



# Healthy County Galway Newsletter

## May 2026

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

**Galway County**  
**AFRICA DAY 2026**

A FREE, fun-packed afternoon with live music, multicultural performances, delicious food, kids activities, and more.

For more information: **Tuam Palace Grounds**  
**Saturday 9<sup>th</sup> May**  
**2pm-5pm**



integration@galwaycoco.ie

Comhairle Chontae na Gaillimhe Galway County Council | LAIT Galway County | An Roinn Cosúlachta Eacshairde agus Trádála Department of Foreign Affairs and Trade

### Inside May's Issue:

**Retirement Planning Seminar**  
**May 27<sup>th</sup> 2026**  
**10.00am - 2.00pm**  
**Ballinasloe Library, H53**  
**T320**

**Free Event**

**Social Prescribing** | **Mental Health Ireland** | **Galway Volunteer Centre** | **Comhairle Chontae na Gaillimhe Galway County Council**

To register, please email [ballinasloe@galwaylibrary.ie](mailto:ballinasloe@galwaylibrary.ie) or call 091 509 551

**Say Hello on May 15<sup>th</sup>**

Say Hello and ask: **How are you?**

<b>H</b>	<b>e</b>	<b>l</b>	<b>l</b>	<b>o</b>
HELLO	ENGAGE	LISTEN	LEARN	OPTIONS
Say Hello and ask: How are you?	Engage with the person	Actively listen to the person	Learn about the person & how they are feeling	Give time to talk through options

**Mental Health Ireland**

### 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

**hi Healthy Galway** | **Comhairle Chontae na Gaillimhe Galway County Council**

**pobal** | **Riailtas na hÉireann Government of Ireland**

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

# Say Hello on May 15<sup>th</sup>

Say **Hello** and ask: **How are you?**



Click here for more info: [Hello, How Are You? - Mental Health Ireland](#) 



## Hello, How Are You?

Mental Health Ireland's Hello, How Are You? campaign takes place on 15th May and encourages meaningful connection through simple, open conversations about mental health.

A dedicated campaign webpage is now live, allowing individuals, workplaces and communities to register events, find local activities, and access free downloadable resources, including materials in Irish. Anyone who registers an event will receive a free starter pack, and online training and information sessions are also available to book.



# Retirement Planning Seminar

May 27<sup>th</sup> 2026  
10.00am - 2.00pm

Free  
Event

Ballinasloe Library, H53 T320



- 9.30–10am: Arrival, tea/coffee**
- 10–10.30am: Pensions and Planning for Retirement,** Dónal Carey, Carey Corbett Financial Solutions
- 10.30–11am: Keeping Active in Retirement,** Ellie Loftus, Galway Sports Partnership
- 11–11.20am: Tea/coffee & networking**
- 11.20–11.50am: Nutrition & Diet,** Aisling Snedker, Clinical Dietician
- 11.50–12.10pm: Five Ways to Wellbeing,** Sarah Fahy, Mental Health Ireland
- 12.10-12.30pm: Social Welfare Entitlements,** Yvonne Kenny, Department of Social Protection
- 12.30- 1.30pm: Lunch**
- 1.30-1.45pm: Public Library Resources & Facilities,** Caroline Rowan, Executive Librarian
- 1.45-2.00pm: Social Prescribing,** Katie Grant, Galway Social Prescribing



To register, please email [ballinasloe@galwaylibrary.ie](mailto:ballinasloe@galwaylibrary.ie) or call 091 509 551



# Memory Cafés in May

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



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

**Letterfrack** - The Wild Goat Café, Wed 6<sup>th</sup> May, Wed 3<sup>rd</sup> June - 2pm-4pm - Contact Kathleen on 087 241 4169

**Clifden** - District Hospital, Mon 11<sup>th</sup> May (2<sup>nd</sup> Monday each month) - 11am-1pm - Contact Teresa: on 087 721 2329

**Oughterard** - Lake Hotel, Tuesday 12<sup>th</sup> May (2<sup>nd</sup> Tuesday of 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



Amra chomhoibríú ag an Aonas 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

# m4dRADIO (Music for Dementia)



Free, easy-to-use music for dementia-friendly settings.

- ✓ Curated playlists for different moods
- ✓ Uplifting singalongs & calm background music
- ✓ Designed specifically for people living with dementia
- ✓ No adverts or interruptions

## How to use

1. Visit [m4dradio.com](http://m4dradio.com)
2. Select the MIX channel
3. Play on a tablet/laptop or connect a Bluetooth speaker





Comhpháirtíocht  
Spóirt Na Gaillimhe  
Galway Sports  
Partnership

SPÓRT ÉIREANN | SPORT IRELAND

# Galway Sports Partnership

## May 2026



### What's on this month?

- Coaching Teenage Girls Face to Face Workshop
- National Bike Week, Saturday 9th – Sunday 17th  
May 2026
- Bugaí Beoga in Carraroe with Tuithmitheoirí na Gaeltachta
- Buggy Buddies in Ballinasloe
- Bike Week Womens Spin in Co.Galway
- Men on the Move, Garrafrauns
- Social Football, Aran Islands
- He Swims programme, Inis Meáin, Inis Oírr, Inis Mór



www

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



091-509 670



SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS

# On The Move Programmes 2026

A range of Men's, Women's & Inclusive community fitness programmes

SPRING

**Clonberne** - Men on the Move

**Carnmore** - Men on the Move

**Caherlistrane** - Men on the Move

SUMMER

**Leitir Mor** - Fitness 4 All (Unisex)

**Garrafrauns** - Men on the Move

**Woodford** - Men on the Move

**Tuam** - Women on the Move

AUTUMN

**Letterfrack** - Men on the Move

**Kinvara** - Men on the Move

**Milltown** - Men on the Move



Free Programme

Fun and easy fitness sessions, open for all.



For further details please contact [galwayactive@galwaycoco.ie](mailto:galwayactive@galwaycoco.ie).



Healthy Galway



Comhairle Chontae na Gaillimhe  
Galway County Council



# Galway County

# AFRICA DAY 2026

For more  
information,  
click [here](#) or  
scan:

A FREE, fun-packed  
afternoon with live  
music, multicultural  
performances,  
delicious food, kids  
activities, and more.

Tuam Palace  
Grounds,  
Co. Galway  
Saturday 9<sup>th</sup>  
May  
2pm-5pm

Any questions?

[integration@galwaycoco.ie](mailto:integration@galwaycoco.ie)



Comhairle Chontae na Gaillimhe  
Galway County Council



**LAIT Galway County**

Foireann Údarais Áitúil um Imeascadh: Contae na Gaillimhe  
Local Authority Integration Team



Healthy  
Galway



An Roinn Gnóthaí  
Eachtracha agus Trádála  
Department of  
Foreign Affairs and Trade



# Community Safety Fund Now Open

**2026 Community Safety Fund – Applications Now Open**  
Applications are now open for the 2026 Community Safety Fund (CSF),

The Community Safety Fund redirects proceeds of crime seized by An Garda Síochána and the Criminal Assets Bureau (CAB) back into communities to support projects that enhance local safety and wellbeing. The 2026 fund totals €4.75 million.

Grants have previously supported projects that:

- Reduce fear of crime and improve feelings of safety
- Build safe and resilient communities
- Reduce reoffending
- Support early intervention and diversion for vulnerable individuals

The Community Safety Fund is managed by the National Office of Community Safety within the Department of Justice, Home Affairs and Migration.

**Closing date: 5.00pm, 18 May 2026**  
**To apply, visit: [www.gov.ie/communitysafety](http://www.gov.ie/communitysafety)**  
**Email: [communitysafety@galwaycoco.ie](mailto:communitysafety@galwaycoco.ie)**



# FREE HEALTH AND WELLBEING EVENT

AT LACKAGH PARISH CENTRE,  
H65 EK52

**TUESDAY, MAY 19TH 2026**

**10:30AM – 12:30 PM**

Lots of **FREE** information to help you improve your health and wellbeing

**FREE Heart Health Checks**  
**Refreshments**

ALL WELCOME



For more info: Melinda at 087 6467879 or mcoenryan@grd.ie



**FREE!**

monthly

**Friday 8th May**  
**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)



# 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**  
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)