



## Healthy Galway City LCDC Report – February 2022

### Healthy Galway City:

- Deadline for completion of all HI and Community Mental Health Fund (CMHF) projects is 31<sup>st</sup> March 2022
- Project partners have been asked to send in final financial and progress reports to Healthy Galway City Coordinator by 8<sup>th</sup> April 2022
- Deadline for submission of final financial and progress reports to POBAL is 6<sup>th</sup> May 2022; POBAL portal is scheduled to open end of February

### Action 1: Healthy Eating in the Community:

- 11 online Healthy Food Made Easy courses delivered to 86 participants in 2021, funded through HI and CYPSC, delivered in partnership with Healthy Galway County
- Plans to deliver 2 further Face to Face HFME courses in Galway city and county in February – March 2022
  - Ballybane Community Resource Centre
  - IWA Tuam
- CYPSC HI fund to be used to fund venue, ingredients cost of 3 Galway Traveller Movement face to face HFME courses in Ballinasloe College of Further Education, Westside resource centre, Ballybane resource centre
- CYPSC HI fund will be used to run online HFME course starting 22<sup>nd</sup> February
- Foroige Knocknacarra Cooking from Home programme running over 4 weeks January – March 2022
- Remaining funding used to purchase portable cookery equipment for 2 centres delivering HFME courses without kitchen facilities
- Galway City Partnership applied to be safefood Community Food Initiative leader 2022 – 2024; currently awaiting results

### Action 2: Addressing Barriers to Physical Activity:

- Youth Work Ireland hosting in-person “Yoga & Relaxation” for young people, starting 10<sup>th</sup> February 2022
- Table tennis programme targeting people living in Direct Provision in the Eglington, Dominick Street, Great Western, participating in the Table Tennis @ Home programme by Table Tennis Ireland
- Bowls for older people living in Ballinfolle / Castlegar area to run in conjunction with lunch club from February to March 2022
- Community Sports Hub in Doughiska / Ballybane organising self-defence classes for women, to run February – March 2022



- Westside Resource Centre offering chair yoga programme February – March 2022
- Signage for Terryland Forest park to encourage walking groups and other outdoor physical activity programmes in Ballinfoile community
- Beginners' fitness programme to promote and encourage use of Ballybane Community Walking trails

#### Action 3: Towards a Tobacco Free Galway City:

- Letters promoting the "Not Around Us" campaign sent to all school principals in Galway City & County
- Irish language documentations and charters ordered
- Signage continues to be distributed and displayed in organisations and schools in city and county.

#### Action 4: Community Sexual Health Education Programme:

- Printing of Sexual Health & WISER (West of Ireland Sexuality Education Resource) leaflets for distribution to key target populations i.e., Direct Provision, LGBT+, Traveller Community
- Printing and distribution of professionally supported posters and marketing materials
- Delivery of Sexual Health & Wellbeing programmes

#### Action 5: Towards a Healthy LGBT+ Community:

- AMACH! LGBT Galway running free online yoga and fitness classes January to March 2022, 10-week programmes
- 16 participants getting involved regularly

#### Community Engagement:

- Healthy Ireland promotes RTE's Operation Transformation, OT Community Walks and #IrelandLightsUp in partnership with Sport Ireland and Let's Get Ireland Walking across Healthy Galway City social channels
- START Child Healthy Eating Campaign promoted in January 2022
- Healthy Galway merch including hats, pens, bottles, and pedometers distributed to community groups
- 30 Pedometers distributed for Galway Traveller Movement walking groups
- HFME aprons to be distributed to participants of courses

#### Community Mental Health Fund Action:

- Community Health & Wellbeing Boards continue to be displayed in sports clubs, community centres and leisure locations throughout Galway city and county



- Developing Actions for LGBT+ Wellbeing: AMACH LGBT hosted webinar “Ditching the Diet: Embracing Festive Food, Fun and Freedom this Christmas” in December and will be offering 4 weeks of online self-love drawing classes due to start 21<sup>st</sup> February 2022
- COPE creation of Therapeutic Garden space at Glen Oaks Centre funded through CMHF Small Grants Scheme
- Galway Centre for Independent Living proposed change to their CMHF Small Grants Scheme funded project due to COVID-19 and purchased art kits for people with disabilities
- Galway Community Circus delivering additional mental health circus sessions with underspend
- Ballinfoile Castlegar Neighbourhood Centre running programmes for older people

General:

- Application made under “Creative Ireland: Creativity in Older Age” fund 2022 to fund a project to promote creativity and wellbeing amongst older people; awaiting results of application