



# Healthy County Galway Newsletter

## March 2026

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

# Women in Sport Week

Comhpháirtíocht Spóirt Na Gaillimhe Galway Sports Partnership

**March 2nd - 8th 2026**

Galway Sports Partnership runs year-round programmes supporting women and girls at every life stage—from young girls finding confidence in movement, to women returning to exercise, older adults, new mothers, women in minority communities, women with disabilities, and female coaches and leaders.

## Empowering Women's Health

Perimenopause - Menopause - Postmenopause

Wednesdays 10.30am - 12.30pm **Free Workshops**

**Week One - 11<sup>th</sup> March**

 <b>Roisin Fouhy</b> Occupational Therapist <i>Sleep Hygiene &amp; Healthy Ageing</i>	 <b>Lisa Berry</b> Yoga Teacher <i>Yoga for Wellbeing and Resilience</i>	 <b>Eileen Keane</b> Psychotherapist <i>Mind-Body Connection in Mid life</i>
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**Week Two - 18<sup>th</sup> March**

 <b>Nigel Plummer</b> Physiotherapist <i>Exercise Therapy</i>	 <b>M. Ni Chongaile</b> Breathwork Facilitator <i>Breathwork</i>	 <b>Orlaith Kilgannon</b> Physiotherapist <i>Pelvic Health</i>
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**Week Three - 25<sup>th</sup> March**





 <b>Geraldine Connolly</b> Consultant OBGYN <i>Women's Health</i>	 <b>Dr. Maria Kearney</b> Fitness Expert <i>Resistance Training</i>	 <b>Aisling Snedker</b> Clinical & Sports Nutrition Dietitian <i>Nutrition</i>
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## Suicide Alertness for Everyone



**safeTALK**

### Useful links

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

### Supported by



Wednesdays  
10.30am - 12.30pm

# Empowering Women's Health

Perimenopause - Menopause - Postmenopause

Free Workshops

## Week One - 11<sup>th</sup> March



**Roisin Fouhy**  
Occupational  
Therapist

**Sleep Hygiene  
& Healthy  
Ageing**



**Lisa Berry**  
Yoga Teacher

**Yoga for  
Wellbeing  
and  
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Psychotherapist

**Mind-Body  
Connection in  
Mid life**

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Physiotherapist

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Breathwork  
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## Week Three - 25<sup>th</sup> March



**Geraldine  
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Consultant  
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**Women's  
Health**



**Dr. Maria  
Kearney**  
Fitness Expert

**Resistance  
Training**



**Aisling  
Snedker**  
Clinical & Sports  
Nutrition Dietitian

**Nutrition**

See all participating venues on the next page...

Our successful **Women's Health Programme** returns in March 2026, on Wednesdays from 10:30am-12:30pm, livestreamed to communities across County Galway.

With expert speakers and practical demos on a variety of health topics, you won't want to miss this!

**Register Now** by visiting [linktr.ee/healthycountygaway](https://linktr.ee/healthycountygaway), scanning the QR code below, or emailing [arankin@galwaycoco.ie](mailto:arankin@galwaycoco.ie)



# Participating Venues - Women's Health Programme

- Comhar Caomhán, Inis Oírr
- Inishbofin Community Centre
- Comharchumann Forbartha Árann, Árainn
- Comhlacht Forbartha Inis Meáin
- Clann Resource Centre, Oughterard H91 X9D5
- Ard Ri House Hotel, Tuam H54 V267
- Moycullen Community Centre
- Ballyglunin Train Station, Station House, H54 D863
- Solas FRC, Headford, H91 H6H0
- Clifden Public Library, H71 Y892
- Ionad Cultúrtha an Phiarsaigh, Ros Muc, H91 DW9A
- SCCUL Sanctuary, Clarinbridge, H91 RHH4
- Lackagh Heritage Centre and Museum, Turloughmore, H65 H578
- Muintearas Teo, Tír an Fhia, Leitir Móir, H91 YE86
- Unit 8 Clonberne Community Centre, Ballinasloe H53 W3W2
- Churchview, Vicar Street, Tuam H54 EY24
- Charmaine Flaherty Diamond Hill Community Centre H91 R81C
- Brú Bhríde, Churchview, Vicar Street, Tuam, Co. Galway H54 EY24
- Ballinakill, Kylebrack, Co. Galway H62 CK68



# Memory Cafés in March

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

**Clifden** - The District Hospital, 2<sup>nd</sup> Monday of the month, 11am-1pm - Contact Teresa on 087 721 2329

**Oughterard** - Lake Hotel, Tuesday 10<sup>th</sup> March, 1pm-3pm - Contact Kathleen on 087 241 4169

**Roundstone** - The Bake-Away Café, Tuesday 24<sup>th</sup> March, 12pm-2pm - Contact Kathleen on 087 241 4169

**Letterfrack** - The Wild Goat Café, Wednesday 4<sup>th</sup> March - 2pm-4pm - Contact Kathleen on 087 241 4169



Healthy Galway

Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Clár Éire Ildánach  
Creative Ireland Programme



Rialtas na hÉireann  
Government of Ireland



Arna chomhchaitiú ag an Aontas Eorpach  
Co-funded by the European Union



government supporting communities

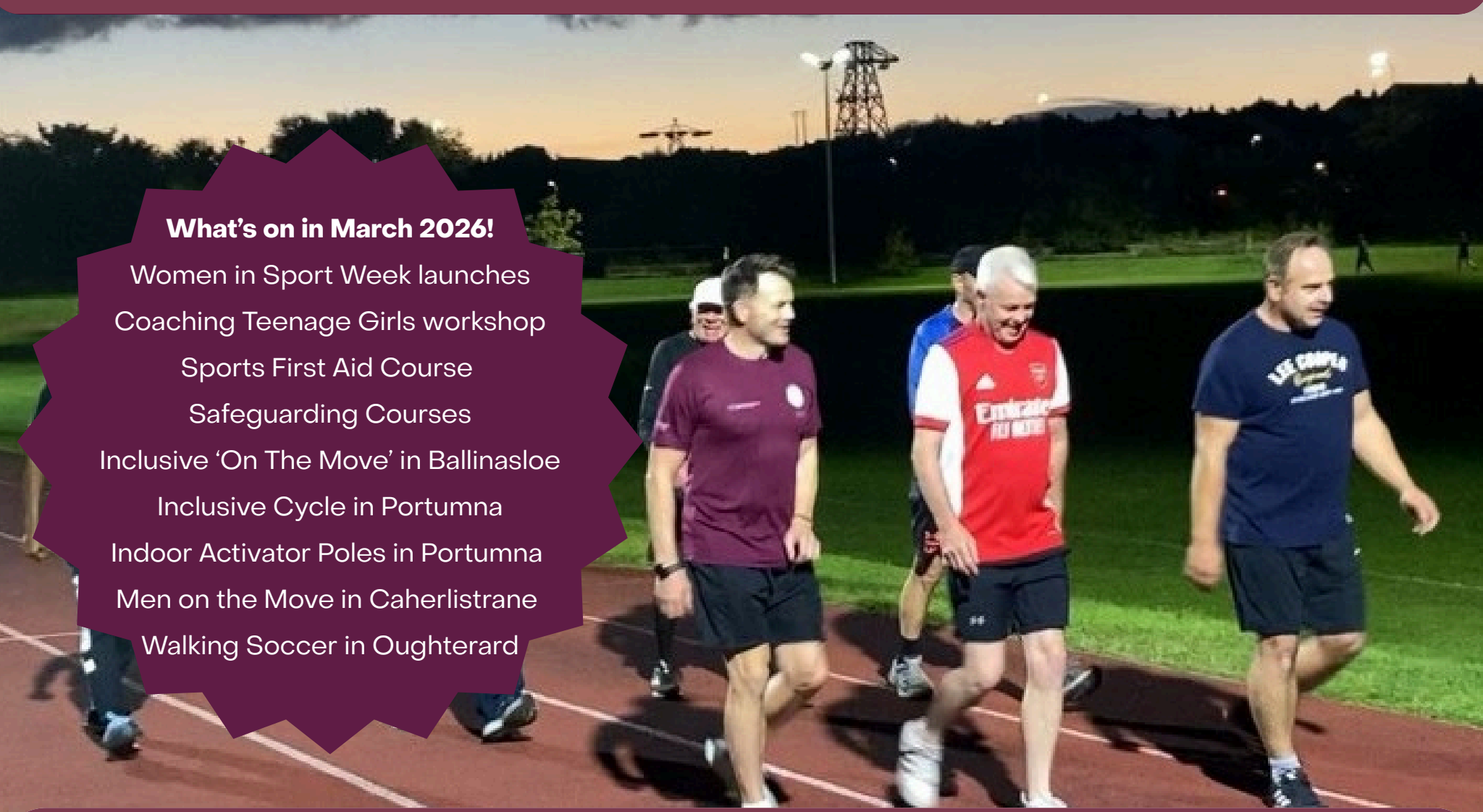


Social Inclusion & Community Activation Programme

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

### What's on in March 2026!

Women in Sport Week launches  
Coaching Teenage Girls workshop  
Sports First Aid Course  
Safeguarding Courses  
Inclusive 'On The Move' in Ballinasloe  
Inclusive Cycle in Portumna  
Indoor Activator Poles in Portumna  
Men on the Move in Caherlistrane  
Walking Soccer in Oughterard



# Women in Sport Week

March 2nd - 8th 2026

Galway Sports Partnership runs year-round programmes supporting women and girls at every life stage—from young girls finding confidence in movement, to women returning to exercise, older adults, new mothers, women in minority communities, women with disabilities, and female coaches and leaders.

To view the full timetable and register for events, please visit the Women in Sport Week 2026 events page at <https://www.galwayactive.ie>

For more information please contact the GSP team at [galwayactive@galwaycoco.ie](mailto:galwayactive@galwaycoco.ie)



SPÓRT ÉIREANN  
SPORT IRELAND



Comhpháirtíocht  
Spóirt Na Gaillimhe  
Galway Sports  
Partnership

— SPÓRT ÉIREANN | SPORT IRELAND —

# Other sports news

For more info click: [Coaching Teenage Girls - Online Workshop](#)



The poster for 'Buggy Buddies' features a white line-art illustration of a woman in athletic wear pushing a stroller with a baby inside. The background is dark purple with green decorative elements like a sun and leaves. Logos for Galway Sports Partnership and the Health Service Executive are at the top. The text is in white and green.

Comhpháirtíocht Spóirt Na Gaillimhe Galway Sports Partnership

Féilhmennacht na Seirbhíse Sláinte Health Service Executive

## Buggy Buddies

### Outdoor and Indoor Fitness Classes

A community class for parents and mums with little babies

[www.galwayactive.ie](http://www.galwayactive.ie) for more details

Salthill and Tuam classes start March 03<sup>rd</sup> 2026

SPORT IRELAND LOCAL SPORTS PARTNERSHIPS



The poster features a circular photograph of a smiling woman in a grey hoodie with her arms crossed. The background is black with green and white text. The Sport Ireland logo is in the top right corner.

SPÓRT ÉIREANN SPORT IRELAND

## Coaching Teenage Girls in Sport

### Online Workshop

Monday 2<sup>nd</sup> March 2026  
6.30-9.30pm

WOMEN IN SPORT WEEK  
MARCH 2ND - 8TH 2026

For more info click: [Buggy Buddies Tuam](#)



# Other health news

## Library Talks

Join us at the library this March for a series of friendly talks inspired by the Five Ways to Wellbeing.

Discover simple, practical ideas to help you connect, be active, take notice, learn, give, and boost your wellbeing.

Drop in, everyone welcome!

Contact your local library for more information.

# CONNECT TO THE FIVE WAYS TO WELLBEING



Comhairle Chontae na Gaillimhe  
Galway County Council



Date	Time	Location
04.03.2026	12.00-13.00	Tuam Library
05.03.2026	12.00-13.00	Leenane Library
05.03.2026	15.00-16.00	Clifden Library
11.03.2026	11.00-12.00	Galway City Library
12.03.2026	12.00-13.00	Loughrea Library
18.03.2026	11.00-12.00	Ballinasloe Library
18.03.2026	14.30-15.30	Athenry Library
25.03.2026	11.00-12.00	Oranmore Library
25.03.2026	14.30-15.30	Portumna Library
31.03.2026	12.00-13.00	Ballybane Library
22.04.2026	12.00-13.00	Gort Library

# Other health news



**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](http://sexualhealthwest.ie)

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

091 566 266

(Mon - Fri  
Working Hours)

Sexual  
Health  
West  
SUPPORT | EDUCATE | ADVOCATE



## MARCH



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

**03 MARCH, 17:00 - 19:00 PM  
PORTERSHED A DÓ H91 TCX3**

**18 MARCH, 17:00 - 19:00 PM  
TEACH SOLAIS H91 VF21**

**26 MARCH, 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](http://sexualhealthwest.ie)

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

091 566 266

(Mon - Fri  
Working Hours)

# Other health news

Take the plunge with the Dips for Health session this March! Discover the benefits of cold-water dipping for body and mind in a safe, supportive environment.

All welcome, come along and give it a try!



The poster features a blue and white wave graphic at the top with the text 'DIPS for Health'. A yellow starburst on the left says 'FREE!'. A pink rounded rectangle on the right says 'monthly'. The event details are in a central blue rounded rectangle: 'Friday 6th March', '12.30pm-1.30pm', and 'Crabpool Beach Salthill, Galway'. Below this, it says 'All Welcome. No experience needed!'. At the bottom, there is an orange 'BOOK NOW' button, the website 'www.eventbrite.ie', and the email 'sarah.fahy@mentalhealthireland.ie'. The footer contains logos for Mental Health Ireland, Swim Ireland, Into the Blue, and others.

## DIPS for Health

**FREE!**

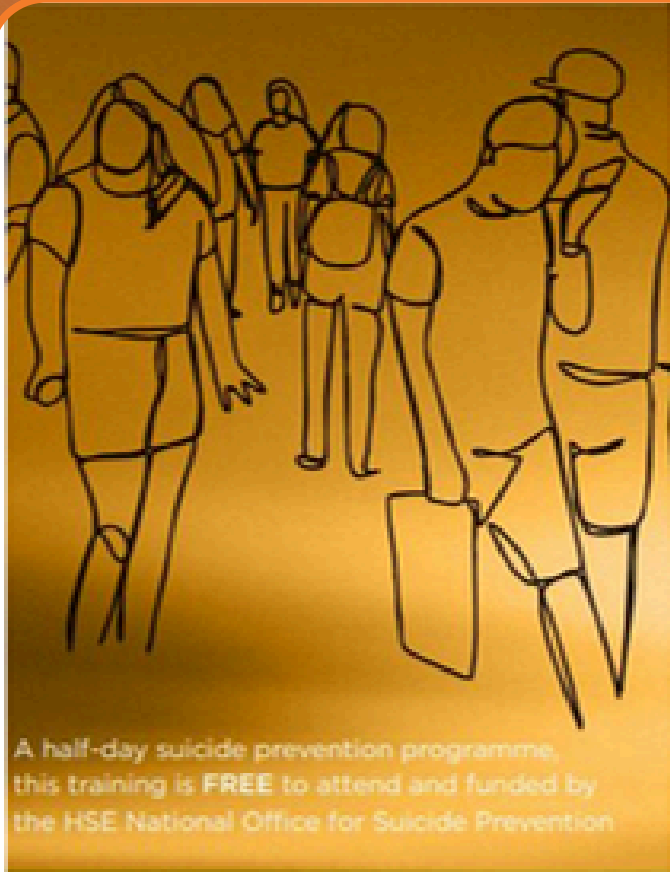
**monthly**

**Friday 6th March**  
**12.30pm-1.30pm**  
**Crabpool Beach**  
**Salthill, Galway**

All Welcome. No experience needed!

**BOOK NOW** [www.eventbrite.ie](http://www.eventbrite.ie)  
or email  
[sarah.fahy@mentalhealthireland.ie](mailto:sarah.fahy@mentalhealthireland.ie)

Mental Health Ireland  
SWIM IRELAND  
INTO THE BLUE  
CONTEMPORARY SPORTS GALWAY  
GALWAY SPORTS PARTNERSHIP



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



## safeTALK

### Location:

Diamond Hill Community Centre,  
Letterfrack, Co. Galway, H91 R81C

### Date:

Wednesday, 25 March 2026

### Time:

6.30pm to 10pm

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

**To register:**  
[Booking Link](#)

**or email:**

[darlene@breakingthrough.org](mailto:darlene@breakingthrough.org)

# CARING FOR YOUR FEET

Talk by podiatrist Jay Cox



Jay Cox is a CORU-registered Podiatrist with a 1st Class Honours degree from the University of Galway. He works with the Foot Health Podiatry team in Claregalway and has a special interest in musculoskeletal and sports-related lower limb injuries.



**WEDNESDAY  
4TH MARCH**



**11AM**



**ATHENRY LIBRARY**



**WEDNESDAY  
11TH MARCH**



**11:30AM**



**LOUGHREA LIBRARY**

**ALL WELCOME!  
A HEALTHY IRELAND EVENT AT YOUR LIBRARY**

Jay will give a talk about looking after your feet and the importance of good foot health.

**FOOT HEALTH  
PODIATRY**



Comhairle Chontae na Gaillimhe  
Galway County Council



# Other health news



HEADFORD



# YOUTH CAFÉ

1<sup>ST</sup> YEARS

FRIDAY  
EVENINGS  
7-9PM

ADULT VOLUNTEERS  
WANTED

CONTACT  
ELAINE@SOLASFRC.IE

## Headford Youth Café – Volunteers Needed

A Youth Café in Headford for 1st Year students, creating a safe, welcoming space to connect, relax and have fun on Friday evenings (7–9pm).

- ☞ All volunteers will require Garda Vetting (support will be provided with the process)
- ☞ The plan is to begin with the 1st Year age group and grow the café year by year as the young people move up through school.

This is a fantastic opportunity to support young people in the community and be part of something positive from the very beginning.

If you're interested or would like to learn more, please get in touch:

✉ [elaine@solasfrc.ie](mailto:elaine@solasfrc.ie)

## National Brain Awareness Week takes place from March 16th to 22nd 2026.

The Dementia: Understand Together campaign is encouraging everyone to make simple changes to help maintain brain health and reduce the risk of developing some types of dementia.

### Think Brain Health webinar

“Discover how healthy behaviours support your incredible brain”. Sarah Mc Cormack is joined by experts in this area to discuss our brain and the healthy behaviours we can adopt to look after it. [You can watch it back here.](#)

### Think Brain Health podcast

As part of the HSE’s Health & Wellbeing podcast series, Dr Sean O’Dowd explains the functions of different brain parts and emphasises the importance of how we can maintain brain health by making informed lifestyle choices: [You can listen here.](#)

### RTE Today Show

Dr Seán O’Dowd talks about dementia awareness with a strong emphasis on social inclusion. [You can watch the episode here.](#)



# Active Islands

Weekly community exercise classes in Inishbofin, Inis Oírr, Inis Mór and Inis Meáin

Siel Bleu Ireland are running these sessions, suitable for all ages and ability levels.

- **Inishbofin:** Wednesdays 10am at Inishbofin Community Centre
- **Inis Oírr:** Wednesdays 9–10am at Comhar Caomhán Teo
- **Inis Mór:** Online every Wednesday from 10-11am
- **Inis Meáin:** Wednesdays 9-10am at Ionad Pobail Inis Meáin

All sessions are designed to support fitness, balance, and wellbeing in a friendly and inclusive environment.

For more information or to register, email [coordinator@activeislands.ie](mailto:coordinator@activeislands.ie) or visit [www.sielbleu.ie](http://www.sielbleu.ie)



Healthy Galway



Register here



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