

Healthy Galway City LCDC Update May 2020

In line with guidance from the Department of Health and Pobal, the Healthy Galway City Programme of Work is being reviewed in response to COVID-19. This involves ongoing engagement with key partners in order to identify alternative delivery mechanisms for actions and additional projects to respond to local needs at this time. Please see below update on funded actions as of 15th May 2020:

Action 1 – Healthy Eating in the Community:

- All Healthy Food Made Easy community programmes and cooking sessions for those living in Direct Provision have been postponed as a result of COVID-19.
- The Melting Pot Luck has confirmed that the cooking sessions for those living in Direct Provision will begin once restrictions are lifted and venues reopen. They will ensure social distancing guidelines are adhered to. Cooking sessions in the Great Western may be able to recommence earlier than the Eglinton as communal kitchen facilities are available in the centre.
- Work is progressing on identifying ways to deliver components of the Healthy Food Made Easy (HFME) programme online in the coming months. Similar to the community programme, the online programme would run over 6 weeks and would consist of a combination of live sessions and recorded cooking demonstrations.
- In addition to this, with funding received as part of the Safefood Community Food Initiative, Galway City Partnership, in collaboration with Foróige Ballinfoile and GRETb, are delivering a pilot project to support 14 families to cook and eat healthy meals together during this time. The project is being delivered in a virtual manner, over four weeks. Families are being provided with the recipes and links to the demonstration videos each week and are being supported via video call by trained HFME Leaders with GRETb and Foroige. Ingredient packs are prepared by the local shop and collected by the families each week.

Action 2 – Addressing Barriers to Physical Activity:

- All scheduled physical activity programmes under this action have been postponed as a result of COVID-19 and will be rescheduled, ensuring adherence to social distancing guidelines, once restrictions are lifted.
- In response to COVID-19, and to promote daily physical activity at home among older adults who are currently cocooning, an Exercise Leaflet developed by HSE Physio Services in Cork, was adapted for use in Galway. This is a joint initiative of Healthy Galway City and Healthy County Galway, in partnership with Galway Sports Partnership. To date, over 2,200 leaflets have been distributed to older people in Galway City. Leaflets were distributed through a number of organisations/ groups, including COPE Galway, Local Employment Service, Croí na Gaillimhe, Westside Age & Inclusion, Westside Resource Centre, Galway Traveller Movement, Chime, St. Francis PCCC - PHN/ Physio, Ballinfoile, ARD Family Resource Centre, Housing Liaison Officers.
- We are currently exploring the possibility of developing activity packs for families, in partnership with Galway Sports Partnership and CYPSC, to encourage physical activity during the summer months. Packs will be distributed to vulnerable/ disadvantaged families during the months of July and August and will include a selection of reusable items, e.g. skipping ropes, balls, sidewalk chalk, hula hoops and frisbees. A weekly activity programme will be developed for those who receive the packs and for any other families that would like to participate.

Action 3 – Towards a Tobacco Free Galway City:

The launch of the Not Around Us initiative was postponed as a result of COVID-19. Work will continue to progress on this action and Not Around Us will be implemented in four pilot sites by the end of 2020. Video content will be created to showcase the pilot sites and the initiative will be launched virtually. A communications plan will be developed and the signage will be made available to early year's services and not-for-profit groups and organisations across Galway City.

Action 4 – Community Sexual Health Education Programme:

Sexual Health West are exploring online delivery options to engage target groups, including the development of sexual health learning modules via video. They are hopeful that community delivery (adhering to social distancing guidelines) may be possible in 2021, but if not, the entire programme may be delivered via video/ virtual learning. All online resources developed can be used on an ongoing basis and will add a multimedia dimension to community sessions once they are back up and running.

Action 5 – Towards a Healthy LGBT+ Community:

- All ongoing, and scheduled, physical activity programmes under this action were postponed as a result of COVID-19. The Teach Solais Coordinator is working closely with the LGBT+ community to pilot the online delivery of physical activity programmes in the coming weeks:
 - Two exercise programmes will be delivered live via Instagram the week beginning 25th May, consisting of a beginner Aerobic Class and a more advanced HIIT Class.
 - Weekly online Yoga Classes are also being made available.
- Amach are also operating a Virtual Drop-in via Zoom on Saturdays from 3-4pm, providing signposting and support to members of the LGBT+ community.
- A 'Buddy System' is also under development which aims to introduce older LGBT+ people to younger LGBT+ people via phone/email depending on what suits individuals.
- The Teach Solais Coordinator is also offering online meditation and mindfulness sessions.

Community Mental Health Fund:

1. Equality and Diversity Training Programme – Cultural Competence in Action

- **Proposed timeline:**
 - September-December 2020**
 - Hold a series of online educational workshops relating to issues facing the 3 groups (LGBT+, Travellers, Asylum Seekers and Refugees) designed to inform the training.
 - Facilitated sessions for the partners' community representatives and service provider representatives to develop training programme.
 - Working with IT support to develop online training programme.
 - **January 2021**
 - Delivering a pilot training programme with student health professionals in NUIG.
 - Review and evaluate training.
 - **February 2021**
 - Deliver two further training programmes.
 - Review and evaluate training.
 - **April-June 2021**
 - Finalise Training programme and course materials based on feedback and launch.

2. Acting on Well-being: Supporting Mental Health among LGBT Members

- Two workshops were delivered in Teach Solais on 27th February and 5th March. The remaining workshops were postponed as a result of COVID-19.
- The workshops have now been adapted to an online format.
- There will be 10 online sessions each lasting 30 minutes.
- The first and last sessions will provide participants with an opportunity to brainstorm ways to meet their needs in line with the objectives of the original proposal.
- Online delivery will begin in September 2020. If the LGBT+ community do not engage in online delivery, options for face to face delivery will be explored for January 2021, ensuring adherence to social distancing guidelines.

3. Nature for Health

- The programme will be adapted to ensure social distancing guidelines are adhered to.
- A pilot programme will be delivered in September/October in Merlin Woods, removing bus trips to other woodlands and including additional art and mindfulness sessions.
- Numbers will need to be monitored and masks and hand sanitiser will need to be provided.
- The two remaining programmes will be delivered in Terryland Forest Park and Cappagh Woods from January to June 2021.

4. Stress Control

- The Stress Control programme is now available online. The first programme was so successful (see below) an additional programme is now being delivered.
- **YouTube Analytics and results of an online survey following first programme:**
 - An average audience of 5-6,000 tuned in to each session
 - 62% audience from Ireland, 32%UK and 2% elsewhere
 - The afternoon sessions had double the audience of the evening sessions
 - 98-100% 'likes' were recorded across all sessions
 - 75% of participants were women
 - All ages from 18 - 65+ were represented. Most participants were in the 35-64 age group
 - 97% 'strongly agreed' or 'agreed' that 'Stress Control provided information and skills to help you manage your stress'
- The online programme is actively being promoted through Healthy Galway City social media platforms and Healthy Galway City stakeholders. Further information has been requested on scheduled online Stress Control Programmes to allow for planned and targeted promotion across Galway City. There will be a need to identify and address barriers to participation of online programmes among target groups. There is also the potential to deliver an in-person programme in a large venue with reduced numbers in 2021.

Community Engagement:

- The Healthy Galway City website, healthygalwaycity.ie, was launched on Monday 27th April. The website will act as an information hub, signposting people to reliable sources of health and wellbeing information and useful resources. It will also be used as a platform to showcase

initiatives, programmes and events which aim to promote the health and wellbeing of the people of Galway City. The Healthy Galway City Coordinator did a news interview with Galway Bay FM to promote the launch and a social media campaign during the months of May and June will promote the use of the website. Since the launch, there have been 1,539 active sessions on the site and 3,293 page views.

- Healthy Galway City social media channels are continuing to support partner organisations in the promotion of relevant messages in response to COVID-19, including the #InThisTogether campaign.
- Healthy Galway City merchandise will be developed and purchased as planned and may be incorporated into the activity packs for families.
- A limited number of community information sessions will be delivered in 2021 to promote positive mental health and wellbeing following the health crisis. All events organised will ensure adherence to social distancing guidelines and public health advice.
- Diversity and Outreach training for tutors will also be delivered in 2021, whether this will be delivered online or in-person is yet to be decided.
- There may also be an opportunity to develop health and wellbeing supports for target groups, for example healthy eating videos/ supports for the deaf community. This will be explored further in the coming weeks in line with available budgets.