



Healthy Galway City

LCDC Update – February 2021

Action 1: Healthy Eating in the Community

- The first two online Healthy Food Made Easy programmes are scheduled to begin on Monday 22nd February at 10am and Tuesday 23rd February at 6.30pm.
- The programmes were advertised jointly with Healthy Galway County and CYPSC.
- Over 40 people expressed an interest in participating in the online programme and there is currently a waiting list for the next programme.
- Each participant will receive a Healthy Galway apron and pen, a 101 Square Meals cookbook and the HFME participant handbook.

Action 2: Addressing Barriers to Physical Activity

- Working with Siel Bleu to plan the delivery of an 8-week online exercise programme for over 55's.
- Planning the delivery of accessible yoga for two groups through Access for All.
- Exploring the expansion of walking routes in Ballybane & Doughiska.
- Liaising with community groups to identify initiatives to support physical activity.

Action 3: Towards a Tobacco Free Galway City

- Galway City Comhairle na nÓg have developed two promotional awareness videos for the Not Around Us campaign.
- An additional video will be developed to promote the Not Around Us initiative to services/organisations.
- The Oversight Group are working towards launching the initiative virtually by the end of March 2021. A formal event will be organised at a later stage if required.

Action 4: Community Sexual Health Education Programme

- Sexual Health West are working with the Eglinton Direct Provision Centre to develop a programme to meet the needs of residents.
- A number of proposals regarding posters, videos and other ideas for working with the residents have received very positive feedback to date.

Action 5: Towards a Healthy LGBT+ Community

- The following exercise classes will be streamed weekly via the Teach Solais Instagram, starting the week beginning 22nd February:
 - Beginners bodyweight class – Mondays
 - Tabata class (form of HIIT) – Tuesdays & Thursdays
 - Advanced HIIT class – Wednesday
- An online Tai Chi programme will also be advertised in the coming weeks.

Community Engagement:

- The Community Engagement plan for 2021 is currently being reviewed due to ongoing COVID-19 restrictions.
- Healthy Galway water bottles and aprons have been purchased through the merchandising budget.



- The Healthy Galway City website and social media channels are continuing to promote the #KeepWell campaign.

Community Mental Health Fund Action:

- Work is progressing on the development of Cultural Competency training for Mental Health professionals in collaboration with Amach, Galway Traveller Movement and BRIDGE.
- The remaining two Nature for Health programmes will be delivered in Terryland Forest Park and Barna Woods once public health guidelines allow. The two programmes will run concurrently and will each be limited to 10 participants to ensure social distancing can be adhered to.
- Following the success of the first round of Mental Health Workshops for the LGBT+ Community, a second round of workshops will be delivered through the Community Resilience Fund. The workshops entitled 'Learning skills to cope with stress' will run for 6 weeks, starting Wednesday 17th February, and will be facilitated by Clinical Psychologist Ger McNamara.

Safefood CFI – Family Cooking Project:

- *safefood* have accepted our proposal to expand of the Family Cooking Project to an additional 65 families during 2021.
- The first programme, which will be delivered in partnership with Foróige, GRETB and the HSE, will begin in the coming weeks.

Community Resilience Fund:

- In partnership with Galway Sports Partnership, work is progressing on mapping the green and blue walking routes the City has to offer. Once complete, a booklet and video will be produced to encourage people to explore the routes in their locality.
- Utilising Acorn Tablets provided by Galway City Partnership, older people are being supported to use technology to help them to keep well and stay connected. The project is providing a supportive social outlet for people to learn basic online communication skills while engaging in creative practices and gentle exercise programmes.