



# Healthy County Galway Newsletter

## June 2026

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

### Inside this issue:

**FREE WELLNESS EVENT FOR Male Carers**



**11AM - 2PM, THURSDAY 18<sup>TH</sup> JUNE 2026**  
**RAHEEN WOODS HOTEL, ATHENRY**

\*This event is open to Male Carers only

- Access support information
- Try out activities
- Relax and enjoy a light lunch with other Male Carers

**TO BOOK CLICK HERE OR SCAN QR CODE**

Enquiries: [galwaycs@familycarers.ie](mailto:galwaycs@familycarers.ie)



Solas Family Resource Centre Headford invite you to our



## Men's NCT Health Day

Wednesday 17<sup>th</sup> June 2026  
 St. Fursa's Hall, Headford  
 from 4.00pm - 8.00pm  
**Admission is Free!**  
 Free Health & Fitness Check for Men  
 Blood Pressure Cholesterol & Diabetes




*A place to just be themselves* July 2026

## GALWAY Creative Summer Camps

For young people living with long-term health conditions.



- Ages 8-12**  
 • St Joseph's Community Centre, Shantalla
- Ages 13-16**  
 • St Joseph's Community Centre, Shantalla

### 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



# Memory Cafés in June

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

**New Venues!**

**Roundstone** - The Community Hall, Tuesday 23rd June, 12-2pm - Contact Kathleen: 087 241 4169

**Letterfrack** - The Wild Goat Café, Wednesday 3<sup>rd</sup> June - 2-4pm - Contact Kathleen: 087 241 4169

**Clifden** - District Hospital, Monday 8th June - 11am-1pm - Contact Teresa: 087 721 2329

**Oughterard** - Lake Hotel, Tuesday 9th June - 1-3pm - Contact Nea: 086 130 4327

**Carna** - H92 X4WH, Monday 22nd June - 11am-1pm - Contact Eileen: 087 9722419

**Inverin** - An Tulach, Baile na hAbhann, Wednesday 17<sup>th</sup> June, 11am-1pm - Contact Nóra: 091 505540



Healthy Galway



Clár Éire Ildánach  
Creative Ireland  
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

Social Inclusion & Community Activation Programme

# Men's Health Week

MEN'S HEALTH WEEK 2026



Monday 15<sup>th</sup> – Sunday 21<sup>st</sup> June 2026

The reality is that men are more likely to experience poorer health outcomes and to die younger than women, often from preventable causes. Many wait too long to seek help, or don't feel supported to prioritise their wellbeing.

That's why the theme for this year's **Men's Health Week** campaign is **"One Step at a Time"**. Throughout the week, there will be events encouraging men to look after their physical and mental health, check in with themselves and others, and take that first step, however small it may be. Please take part!

NEXT

**ONE STEP AT A TIME** – progress, not perfection

Find out more at [www.mhfi.org](http://www.mhfi.org)



# MEN'S HEALTH WEEK 2026



[Male Carers Wellbeing Event - Athenry - Galway Tickets, Thursday 18 June • 11 AM - 2 PM | Eventbrite](#)

**REGISTER HERE**



# FREE WELLNESS EVENT FOR Male Carers



11AM – 2PM, THURSDAY 18<sup>TH</sup> JUNE 2026  
RAHEEN WOODS HOTEL, ATHENRY

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Enquiries: [galwaycs@familycarers.ie](mailto:galwaycs@familycarers.ie)



Rialtas na hÉireann  
Government of Ireland



Free membership by  
all Member States  
Co-funded by the  
European Union



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

No one should have to care alone

Solas Family Resource Centre Headford invite you to our

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# Tools for Life: Men's Health Event Clifden

*One Step at a Time, Progress not Perfection*



Social Inclusion & Community Activation Programme



**Men's Health Fair**  
**Thursday 18th of June**  
**11:00-13:00**

**At FORUM**  
**Connemara CLG, Eir**  
**Building, Clifden,**  
**Co. Galway H71 YF77.**

**Call Peter (085) 267 5863**  
**for further info**

**Guest Speakers & Information stands**

**Refreshment's provided**

**FREE Blood Pressure Checks**



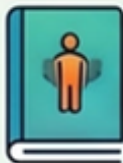
**Rialtas na hÉireann**  
Government of Ireland



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



## ESSENTIAL RESOURCES



### THE "ACTION MAN" BOOKLET

A free manual offering "Ten Top Tips" to improve health; available via the Men's Health Forum in Ireland (MHFI) website



### MEN'S HEALTH IN NUMBERS

Utilise the "Z-Card" resource to share vital statistics and data about men's health status



### REGISTER YOUR LOCAL EVENT

Tell others what is happening in your area by submitting details via the MHFI website to be included in the national listings

**MEN'S  
HEALTH  
WEEK 2026**



## ACTION BY ROLE: WHAT CAN YOU DO?



### COMMUNITY & VOLUNTARY GROUPS

Start a walking group, launch a men's cycling or swimming club, or display a list of local helplines and support services.



### POLITICIANS & POLICY MAKERS

Table a debate on men's health in the Dáil, Stormont, or local council, or propose a party policy focused on tackling specific health issues.



### WOMEN

Encourage the men in your life (partners, sons, fathers, friends) to see their GP about "niggling" health concerns or join a local men's health group.



### EMPLOYERS & WORKPLACES

Organise workplace health checks, set up a regular "before/after work" football game, or offer an hour off for employees to attend a men's health event.



### SPORTING BODIES

Print health messages on player shirts, distribute info at games, or have well-known athletes give talks on men's health.



### HEALTH SERVICE PROVIDERS

Offer "Health MOT/NCT" checks, provide free pedometers, or consult with local men to see what specific services they need.

[Click here for the official toolkit of Men's Health Week resources to share!](#)



# Galway Sports Partnership

## What's on in June 2026

- Men's Health Week
- Men on the Move Dunmore and Clonberne
- Buggy Buddies Athenry and Ballinasloe
- National Play Day coming on July 11<sup>th</sup>, Oughterard

Please See

[www.galwayactive.ie](http://www.galwayactive.ie) for details of all programmes and events.



Comhpháirtíocht Spóirt Na Gaillimhe  
Galway Sports Partnership

Feilmeannacht 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

**Ballinasloe & Athenry**  
coming in June 2026

SPORT IRELAND  
LOCAL SPORTS PARTNERSHIPS

# Creative opportunities for kids and young people with long-term health conditions

*A place to just be themselves*

July 2026

## GALWAY Creative Summer Camps

For young people **living with** long-term health conditions.

Bookings are now open for Helium's **free** summer camps in Galway for children and young people with long-term physical health conditions.

**Location:** St Joseph's Community Centre, Shantalla, Galway City

**Ages: 8-12**

**Workshop Dates: 14-16 July**

**Ages: 13-16 years**

**Workshop Dates: 7-9 July**

[Book your Galway space here, or](#)  
if you can't make it in person,  
[book your online space here.](#)



**Ages 8-12**

- St Joseph's Community Centre, Shantalla

**Ages 13-16**

- St Joseph's Community Centre, Shantalla

**helium**

Inspiring life through art

Fully funded - **free to attend.**

Book today at [www.helium.ie](http://www.helium.ie)



# Come along to our FREE Parents Connect Event!

Thursday June 11  
9:30am - 11:30am

Radisson Red, Galway

- ✓ Enjoy a coffee
- ✓ Tips for you and your baby's wellbeing
- ✓ Guest Speakers
- ✓ Meet other parents
- ✓ Information Stands



Are you a parent or carer of a child aged 0-3 years? Are you expecting a new baby? Free Parents Connect Event!

Link to register:  
<https://bit.ly/4cZmVY4>

# Sun safety

## Did you know?

- **No Tan is Safe** - A tan is the body's emergency response to UV injury. Darker pigment is produced to absorb further radiation, meaning tanned skin is definitive proof of cellular trauma, not protection against it.
- **People with weakened immune systems have a higher risk of developing skin cancer**, as the body struggles to repair UV-damaged DNA.
- **Up to 90% of harmful UV rays can pass through light cloud cover.**
- **Early detection yields a near-perfect survival rate** - if basal cell, squamous cell, or early-stage melanoma is caught early, the five-year survival rate is 99%.



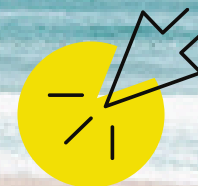
**HSE** **Skin Cancer Awareness** **nccp** National Cancer Control Programme

Be SunSmart to reduce your risk of skin cancer

**Flipbook**

**SCAN ME**

The graphic shows a flipbook titled 'Skin Cancer' with the 'hi SunSmart' logo and the text 'How to reduce your risk & signs & symptoms'. A yellow arrow labeled 'Flipbook' points to a QR code with the text 'SCAN ME' below it.



[Click here to read the handy HSE Flip Book on Skin Cancer Awareness](#) - you might learn some things you didn't know.

# 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





Comhairle Chontae na Gaillimhe  
Galway County Council



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



Rialtas na hÉireann  
Government of Ireland



government supporting communities



Healthy  
Galway

# 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 **Adele Rankin, Healthy Ireland Coordinator**, at [arankin@galwaycoco.ie](mailto:arankin@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**  
Healthy County Galway Support  
Community Development Graduate  
Officer at Galway County Council

## 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)