



Healthy County Galway Newsletter

April 2026

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



safeTALK

A half-day suicide prevention programme, this training is **FREE** to attend and funded by the HSE National Office for Suicide Prevention

Learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resources



HEALTHY IRELAND FRAMEWORK 2040

HELP SHAPE A HEALTHIER IRELAND

Riailtas na hÉireann
Government of Ireland

For more information or to have your say visit gov.ie/HealthyIreland2026



Women's Sheds of Ireland "Mná le chéile"

Are you interested in setting up a Women's Shed in your area?

Women's Sheds of Ireland is the national organisation supporting and connecting Women's Sheds across the country.

TOOLKIT AVAILABLE
Everything you need to know about starting and running a Women's Shed in Ireland.

Email us at Main@womensshedsireland.com for your **free toolkit**

www.womensshedsireland.com

Useful links

- healthandwellbeing@galwaycoco.ie
- [@healthygalwaycounty](https://www.instagram.com/healthygalwaycounty)
- [@HealthyGalwayCo](https://www.facebook.com/HealthyGalwayCo)
- linktr.ee/healthycountygalway

Supported by



Healthy Galway

Comhairle Chontae na Gaillimhe
Galway County Council

LCDC
Coiste um Fhorbairt Pobail Aitiúil na Gaillimhe
Galway County Local Community Development Committee

Pobal
government supporting communities

Riailtas na hÉireann
Government of Ireland

HEALTHY IRELAND FRAMEWORK 2040



HELP SHAPE A HEALTHIER IRELAND



Riailtas na hÉireann
Government of Ireland

For more information or to have your say
visit gov.ie/HealthyIreland2026

Share your views to help build a healthier Ireland: Healthy Ireland Framework Public Consultation

The Department of Health is currently seeking input on the development of the new Healthy Ireland Framework and they want to hear from communities, organisations and networks across the country.

This is a key opportunity to help shape the future of health and wellbeing policy in Ireland, ensuring it reflects the needs and experiences of people nationwide.

Consultation Deadline: 22nd April

Submit your views online:

[Link to Consultation](#)

The new framework will guide national action to improve health outcomes and reduce health inequalities over the coming years – and diverse voices are essential to its success.

If you have any questions, you can contact the Department of Health directly at:

HealthyIreland@health.gov.ie

Memory Cafés in April

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

Roundstone - The Bake-Away Café, Tuesday 21st April, 26th May, 23rd June, 12pm-2pm - Contact Kathleen on 087 241 4169

Letterfrack - The Wild Goat Café, Wed 15th April, Wed 6th May, Wed 3rd June - 2pm-4pm - Contact Kathleen on 087 241 4169

Clifden - District Hospital, Monday 13th April (2nd Monday each month) - 11am-1pm - Contact Teresa: on 087 721 2329

Oughterard - Lake Hotel, Tuesday 14th April (2nd Monday each month) - 1-3pm - Contact Nea: 086 130 4327



Healthy Galway

FE Feidhmeannacht na Seirbhíse Stáite
Health Service Executive



Clár Éire Ildánach
Creative Ireland Programme



Riailtas na hÉireann
Government of Ireland



Ára chomhoibriste ag an Aontas Eorpach
Co-funded by the European Union



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

Social Inclusion & Community Activation Programme



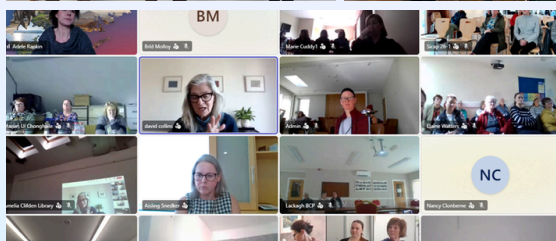
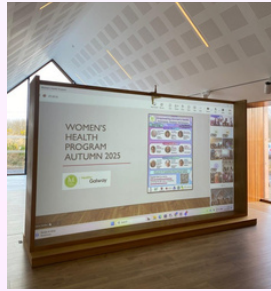
Healthy Galway

Women's Health Programme

The Spring rollout of the Empowering Women's Health Programme was a great success.

Participants gathered in community spaces all over the county while expert speakers discussed women's health issues, answered questions, provided advice, and delivered practical demos.

Women left with a wealth of information and a great sense of community.

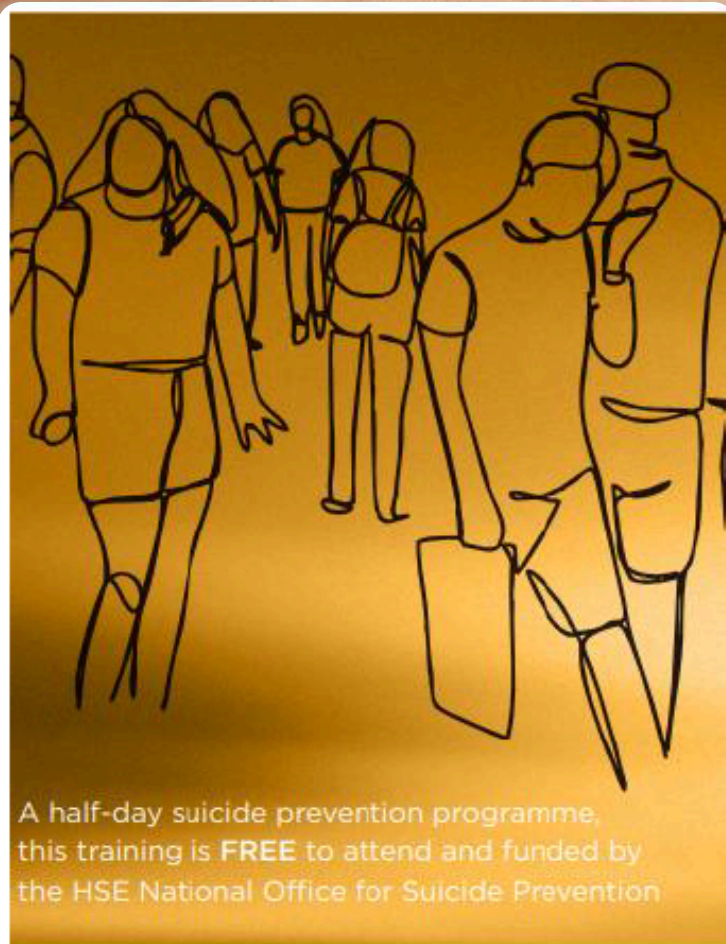


Rialtas na hÉireann Government of Ireland

What's on in April 2026!

- Inclusive Cycling Camp – Ballinasloe
- Social Football Training – Aran Islands
- Men on the Move – Caherlistrane, Mervue
- HER Moves x Galway Community Circus
- Girls Off Grid with ESF+ in Athenry
- Online Safeguarding

Suicide Alertness for Everyone training



A half-day suicide prevention programme, this training is **FREE** to attend and funded by the HSE National Office for Suicide Prevention

Learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resources

Tuesday 28th April 2026
11am to 2.30pm
Cillin, Barna Church, Barna, Co. Galway
H91 A2T7

[Booking here](#) or email: darlene@breakingthrough.org
Phone: 01 6060858

Four Basic Steps: Learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resources. SafeTALK 'suicide alertness for everyone' prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources.

This training is for anyone over the age of 18, it is not suitable for anyone bereaved by suicide within 12 months. Training is free of charge.



Other news

Women's Sheds of Ireland (WSOI) has officially been launched as the national umbrella organisation supporting women's sheds across the country.

WSOI has developed a comprehensive toolkit to help communities establish their own women's sheds, providing everything needed to set up and grow a local group.

Women's sheds are already making a powerful impact on the confidence and mental wellbeing of women in communities nationwide.

This launch marks an exciting step forward in supporting women to come together, learn new skills, and build strong local networks!

Email main@womensshedsireland.com for the toolkit.



Women's Sheds
of Ireland *"Mná le chéile"*

Are you interested in setting up a Women's Shed in your area?

Women's Sheds of Ireland is the national organisation **supporting** and **connecting** Women's Sheds across the country.

TOOLKIT AVAILABLE

Everything you need to know about starting and running a Women's Shed in Ireland.

Email us at

Main@womensshedsireland.com

for your *free toolkit*

www.womensshedsireland.com

Refugee Week

15-21 June 2026

Funding Applications
Now Open

This fund offers grants of up to €1,000 to help community groups and organisations host Refugee Week activities across Galway County.

Deadline: Thursday 30th April

To apply for the grant, please visit
galwaycoco.submit.com
or scan the QR.



For more information, contact
refugeeweek@galwaycoco.ie



Comhairle Chontae na Gaillimhe
Galway County Council



LAIT Galway County

Foireann Údaráis Aitúil um Imeascadh: Contae na Gaillimhe
Local Authority Integration Team

Cost of Disability Public Consultation



The Department of Social Protection is asking for views on:

The Cost of Disability Strategic Focus Network Summit (13 May 2026) The design of a new annual Cost of Disability payment

This consultation is open to everyone, especially disabled people, families, carers, DPOs and advocacy groups. Submissions can be made by email, post, video (including ISL), or phone.

Deadline: 5pm, Tuesday 7 April 2026
DCPolicyConsultation@welfare.ie
Phone submissions: 0818 607 780
(Tues & Wed, 10-12 & 2-4)

Your voice matters in shaping future policy.

For more info, please visit the website: [click here.](#)



An Roinn Coimirce Sóisialaí
Department of Social Protection

Other news

National Drugs Strategy

2026-2029

Take part in our public consultation

Have your say on the draft national drugs strategy



An Roinn Sláinte
Department of Health

The Minister for Public Health, Wellbeing and the National Drugs Strategy, Jennifer Murnane O'Connor TD, has launched a public consultation on Ireland's draft national drugs strategy.

This consultation aims to gather a broad range of views, including those of people with lived or living experience of drug use, families, community representatives, service providers, and anyone with an interest in health, wellbeing, and drug policy.

A whole-of-society approach is essential to addressing drug use in Ireland, and wide participation is strongly encouraged. The consultation will remain open for six weeks, closing on 10 April 2026.

Take part in the consultation here:
<https://www.gov.ie/en/department-of-health/consultations/draft-national-drugs-strategy-public-consultation/>

Stay Connected with 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.
- Connect on social media.

Visit our linktree: linktr.ee/healthycountygaway

Or scan the QR code:



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?

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 healthandwellbeing@galwaycoco.ie.

Submissions should contain:

- High-quality graphic or poster (image, not PDF)
- Name of the event/activity/program
- Date, time and location (Eircode if applicable)
- Target audience and cost if any
- Bilingual text if possible, especially when relating to Gaeltacht areas

Acknowledgements

Morven Brooks
Graduate Officer in Rural,
Community Development
& Integration

Thank you!

Useful links

-  healthandwellbeing@galwaycoco.ie
-  [@healthygalwaycounty](https://www.instagram.com/healthygalwaycounty)
-  [@HealthyGalwayCo](https://www.facebook.com/HealthyGalwayCo)
-  linktr.ee/healthycountygalway