



Healthy Galway City LCDC Update – September 2022 – 14/09/2022

Healthy Galway City:

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Healthy Ireland Round 3:

- Round 3 Expenses have been approved by Pobal. Final approval is expected in September.

Healthy Ireland Round 4:

- Pobal have confirmed an allocation of €40,000 for the period 1st June to 31st December 2022 to allow delivery of priority health and wellbeing initiatives and to support the planning process relating to HIF 2023 – 2025.
- Proposed activities in 2022 have been approved by the LCDC at July 2022 meeting.
- Activities under themes including “Nutrition, Physical Activity, Mental Health and HIF Planning” have been approved.

Theme	Allocation	€
	Enter % allocated per Theme	
HIF Planning	6.7%	2660
Mental Health	19.8%	7915
Nutrition	40.9%	16350
Physical Activity	32.7%	13075
Sexual Health	0	0
Spaces and Places for Health and Wellbeing	0	0
Tobacco and Alcohol	0	0
Totals	100%	40,000

Nutrition:

- Healthy Galway City organising Healthy Food Made Easy (HFME) tutor training in Galway City in October to train further community tutors to deliver the popular HFME programme.
- Training is scheduled to take place in Westside Resource Centre 10th & 17th October.
- Healthy Galway City and County are jointly hosting two online Healthy Food Made Easy programmes starting 13th & 14th September respectively.



- Healthy Galway City is hosting four in-person Healthy Food Made Easy Programmes in Galway City, two of which are funded through the safefood Community Food Initiatives leadership 2022 – 2024.
 - Westside Resource Centre 10 am - 12:30 pm 8th September - 13th October
 - Ballybane Community Resource Centre 6:15 pm - 8:45 pm 14th September - 19th October
 - Ballinfoile Community Centre 10 am - 1 pm 3rd October – 14th November
 - Ballinfoile Pavee Lacken Women Group, 10 am – 1 pm, 7th October – 18th November
- Healthy Cooking Community demonstrations “Cook with your Kids” running monthly in Westside Community Resource Centre; first session held in July to coincide with Westside Arts Festival. Sessions will recommence 2nd September.

Physical Activity:

Galway Sports Partnership to act as lead partner on some actions.

Currently planning for Autumn/ Winter 2022:

- Physical Activity Leader’s Training workshops for older people in Galway city; starting October and running for 9 weeks
- Music Generation and GSP programme for children and young people
- Healthy Galway City has contributed towards GSP “Adventure Walks” app, an interactive treasure hunt app for families and children
- Eastside Urban Walking programme starting 20th September
- Two physical activity programmes with Ballybane Community Sports hub

Mental Health:

- Woodlands for Health; ten-week eco therapy programme in collaboration with Mental Health Ireland and HSE occupational therapists, starts 16th September
- Nature for Health taster sessions planned to run September – December in Merlin Woods and Terryland Forest Park
- Allocation of funding for AMACH LGBT! Galway to deliver health and wellbeing programmes for the LGBTQIA+ community in Galway city
- Oak Tree Photography classes for older adults in Ballinfoile starting 20th September
- Healthy Galway City is partnering with NUIG Professor Kevin Leyden and Walk 21 conference to host an event with Dr. Esther Sternberg on the science of the mind-body interaction in illness and healing, and the role of place in wellbeing on Culture Night, Friday 23rd September.

Healthy Galway City & County collaborating with Mental Health Ireland on a calendar of events for Mental Health Awareness Month in October.



- Theme for the month will be “Five Ways to Wellbeing”; each week will focus on a specific theme with the overall theme of “Connection” underpinning all activities
- Connect Cafe for organisations that support positive mental health and wellbeing running 6th October
- Mental Health Awareness Day 10th October - flagship event
- Community Walk and Connect Cafe in Ballybane on 18th October

Additional Funds:

Safefood Community Food Initiatives 2022 – 2024: Two Community events and two small projects have been approved.

- Community Event 1: Merlin Park Community Picnic, Sunday 28th August
- Small Project 1: Westside HFME starts 8th September
- Small Project 2: Ballybane HFME starts 14th September
- Community Event 2: Harvest / Halloween event with Ballinfoile Mór Community Garden, date TBC

Galway City Council Creative Ireland Funding 2022: “Reconnecting Communities”, group visit to Brigit’s Garden for older people living in Galway city rescheduled for 13th September. Social mornings and creative classes starting in September / October.

- Westside Resource centre: 27th September – 22nd November
- Ballybane Community Resource Centre: 28th September – 23rd November
- Ballinfoile Castlegar Neighbourhood Centre: 29th September – 24th November

“Colour in your Community”, €15,000 funding allocated for a community mural project. Waterford Walls artists will be invited to host workshops with communities and design and install community murals. To take place September / October.