



Healthy County Galway Newsletter

September 2025

✉ arankin@galwaycoco.ie

📷 @healthygalwaycounty

📘 @HealthyGalwayCo



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 Oírr
- Inishbofin Community Centre
- Comharchumann Árann, Inis Mór
- Comhlacht Forbartha, Inis Meáin
- Ballinasloe
- Loughrea Resource Centre
- Chlann Resource Centre, Oughterard
- Forum Connemara Offices, Clifden
- Recess Community Center, Recess
- Ard Ri House Hotel, Tuam
- Moycullen Community Centre

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

Solas Family Resource Centre Headford invite you to our

Women's Health Day

Wednesday 10th September 2025
St. Fursey's Hall, Headford

10.00am – 2.00pm Admission Free



Logos of partners: FLANAGAN'S totalhealth PHARMACY, Healthy Galway, Mental Health Ireland, Marie Keating FOUNDATION, CRÓI Fighting Heart Disease & Stroke, Solas Counselling Service, The Acupuncture Room, Sexual Health West, pieta, ALONE YOU'RE NOT ALONE, HSE Health Service Executive, SICAP Social Inclusion & Community Activation Programme SICAP, BODYWHYS The Eating Disorders Association of Ireland

Solas Women's Health Day is generously supported by Galway Rural Development (GRD) The Health Service Executive (HSE)



Dementia Cafe Initiative Connemara

FORUM
CONNEMARA CLG

hi Healthy Galway

HSE Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

SICAP
Social Inclusion & Community Activation Programme

MEMORY CAFÉ

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

Wild Goat Café

**The Wild Goat Café,
Letterfrack**

- 7th July
- 6th August
- 1st September

11:30 AM – 1:00 PM

To book your place,
contact Kathleen: 087 241 4169

Sláinte na Míleann
Government of Ireland

European Union
This initiative is an active project
Co-funded by the European Union

pobal LCDC
government supporting communities

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

A Memory Café is now up and running in Letterfrack, Connemara, 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 at The Wild Goat Café, 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, the Health Service Executive (HSE), and Kathleen Aspell, our dedicated facilitator for the café.

Women's Health Program



hi Healthy Ireland

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
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- Recess Community Center, Recess
- Ard Ri House Hotel, Tuam
- Moycullen Community Centre



Scan the QR to register or call your venue

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

The Empowering Women's Health program is a 5-week Women's Health and Wellness initiative focused on Perimenopause, Menopause, and Postmenopause.

hi 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	 Ian Claxton Acupuncture
9 October	 Ogechi Nsoedo Health Promotion Officer Cardiovascular & Bone Health	 Orlaith Kilgannon Physiotherapist Pelvic Health
16 October	 Ma. 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/healthycountyalway
- emailing arankin@galwaycoco.ie



Logos: HSE, pobal, FORUM, SICAP, Galway County Council, etc.

Taking place on Thursdays from 6.45pm to 8.30pm—on the 25th September, 2nd, 9th, 16th, and 23rd October—the sessions will be streamed live to venues across County Galway.

Participants can expect expert guest speakers, practical health and wellness tips, and a warm, welcoming space to connect with other women over a cup of tea and a chat.

Details of the attended venues are provided on the poster

To register, scan the QR code on the poster, contact your local venue, or visit www.linktr.ee/healthycountyalway.

Social Health

"Not Around Us" Campaign

2025



This initiative supports the creation of smoke-free environments for children and young people, helping to denormalise smoking and protect future generations from its harmful effects.

Free signage is available to not-for-profit organisations who wish to display "Not Around Us" messaging in their outdoor spaces.

If you are Interested in getting signage for your service?

Please contact **Healthy County Galway** at:
arankin@galwaycoco.ie
Or call 087 7777 790

"Not Around Us" Campaign

A public health initiative in County Galway, Ireland, aimed at creating smoke-free environments for children and young people.

Objectives:

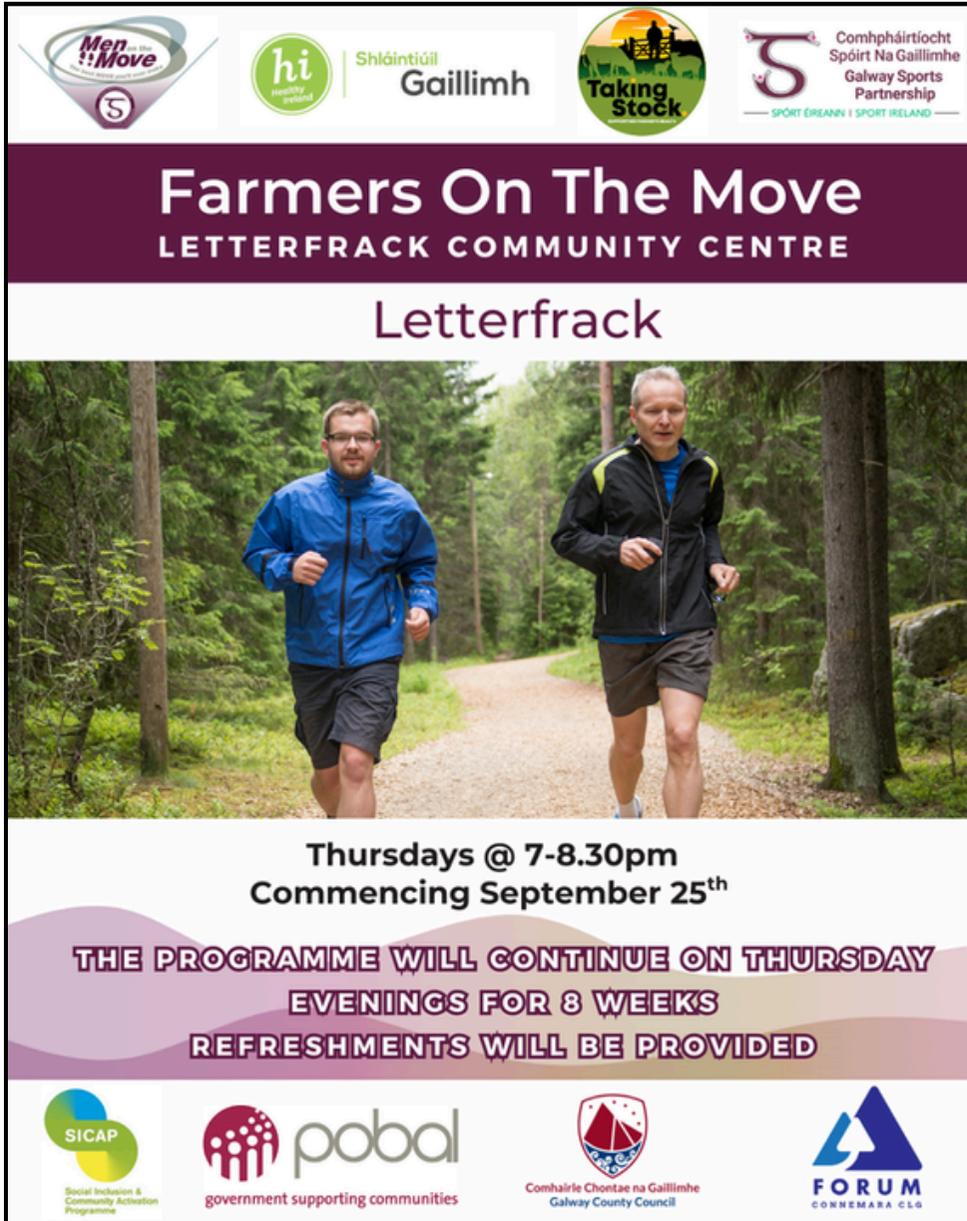
- Denormalise smoking for the next generation by reducing its visibility in public spaces.
- Protect children and young people from exposure to second-hand smoke.
- Support smokers by creating environments that make it easier to quit and stay quit.
- Reduce environmental damage caused by discarded tobacco products.

The campaign is a collaborative effort led by: Healthy Galway City and County, Galway Children and Young People's Services Committee (CYPSC) and Supported by partners like the HSE, Galway City and County Councils, Youth Work Ireland Galway, Croí, and Galway Public Libraries.

The campaign does not ask people to quit smoking, but encourages them to be mindful of where they smoke.

This initiative supports the Tobacco Free Ireland policy and contributes to the Healthy Ireland vision by promoting a culture where smoke-free environments are the norm.

Men/Farmers on the Move Programmes









Farmers On The Move

LETTERFRACK COMMUNITY CENTRE

Letterfrack



Thursdays @ 7-8.30pm
Commencing September 25th

THE PROGRAMME WILL CONTINUE ON THURSDAY
EVENINGS FOR 8 WEEKS
REFRESHMENTS WILL BE PROVIDED






- "Farmers On The Move" in Letterfrack offers a weekly Thursday evening session to support farmers' physical and mental wellbeing, starting September 25th.
- "Men On The Move" in Leitir Mór invites men of all ages to join a fun and active group every Wednesday evening from September 24th, with refreshments provided.
- Both programmes are free, community-based initiatives supported by GSP, HCG and Forum Connemara to promote health, movement, and social connection.









Men On The Move

SPÓRTLANN NAOMH ANNA

Leitir Mór



Wednesdays @ 7-8.30pm
Commencing September 24th

THE PROGRAMME WILL CONTINUE ON WEDNESDAY
EVENINGS FOR 8 WEEKS
REFRESHMENTS WILL BE PROVIDED






Nutritional Health - Healthy Eating

10 minute Guacamole



Ingredients

Avocado, scallion,
cherry tomatoes,
coriander, garlic,
lime juice, cumin
& chilli.

Directions

Mix everything in a bowl
with a fork or pestle.
Serve with rye
crispbread or
wholegrain crackers.

Nutritional Benefits

- Avocados, the main ingredient in guacamole, are high in monounsaturated fats, which support heart health and help reduce bad cholesterol levels.
- Guacamole contains dietary fiber that aids digestion, helps regulate blood sugar, and keeps you feeling full longer—great for curbing cravings.
- It's a good source of:
 - **Vitamin K** - supports bone health
 - **Vitamin E** - acts as an antioxidant
 - **Vitamin C** - boosts immunity
 - **Potassium** - helps regulate blood pressure
- Ingredients like lime juice, tomatoes, and garlic add antioxidants that help fight inflammation and protect cells from damage.
- Thanks to its healthy fats and fiber, guacamole can help you feel satisfied and reduce the likelihood of overeating.
- You can enjoy guacamole with veggie sticks, whole grain crackers, or even as a spread on toast—making it a nutritious alternative to processed snacks.

Other Notices



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Survey for Parents of Children with Cerebral Palsy

Researchers from Trinity College Dublin invite parents of children with CP to take part in an anonymous online survey

To best meet the needs of children, we want to hear about their lives and what matters most to you and them



For questions, contact Aoife: ryana75@tcd.ie

Research Team
School of Medicine, Trinity College Dublin
Professor Denise McDonald Professor Eleanor Molloy
Dr. Michelle Spirtos Ms. Aoife Ryan

Survey Invitation for Parents of Children with Cerebral Palsy

Researchers from Trinity College Dublin are conducting a national survey to better understand the lives of children with cerebral palsy – their characteristics, participation in daily life activities, and personal priorities.

Who can participate?

Parents or guardians of children with cerebral palsy living in the Republic of Ireland.

Why take part?

Your insights will help shape a clearer understanding of life with CP and inform future research and support services. The survey is anonymous and completed online.

How to get involved?

Click the link below to take the survey and share your experiences!

https://nursingandmidwifery.fra1.qualtrics.com/jfe/form/SV_ahgmcl7aUoF890

For more information, please contact Aoife Ryan at ryana75@tcd.ie

Your support is greatly appreciated—please share to help reach more families!

Other Notices

WRDATF TRAINING CALENDAR

SEPT TO DEC 2025

COURSES AVAILABLE

- ✓ Putting the Pieces Together
- ✓ DRIVE Brief Advisor Training
- ✓ Alcohol Related Brain Injury
- ✓ SAOR: Screening & Brief Intervention
- ✓ Understanding Cannabis, HHC & Edibles
- ✓ Introduction to Mental Health Interventions
- ✓ Naloxone Training

AND MORE.....

SIGN UP NOW

www.wrdatf.ie/training.php



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
Clifden, Co Galway (Forum Connemara)	Wednesdays	24 th Sept 2025	29 th Oct 2025	10.30 am – 1 pm
Online	Tuesdays	14 th Oct 2025	18 th Nov 2025	7 pm – 9.30 pm

*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.

To book your place contact

Name: Fiona Cunnane

Phone: 087 7185615

Email: fcunnane@southmayo.com



Self-management Support



Sláintecare

Dementia Cafe Initiative Connemara

Tickets are limited – book now to avoid disappointment!

CELEBRATING RECOVERY DAY

Tuesday 30th September

10.30am-4pm

Radisson Red Hotel - Galway



Mc: James Leonard

Talks from

- Hope Inspiring People in Recovery
- Dr. David Patton: Associate Professor of Criminology & Social Science: University of Derby
- Gary Rutherford: Founder of ARC Fitness: Derry ~ Londonderry



Contact: Mags Dillon

Regional Recovery Coordinator

0860129897 / mdillon@southmayo.com



THE GREY LAKE 10K

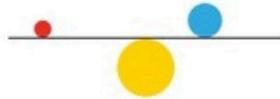
Sunday September 28th
2025



- RACE START TIME 1PM
- AAI APPROVED
- CHIP TIMING

HQ: TEMPERANCE HALL
LOUGHREA H62 XY20

Other Notices



Balancing Stress*

Practical skills to cope with stress



- 1 Understanding stress
- 2 Managing worry
- 3 Managing anxiety
- 4 Managing low mood and depression
- 5 Stress and relationships
- 6 Balancing stress now and into the future



A free HSE online stress management programme

What is it?

Balancing Stress is the HSE's free online programme to manage stress, worry, anxiety, low mood and relationship difficulties.

How do I take part?

www.hse.ie/balancingstress
No registration is required. There are six sessions you can watch anytime, at your own pace.

Presented by:

Dr Niamh Clarke
HSE Principal Psychologist



Join Us!

Volunteer for Thrive Connemara Today

Make a Difference



Find out more below



Help support your community's mental health

Other Notices

Insight Program

An informational program for family members who would like to know a little bit more...

- ❑ Tuesday mornings 10-11am, starting 16th September
- ❑ Running for 6 weeks 16th, 23rd & 30th Sept; 7th, 14th & 21st October
- ❑ **1 hour online** sessions
- ❑ You can attend which ones interest you
- ❑ Topics covered:
 - Understanding Addiction
 - Addiction and Mental Health
 - Family Dynamics
 - Boundaries and Safety
 - Communicate with confidence
 - Recovery for the family

Insight - Drug & Alcohol Family Support Programme

This is an evidence-based program which aims to

- 1) Provide family members with **facts** around addiction and substances, how substances effect the body, the cycle of addiction and how families can support their loved ones in making changes in regards to their drug use
- 2) Provide **strategies** to help family members talk about drug use, set boundaries, develop safety plans and work on self-care. We will also explore managing challenging behaviours and keeping family members safe and functioning during difficult times.
- 3) The program will provide family members with skills and knowledge to navigate the drug treatment system and obtain the best possible outcomes for loved ones. We will explore some of the barriers to seeking **help** and how to overcome these. All participants are given information about other supports that they can avail of.

Visit Insight - Drug & Alcohol Family Support Programme to register, or phone **Maria 087 6955557 to discuss**



Other Notices



CREATIVE CONNECTIONS

A 6 WEEK GROUP FOR PEOPLE WITH COGNITIVE CHANGES AND THEIR SUPPORTER/FAMILY MEMBER/FRIEND

Join us for a friendly and uplifting 6 week program where we will:

- Explore Creativity
- Boost Brain Health
- Build Connections

Who is it for?

People experiencing cognitive changes and their supporter/family member/friend who want to share meaningful, creative moments together

Organised by: Dementia Ireland

Supported by: Healthy County Galway

Facilitated by: Kate O'Sullivan

Times: Fridays from 19/9/25 - 17/10/25
11:00 am - 1:00 pm (last session on Saturday 25/10/25)

Location: Derreighter Farm, Glengowla, Oughterard H91W56A

Contact: Carmel 086 361 2907
dementiaireland1@gmail.com

*Limited spaces
No art
experience needed*



FREE HeartBeats Drumming Programme

Calling all family carers, former family carers and shedders - Free Group Drumming Programmes available.

To register contact Ruth:
085 7238887/drumadoreevents@gmail.com



Location: Clifden Sports Centre, Ardbear, H71 KV97

Dates: Every Thursday from 4 Sept - 23 Oct 2025

Times: Group 1: 7pm - 8pm, Group 2: 7.45pm - 8.45pm

Performance: 7.30pm - 8pm Fri 24 Oct, Clifden Station House Theatre

This programme is funded by Creative Ireland Galway County in partnership with Drumadore Drum School and the HSE West and North West.

Clár Éire Ildánach
Creative Ireland Programme
2017-2022



Comhairle Chontae na Gaillimhe
Galway County Council

Other Notices

Who are we?

Embrace FARM provides practical and emotional support to those affected by sudden death and serious injury within farm families across Ireland.

Set up as a support network for farm families going through a difficult time after a sudden loss or injury, we offer counselling support for the farm family to help through the emotional turbulence that comes in the aftermath of these situations.

We can also provide a bridge between you and business mentors for more practical concerns such as inheritance, succession planning, and other agri-business issues.



Embrace FARM
Support After Injury & Loss

Emotional Support

1:1 counselling through accredited counsellors/psychotherapists

Practical Support

Connect with business mentors to help with succession planning, inheritance, and other business specific issues that may come up

Peer-to-peer Support

After the loss of a spouse/partner, child, or loved one, regular groups are held throughout the year:

- Support groups for widows and survivors
- Residential family weekends

Mission Statement

Our mission is to grow and sustain a support network for farm families affected by sudden loss and injury across Ireland. Lead by compassion and understanding to create a non-judgmental space for those who need it.

Remembrance Service

An annual ecumenical service is held in remembrance of those from farm families who have lost their life, and for the greater community to come together with those who survived and are bereaved.

During the service, a list of those who have lost their lives from farm families are read out to remember them and their impact on their family and the greater farming community.



If you would like someone from a farm family who has lost their life to be remembered at the service, please contact us by call/text: 057-8510555/085-7709966.

Healthy County Galway – Informational 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.
 - Access our email to get in touch directly.
 - Follow us on social media – Instagram and Facebook – to see updates, tips, and community highlights.
 - 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 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@galwaycoco.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 *

Enter your answer

2. Email address to receive the newsletter *

Enter your answer

Submit

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.



Sign up to the Healthy Galway County monthly newsletter



Email us



Facebook



Instagram



Twitter



Join [healthycountygalway](https://linktr.ee/healthycountygalway) on Linktree

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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 **healthandwellbeing@galwaycoco.ie/arankin@galwaycoco.ie** with:

A high-quality image or poster in image format (not PDF) should include:

- *Name of the event/activity/program*
- *Date, time, and location (Eircode, if applicable)*
- *Target audience - who is it suitable for?*
- *Cost (if any)*
- *Bilingual text where possible, especially when relating to Gaeltacht areas*

Follow us:

 arankin@galwaycoco.ie

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 [@HealthyGalwayCo](https://www.facebook.com/HealthyGalwayCo)

Thank you!

Acknowledgments:

Morven Brooks

Graduate Placement, Rural,
Community Development & Integration

