



## Healthy Galway City LCDC Update – April 2022 – 20/04/2022

### Healthy Galway City:

- County and City Management Association (CCMA) approved a new Healthy City/County Coordinator role at a Local Authority level to form part of HIF Round 4. The Local Government Management Agency (GMA) has written to HR units in all local authorities to progress the recruitment process
- Healthy Galway City (HGC) Coordinator role has been extended 1st April – 31st May 2022, to enable the completion of reporting and any other outstanding administrative matters relating to Round 3
- Local authority has begun recruitment of HGC Coordinator role responsible for delivery of Healthy Ireland Round 4 1st June 2022 – 31st December 2025
- Deadline for completion of all HI and Community Mental Health Fund (CMHF) projects is 31st March 2022
- Project partners 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 6th May 2022

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

- Action completed
- Face to face Healthy Food Made Easy (HFME) Course ran in Ballybane Community Resource Centre February – April 2022
- Online Healthy Food Made Easy Course February – March 2022
- CYPSC HI funded venue, ingredients cost of two Galway Traveller Movement face to face HFME courses, Ballybane and Ballinasloe
- Foroige Knocknacarra Cooking from Home programme ran for 2 weeks
- Melting Potluck delivered additional cooking sessions to the asylum-seeking community living in direct provision
- Remaining funding used to purchase portable cookery equipment for 2 centres delivering HFME courses without kitchen facilities

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

- Action completed
- Ballybane Doughiska Community Sports Hub delivered Self-defence classes for women in Ballybane Community Resource centre
- Eastside Urban Walking trails and signage launched 5<sup>th</sup> April, Ballybane Doughiska Community Sports Hub running 10-week Eastside Urban Walking programme to coincide with development of walking routes and signage
- Healthy Galway City mapping walking routes in Ballinfoile / Castlegar area



- A number of physical activity programmes ran in Q1 of 2022 with a range of groups and organisations:
  - Westside Resource Centre: chair yoga
  - Ballybane Doughiska Community Sports Hub: Ballybane Community Walking physical activity programme to coincide with launch of Eastside Urban Walking trails mapping and signage
  - Ballybane Doughiska Community Sports Hub: self-defence classes for women
  - Ballinfoile Castlegar Neighbourhood centre: Bowls for older people
  - Westside Youth Work Ireland: yoga & relaxation for young people
  - Mapping of walking routes and signage for Ballinfoile Castlegar
- 28 physical activity programmes in total offered during Round 3 of HIF

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

- Action completed
- Not Around Us (NAU) oversight group established and NAU promotional campaign delivered
- NAU signs installed in locations around the city and county, including childcare venues and schools

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

- Action completed
- Sexual Health West WISER Promotional posters developed for marginalised groups including people living in direct provision
- Delivery of targeted sexual health education programmes in Galway City began February 2022

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

- Action completed
- Funding for full time position of AMACH! Galway Coordinator has been approved by POBAL until end of March 2022
- Delivery of physical activity programmes for the LGBTI+ community
  - Online Yoga classes ran for 10 weeks January to March 2022
  - Online Fitness classes ran for 10 weeks January to March 2022

### Community Engagement:

- National Brain Awareness Week promoted from March 14th to 20<sup>th</sup> 2022
- WestBeWell promoted on Healthy Galway City social media
- Hats & water bottles shared with EastSide Urban Walking programme
- Healthy Galway City merchandise distributed at Galway Sports Partnership St. Patricks festival



- “Introduction to Equality and Planning by Design for Minorities” online training with Galway Traveller Movement for Healthy Galway City Tutors, scheduled for 30<sup>th</sup> March but rescheduled due to illness
- Healthy Galway City stand displayed at GTI Health & Wellbeing Day Thursday 31<sup>st</sup> March 2022
- Healthy Galway stand to display at Ballygar Community Health and Wellness Event Friday 22<sup>nd</sup> April 2022

### Community Mental Health Fund Action:

- Action completed
- Developing Actions for LGBT+ Wellbeing: online self-love drawing class ran over 4 weeks Feb – Mar 2022
- Nature for Health – ran for 10 weeks Sep – Dec 2021
- Equality & Diversity Training developed & delivered by Galway Traveller Movement, The Bridge Project & AMACH! LGBT Galway
- Small Grants Scheme: 14 community projects funded and delivered

### Community Initiatives:

- Westside Resource Centre ran Community Cookery demonstration 25<sup>th</sup> March

### General:

- Galway City Council Creative Ireland Funding 2022 awarded for the “Reconnecting Communities” project. The project will run in three locations (Westside, Ballinfoile and Ballybane) and consist of three “Social Mornings” followed by a 6-week course of activities designed to promote physical and mental health wellness in older people living in disadvantaged areas
- Galway City Partnership awarded safe food Community Food Initiative leader 2022 – 2025; €5000 funding for local administration, €2000 for 2 Community Events & €2000 for 2 – 3 smaller events