Great Success!

- The Men on the Move programme in Leitir Móir, launched on September 24th at Spóirtlann Naomh Anna, has quickly become a great example of community-led health promotion in action. Over the past few weeks, local men have come together every Wednesday evening from 7-8:30 pm to engage in physical activity, connect socially, and take proactive steps toward better health.
- With refreshments provided and a welcoming atmosphere, the programme has attracted a strong and enthusiastic turnout.

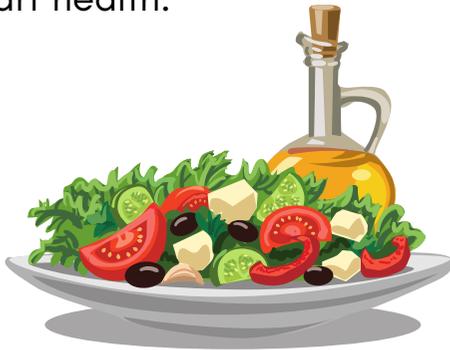




Nutritional Health

Eating for Heart Health: The Mediterranean Diet

You have probably heard about the Mediterranean diet: a way of eating that emphasises fresh fruits and vegetables, whole grains, legumes, nuts, olive oil, and fish, while keeping red meat and sugary treats to a minimum. It's celebrated for its ability to support heart health.



But do you know what makes it so effective?

One reason involves a compound called trimethylamine N-oxide (TMAO). This molecule is produced when gut bacteria break down certain nutrients found in red meat and eggs. Elevated levels of TMAO have been linked to an increased risk of heart disease. Interestingly, foods like garlic contain natural compounds that can block the formation of TMAO. This is just one example of how what we eat can influence our internal biology.

Tips to get started

- **Boost fruit & veg intake**

Aim for 2-3 servings of fruit and 4+ servings of vegetables daily.

- **Choose whole grains**

Swap white bread/pasta for whole-grain options like bulgur or barley.

- **Use healthy fats**

Cook with olive or canola oil instead of butter.

- **Eat more seafood**

Enjoy fish 2-3 times a week (e.g., salmon, trout, mackerel).

- **Snack on nuts**

Have 4 servings of raw, unsalted nuts weekly.

- **Include low-fat dairy**

Opt for skim milk, low-fat yogurt, and cottage cheese.

- **Cut back on red/processed meat**

Choose lean poultry, fish, or plant-based proteins.

- **Flavor with herbs & spices**

Reduce salt by using fresh herbs and spices.



Nutritional Health

Nutritious Recipe: Baked Cod with Lemon and Olive Oil



Ingredients

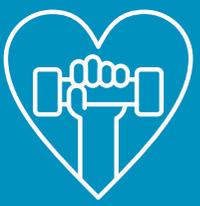
- 1 medium baking potato
- 1 large fresh cod fillet
- 15ml lemon juice
- 15ml olive oil
- 5 olives, sliced
- 1 garlic clove, peeled and crushed
- 1 pinch dried thyme
- 1 pinch paprika
- 1 medium carrot, peeled and sliced
- 85g broccoli, in florets
- 70g green beans

Recipe

1. Prick the potato all over with a fork. Bake for 1½ hours until soft inside, OR to microwave: prick and cook for 6–8 mins, turning halfway.
2. Place cod fillet in a baking dish. Drizzle with lemon juice and olive oil, scatter over olives, garlic, thyme, and paprika.
3. Bake for 15–20 mins, until the fish is opaque and flakes easily.
4. Meanwhile, steam carrots, broccoli, and green beans for about 15 mins, until tender.
5. Serve the baked cod with the steamed vegetables and baked potato, spooning over the juices from the dish.

Nutritional Benefits

- Heart-friendly dish packed with lean protein and omega-3 fatty acids, which support brain and cardiovascular health
- Olive oil adds healthy fats and antioxidants
- Lemon boosts flavor without added salt
- Baking, rather than frying, preserves nutrients and reduces unhealthy fats—making the meal lighter but still full of delicious, fresh taste



Physical Exercise



Are you struggling with **maintaining** physical activity?

Here are some simple **tips** to help you stay on track



Move Daily: Get at least 20 minutes of activity each day.



Strength Training: Do muscle-strengthening exercises 2 days a week.



Mix It Up: Do different activities like walking, dancing, or cycling.



Break It Up: Short bursts of activity are effective - no need to do it all at once.



Intensity Matters: Include some vigorous activity for better health.

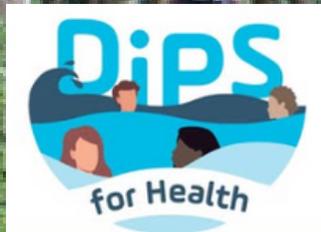


Enjoy It: Choose activities you like to stay motivated.

Galway Sports Partnership News

Little Wanderers Hike

AgeAction
Positive
Ageing
Week



Training

Autism
in Sport

**NATIONAL
RECOVERY
MONTH**
RECOVERY. HOPE. HEALING.



October

Programmes

Men on Move
Peekaboo Padel
Buggy Buddies
HER Moves
Positive Ageing Week Walks
Little Wanderers Hike & Craft
Islands Couch to 5k
OSAAT - One Step At A Time
Dips for Health
Autism in Sport Workshop
Club Development Workshops



@galwayactive



www.galwayactive.ie



091-509 670



SPÓRT ÉIREANN
SPORT IRELAND

Sexual Health West



OCTOBER

**FREE RAPID HIV & SYPHILIS TESTING
CONFIDENTIAL AND QUICK, NO APPOINTMENT NEEDED!**

**07 OCTOBER, 17:00 - 19:00 PM
PORTERSHED A DÓ H91 TCX3**

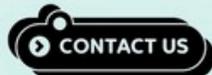
**15 OCTOBER, 17:00 - 19:00 PM
TEACH SOLAIS H91 VF21**

**17 OCTOBER, 18:00 - 20:00 PM
RÓISÍN DUBH H91 N4AP**

**23 OCTOBER, 13:00 - 15:00 PM
UNIVERSITY OF GALWAY
THE SPACE AT ÁRAS NA MAC LEINN H91 RTR6**



**ORDER FREE CONDOMS
ONLINE AT
SEXUALHEALTHWEST.IE**



<http://sexualhealthwest.ie>

[@sexualhealthwest](https://www.instagram.com/sexualhealthwest)

091 566 266

(Mon - Fri
Working Hours)



**RELATIONSHIP
& SEXUALITY
EDUCATION**



**SUPPORTING
PEOPLE LIVING
WITH HIV**



**FREE RAPID HIV
& SYPHILIS
TESTING**



**EDUCATION
SESSIONS FOR
STAFF/
ORGANISATIONS**



**INFO STANDS &
FREE CONDOMS
& LUBE!**



**GALWAY
SEXUAL HEALTH
FORUM**



<http://sexualhealthwest.ie>

[@sexualhealthwest](https://www.instagram.com/sexualhealthwest)

091 566 266

(Mon - Fri
Working Hours)



Thrive Connemara

Celebrate World Mental Health Month with Thrive Connemara!



Tuesday 14th October from
10.00am - 8.00pm

Deli @ Alcock & Brown
Hotel, Clifden, H71 KN29

FREE

A range of workshops on offer for all adults over 18, explore the Five Ways to Wellbeing, get creative with art, immerse yourself in a relaxing sound bath, or feel the rhythm with drumming! Refreshments provided!



Scan the QR code to book your spot or email
thriveconnemara@mentalhealthireland.ie



Health and Wellbeing Creative Workshops: Celebrate World Mental Health Month with Thrive Connemara

Join Thrive Connemara on Tuesday, 14th October from 10am to 8pm at the Deli @ Alcock & Brown Hotel, Clifden (H71 KN29) for a free day of wellness workshops designed for adults aged 18 and over.

The programme includes creative art activities, relaxing sound baths, energising drumming sessions, and an exploration of the Five Ways to Wellbeing.

Refreshments will be provided throughout the day.

Booking is essential – scan the QR code on the poster or email thriveconnemara@mentalhealthireland.ie for more information.



Breast Cancer Awareness Month

October is Breast Cancer Awareness Month

Breast Cancer is one of the most common cancers for women in Ireland. 1 in 7 women will develop breast cancer in their lifetime.

There are risk factors we cannot change such as family history and genetic and there are risk factors for breast cancer that we can change such as alcohol consumption, physical activity levels and breastfeeding.

Being breast aware is important. Check your breasts regularly. Know what is normal for you and know what changes to look out for. Look for any new lump or swelling in your breast or armpit. Any change is the shape, size or feel of one or both breasts, any skin changes such as puckering or dimpling. Any redness or abscess. Any changes to the nipple, any discharge from the nipple or a rash or eczema on or around nipple.

For more information on risk factors for breast cancer, the signs and symptoms of breast cancer, and BreastCheck the free screening programme for women aged 50-69, click the link below to open the flipbook:

Click Here: [Breast Cancer Awareness Flipbook](#)

HSE

Find out more in this breast cancer flipbook on:

- What increases your risk of breast cancer?
- What are the signs and symptoms of breast cancer?
- Breast cancer screening- BreastCheck

Breast Cancer



nccp National Cancer Control Programme



Local Community Events



AUTUMN FUN RUN

Dé Sathairn 9.30am

18th October ~ Deireadh Fómhair

Seana Mhach 3k Bog Trail
Casla, Connemara



Comhairle Chontae na Gaillimh
Galway County Council

October Sunsets

RUN FOR FUN

Fridays 6.30pm

An Spidéal, Gaillimh



Comhairle Chontae na Gaillimh
Galway County Council





Biodiversity - GRD



GLENAMADDY COMMUNITY GARDEN

HERBALIST TRAINING



4th Oct - Plant Identification

11th Oct - Natural Remedies

25th Oct - Winter Wellness

Ballyhard F45FK57

Contact Bernie 086 1685067 for more details



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

Herbalist training will be taking place in Glenamaddy Community Garden on Starting Saturday the 4th of October for 3 weeks.

This is an open training, and new members are always welcome.

However, booking is essential please call Bernie on 086-1685067 to book your place.

This training has been funded by Galway Rural Development and the SICAP programme.



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.

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, 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 *

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



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

@healthygalwaycounty

 @HealthyGalwayCo

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