



Healthy Galway City LCDC Update – November 2022 – 09/11/2022

Healthy Galway City:

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Healthy Ireland Round 3:

- Both the Healthy Ireland Fund Round 3 Progress and Financial Returns have been approved. Pobal provided written feedback on HIF Round 3, the Community Engagement Fund, and the Community Mental Health Small Grants Scheme.
- Pobal have commissioned s3 Solutions to evaluate the Healthy Ireland Round 3 Community Mental Health Fund.

Healthy Ireland Round 4:

- Pobal has shared Healthy Ireland Fund 2022 Reporting Templates. These templates relate to reporting on the Healthy City/County Coordinator grant agreement and HIF round 4 grant agreement activities in 2022.
- The deadline for completion of the templates is Friday 17th February 2023
- Pobal issued the Healthy Ireland Fund 2023-2025 guidance document, along with supporting templates on 28th September 2022.
- The deadline for completion of the online application was changed from Friday 9th December 2022 to Friday 27th January 2023. This allows an additional 6 weeks for completion of a local strategy for HIF 2023-2025, the online application form and budget, and an activities workplan for 2023.
- The budget for 2023 has now been increased from €40,000 to €75,000.
- The appraisal of submissions will take place in February and March 2023 with a view to final decisions being made at the end of Q1 2023.
- In-person support events in relation to the roll out of HIF Round 4 took place on the 5th October 2022 and the 25th October 2022.
- The Healthy Galway City Steering Committee met on 11th October and will continue to work in partnership with the Healthy Galway City Coordinator in the ongoing development of the Healthy Ireland Fund Local Strategy, application and 2023 activities workplan. Updates relating to the Healthy Galway City application will be provided at upcoming LCDC meetings in December 2022.



- Two HIFLS 2023 – 2025 Stakeholder Consultations will be held on Tuesday 8th November 10 am – 12 pm and on Thursday 10th November 2pm – 4pm to assist in the identification of local health risks and project outcomes for the HIFLS 2023 – 2025.
- An online survey will be disseminated to stakeholders as part of the Healthy Galway City 2023 – 2025 consultation process.

Nutrition:

- Healthy Galway City Healthy Food Made Easy (HFME) leader training took place in October in Westside Resource Centre. 8 people completed the HFME Leader training, including participants from local community groups, services and self-employed facilitators.
- Two Healthy Food Made Easy programmes delivered in Westside and Ballybane in September / October, funded through the safefood Community Food Initiatives Leader 2022 - 2024 programme. 24 participants attended the courses.
- Two Healthy Food Made Easy programmes currently underway in Ballinfoile in October / November.
- Healthy Cooking Community demonstrations “Cook with your Kids” running monthly in Westside Community Resource Centre.

Physical Activity:

- Physical Activity Leader’s Training workshops for older people in Galway city, in partnership with Galway Sports Partnership and Age & Opportunity. Began mid-October; 17 participants registered. This 9-week programme runs until December 2022.
- Eastside Urban Walking programme running September / October / November.

Mental Health:

- Woodlands for Health; ten-week eco therapy programme in collaboration with Mental Health Ireland and HSE occupational therapists running September / October / November.
- Oak Tree Photography / Art classes for older adults in Ballinfoile running September / October / November.
- Galway City Agency Connect Cafe in partnership with Mental Health Ireland and Healthy Galway County, held Thursday 6th October. Over 50 staff and representatives from agencies and organisations involved in mental health advocacy and service provision attended the networking event.
- Mental Health Awareness Flagship event Monday 10th October in Galway Shopping Centre.



- Connect Cafe held in partnership with Eastside Urban Walking Group Tuesday 18th October; event hosted as part of Mental Health Awareness Month
- Casual Choir events took place Friday 28th October in Galway city; events hosted as part of Mental Health Awareness Month.

Additional Funds:

- Safefood Community Food Initiatives 2022 – 2024: Two smaller projects (HFME courses) are now completed.
- Second Community Event (Halloween Harvest Event) took place Thursday 27th October 11 am - 1 pm in Ballinfoile Mór Community Garden. Approximately 36 school children from Scoil San Phroinsias and Castlegar National School attended.
- Galway City Council Creative Ireland Funding 2022: “Reconnecting Communities”, three social mornings held in Westside, Ballybane and Ballinfoile in September. Average attendance was 25 older adults per event.
- “Making Memories” 8 – week reminiscence and art programme currently running throughout October and November in three locations.