



Nuachtlitir Chontae Sláintiúil na Gaillimhe

Iúil 2026

Comhairle Sláinte & Folláine, Nuacht, Cláir, Imeachtaí agus Eolas Maoinithe Saor
in Aisce ar fud Chontae na Gaillimhe

Sa eagrán seo:

Memory Café
Loughrea Family Resource Centre

A welcoming space for people living with memory loss and their carers.

The Third Wednesday of Each Month
Starting Wednesday 15th July
2:00 PM to 4:00 PM

For further information, please contact
Joanne Waters : 087 270 5073

Logos: hi, Healthy Galway, Fíorleasacht na Seirbhíse Sláinte Health Service Executive, Clár Eiseáilach Coimhíreáil Program, The Alzheimer Society of Ireland, LCDC

WISDOM & MEMORIES
A collection of Connemara Legacies

Compiled & Edited by Anne Marie Kennedy

Caifé Cuimhne Carna
H91 W6OF

Teacht le chéile do dhaoine atá ag maireachtáil le cailliúint cuimhne agus dá gcúramóirí.

Dátaí scolta:
An tríú Luan de gach mí
Dé Luain, 22 Meitheamh
Dé Luain, 20 Iúil
Dé Luain, 17 Lúnasa

11:00 r.n. – 1:00 l.n.
Chun freastal air, déan teagmháil le: Eileen Davis: 087 9722419

Logos: FORUM, hi, Healthy Galway, Fíorleasacht na Seirbhíse Sláinte Health Service Executive, Clár Eiseáilach Coimhíreáil Program, The Alzheimer Society of Ireland, LCDC

Naisc úsáideacha

healthandwellbeing@galwaycoco.ie

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

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

linktr.ee/healthycountygalway

Tacaithe ag



*Le déanaí, thacaigh Contae Sláintiúil na Gaillimhe leis an Tionscadal Oidhreacht, tionscnamh bríoch i gConamara, agus lena leabhar a foilsíodh le déanaí, **Wisdom and Memories**.*

Faoi stiúir Carers Ireland agus Forum Connemara, bhain an Tionscadal Oidhreacht le hobair le cúramóirí teaghlaigh agus le daoine scothaosta, sa bhaile agus i gcúram cónaitheach, chun a dtaithí agus a stair phearsanta a thaifeadh.

Is príomhthoradh den obair seo é **Wisdom and Memories**, bailiúchán de fiche litir oidhreacht a scríobh rannpháirtithe.

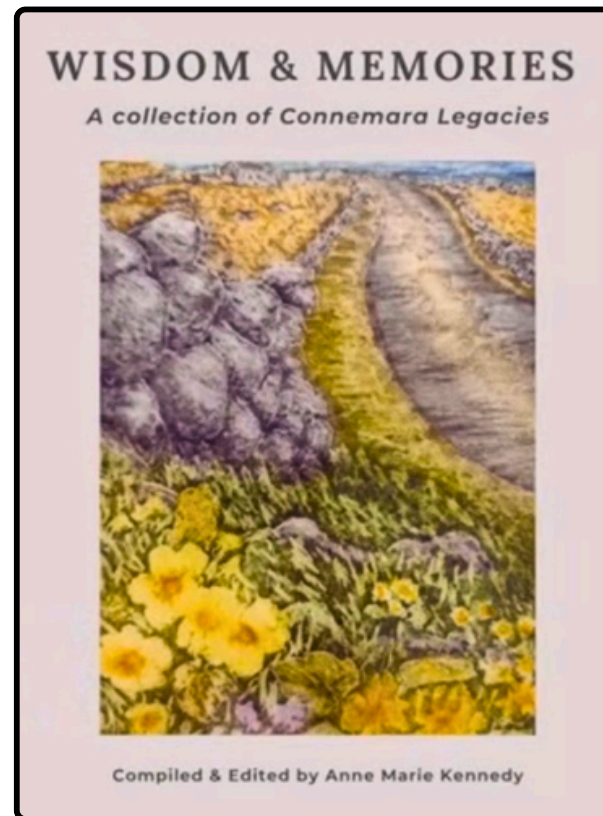
Tá scéalta pearsanta, traidisiúin teaghlaigh, agus machnaimh ar an saol sa leabhar, chomh maith le portráidí grianghrafadóireachta agus teilgin láimhe, rud a chruthaíonn taifead buan de shaol na rannpháirtithe.

Is fiú féachaint ar an bhfíseán gearr, a thugann léargas láidir ar an tionscadal: **Wisdom & Memories**

Chun cóip a cheannach:

Seol ríomhphost chuig p.lydon@forumconnemara.ie le d'ainm agus cuir "Leabhar" sa líne ábhair.

Costas: €20 (postas agus pacáistiú san áireamh)



Comhairle Chontae na Gaillimhe
Galway County Council



Rialtas na hÉireann
Government of Ireland



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

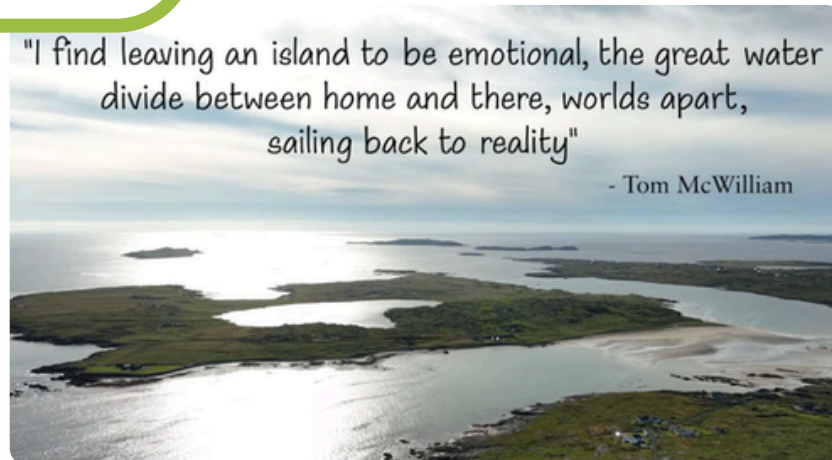


government supporting communities



The Healthy Ireland Fund is supported by the Department of Health and the Department of Children and Youth Affairs

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 Gaeltacht, and the European Social Fund Plus under the Employment, Inclusion, Skills and Training (EIST) Programme 2021-2027.



Caiféanna Cuimhne i mí Iúil

Spás fáilteach do dhaoine atá ag maireachtáil le cailteanas cuimhne, dá dteaghlaigh agus dá gcúramóirí.

Roundstone - An Halla Pobail, Dé Máirt 28 Iúil (12-2pm) - Déan teagmháil le Kathleen: 087 241 4169

Leitir Fraic - Caifé an Ghabhair Fhiáin, Dé Céadaoin 1 Iúil (2pm-4pm) - Déan teagmháil le Kathleen: 087 241 4169

An Clochán - Ospidéal an Cheantair, Dé Luain 13 Iúil (11am-1pm) - Déan teagmháil le Teresa: 087 721 2329

Uachtar Ard - Óstán Lake House, Dé Máirt 14 Iúil (1-3pm) - Déan teagmháil le Nea: 086 130 4327

Carna - H92 X4WH, Dé Luain 20 Iúil (11am-1pm) Déan teagmháil le Eileen: 087 9722419

Inbhir Fhraoigh - An Tulach, Baile na hAbhann, Dé Céadaoin 22 Iúil (11am-1pm) - Déan teagmháil le Nóra: 091 505540

Baile Locha Riach - Ionad Acmhainní Teaghlaigh Baile Locha Riach, Dé Céadaoin 15 Iúil (2pm-4pm) Déan teagmháil le Joanne: 087 27005073



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



Healthy
Galway

Cláraigh anseo:

<https://forms.office.com/e/w35UTR4jJi>

Free **SELF DEFENCE CLASS**

- ✓ Designed for women of all fitness levels
- ✓ Funded by Healthy Galway
- ✓ Certified Instructor
- ✓ Build self-confidence
- ✓ Have fun while improving physical wellbeing

For more information, please
contact David at (085) 267 6192 /
d.bohan@forumconnemara.ie

**Clifden
Community
Hall**

**Thursday 9th
July
7.00-8.30pm**

**Register Now to
secure your spot!**



Comhpháirtíocht Spóirt na Gaillimhe

Cad atá ar siúl i mí Iúil 2026?

Dé Sathairn an 4ú: Lá Náisiúnta Súgartha – Cearnóg an Fhaiche

Déardaoin an 9ú: Triatlón Cuimsitheach – Cill Churnáin, Droichead an Chláirín

Dé Sathairn an 11ú: Lá Náisiúnta Súgartha – Uachtar Ard

Dé Sathairn an 11ú + Dé Domhnaigh an 12ú: Cluichí Uiscespóirt Cuimsitheacha – Cuan na Gaillimhe

Dé Domhnaigh an 26ú: ‘Siúlóireacht Shona’: Lá Scileanna Cnoic - Cnoc an Diamaint, Leitir Fraic

Féach www.galwayactive.ie le haghaidh sonraí faoi na cláir agus na himeachtaí go léir.



Comhpháirtíocht
Spóirt Na Gaillimhe
Galway Sports
Partnership

SPÓRT ÉIREANN | SPORT IRELAND



www.galwayactive.ie



091-509 670



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

**Date & Time:**

9:30 am - 4:30 pm

July 28th & 29th

Location:

Westside Resource Centre,
Seamus Quirke Rd,
Galway City,
Co. Galway,
H91 C1KX

Facilitators:

Sarah Fahy - Mental Health Ireland
Development Officer for Galway City & County

Cillian Keane - Mental Health Ireland
Development Officer for Limerick, Clare, North Tipperary

Registration:

Scan this QR code or email us at
training@mentalhealthireland.ie
for more info.

Cost: €30 - includes all course materials,
refreshments and a light lunch on both days.

<https://www.mentalhealthireland.ie/training/taking-action/>

What is the Taking Action Programme?

Taking Action for Whole Health and Wellbeing is an opportunity to build practical tools to support your mental health, build resilience, confidence, and improve overall wellbeing and also to work on a personalised mental health & wellbeing plan.

This 2-day evidence-based programme, developed by the Copeland Centre, is led by two accredited facilitators and delivered in person in a welcoming and supportive environment.

The programme is open to anyone who wants to improve their mental health & wellbeing, or support their mental health recovery journey.

You'll learn alongside a small group of 8–16 people — no previous group experience needed.

(We want the programme to be accessible to everyone, so if cost would prevent you from attending, please feel free to contact us in confidence at; training@mentalhealthireland.ie)

Faigh oiliúint mar Cheannaire Bia Sláintiúil

Tacaíonn Healthy Food Made Easy (HFME) le pobail scileanna praiticiúla cócaireachta agus itheacháin shláintiúla a fhorbairt – ó phleanáil agus buiséadú béilí go dtí béilí gasta, cothaitheacha a ullmhú.

Tá Oiliúint Cheannairí HFME saor in aisce ar fáil anois d'eagraíochtaí. Faigh na scileanna agus an mhuinín chun 6 sheisiún idirghníomhacha a sheachadadh i do phobal!

**Cuir larratas Isteach agus
Faigh Tuilleadh Eolais**

 surveys.hse.ie/s/HFME26

 ashling.jennings@hse.ie

 087 0575425

Deadline: 10 July 2026

PRÍOMHFHAISNÉIS

- **5 lá oiliúna (Lúnasa–Meán Fómhair 2026)**
- **Suíomhanna: Gaillimh & Ros Comáin**
- **Áirítear oiliúint phraiticiúil sa chistin + scileanna seachadta clár**
- **Clár: 6 sheisiún (2.5 uair an chloig an ceann)**

Beidh an chéad dá lá ar siúl i dtimpeallacht cistine chun an deis a thabhairt duit na 6 sheisiún HFME a fháil mar rannpháirtí, agus cuirfidh na trí lá ina dhiaidh sin na scileanna riachtanacha ar fáil duit chun bheith i do Cheannaire HFME.

**Cliceáil thíos le haghaidh
tuilleadh eolais...**



Acmhainní Sláinte Meabhrach HSE

FULL TOOLKIT
OF RESOURCES



An raibh a fhios agat go dtairgeann an HSE:

- Faisnéis sláinte meabhrach agus uirlisí féinchabhrach
- Pleananna pearsantaithe agus comharthaíocht
- Seirbhísí tacaíochta do phiaraí agus d'oibrithe deonacha
- Tacaíochtaí agus comhairleoireacht ghairmiúil ar líne

Seo sraith acmhainní, agus seimineár gréasáin faisnéise chun a n-úsáidí a mhíniú.

WATCH THE
WEBINAR
HERE



[Link: HSE Digital Mental Webinar](#)

Information & Self-Help

- yourmentalhealth.ie
- [Balancing Stress](#)
- [Minding Your Wellbeing](#)

Digital Tools

- [SpunOut Navigator](#)
- [My Mental Health Plan](#)

Peer & Volunteer Support Tools

- [Togetherall](#)
- [Aware](#)
- [Text About It](#)
- [GROW](#)

Professional Support Services

- [Jigsaw](#)
- [Turn2Me](#)
- [SilverCloud](#)
- [MyMind](#)
- [Connect Counselling](#)



FREE!

monthly

**Friday 17th July
12.30pm-1.30pm**

**Crabpool Beach
Salthill, Galway**

All Welcome. No experience needed!

BOOK NOW

www.eventbrite.ie

or email

sarah.fahy@mentalhealthireland.ie

Refreshments provided!



WEAR THE GREEN RIBBON



Shine's Green Ribbon campaign is the national mental health stigma reduction programme for Ireland.

The 2026 slogan is
Ireland in Conversation



Suggested events:

Coffee Mornings
Ambassador Talks
Light Up Green
Walk and Talk
Information Stands

If you are interested in
arranging an event in your
organisation or local
community during
September, get in touch!

Local Contact: Rachel Maher
Email: rmaher@shine.ie

Follow us at www.shine.ie and on social media
[@ShineOnlineIE](https://www.instagram.com/ShineOnlineIE)

www.shine.ie Registered Charity Number: 20011512 CHY 6380

Deiseanna cruthaitheacha do pháistí agus do dhaoine óga a bhfuil riochtaí sláinte fadtéarmacha orthu

Tá áirithintí oscailte anois do champaí samhraidh **saor in aisce** Helium i nGaillimh do leanaí agus daoine óga a bhfuil riochtaí sláinte fisiciúla fadtéarmacha orthu.

Suíomh: Ionad Pobail Naomh Seosamh, Seantalamh, Cathair na Gaillimhe

Ages: 8-12

Workshop Dates: 14-16 July

Ages: 13-16 years

Workshop Dates: 7-9 July

Cuir d'áit in áirithe anseo ([here](#)), nó mura féidir leat a bheith i láthair go pearsanta, cuir d'áit in áirithe ar líne anseo ([here](#)).

SPACES STILL AVAILABLE

July 2026

A place to just be themselves

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

helium

inspiring life through art

Fully funded - **free to attend**.
Book today at www.helium.ie

Fan i dteagmháil le Contae na Gaillimhe Sláintiúla

Tríd an nasc aonair seo, is féidir leat anois:

Clárú dár nuachtlitir mhíosúil chun fanacht ar an eolas faoi thionscnaimh, imeachtaí agus acmhainní sláinte ar fud Chontae na Gaillimhe.

Clárú do chláir Ghaillimh Shláintiúil atá le teacht.

Rochtain a fháil ar ár ríomhphost chun teagmháil dhíreach a dhéanamh.

Ceangal a dhéanamh ar na meáin shóisialta.

Tabhair cuairt ar ár gcrann nasc:
linktr.ee/healthycountygalway

Nó scanadh an cód QR:



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



Rialtas na hÉireann
Government of Ireland



Healthy
Galway

Ar mhaith leat píosa a chur isteach do Nuachtlitir na míosa seo chugainn?

Má oibríonn tú le gníomhaireacht, eagraíocht, grúpa pobail nó deonach nó má tá tú páirteach ann agus más mian leat mír a chur isteach le cur san áireamh sa chéad eagrán eile, seol ríomhphost chuig Adele Rankin, Comhordaitheoir Éire Shláintiúil, ag arankin@galwaycoco.ie.

Ba chóir go mbeadh na nithe seo a leanas sna haighneachtaí:

- ✓ 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

Buiochas

Morven Brooks

Community Development
Graduate Officer

***Go raibh maith
agat!***

Naisc úsáideacha



healthandwellbeing@galwaycoco.ie



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



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



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