



Healthy Galway City:

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Healthy Ireland Round 4:

- Pobal advise that the Department of Health has been successful in maintaining the Healthy Ireland Fund (HIF) allocation for 2024 at the same level as in 2023 i.e. €75,000. This funding represents the continuing commitment by the Irish government to the Fund and to healthy & wellbeing initiatives being delivered through the Local Authorities
- Final budget allocation for 2024 is €78,348.57
- Partnership agreements with lead implementing partners Galway Sports Partnership, Galway City Partnership and Galway Traveller Movement have been signed and initial Round 4 Year 1 payments have been put on
- Galway Sports Partnership will deliver a programme of activities over Round 4 to increase levels of physical activity amongst people living in disadvantaged areas, older adults and people with disabilities
- Galway City Partnership (GCP) delivering projects under Round 4 to increase levels of positive mental health amongst older adults, people living in disadvantaged areas and the Traveller Community
- Galway Traveller Movement (GTM) to deliver initiatives under Round 4 to increase levels of positive mental health amongst the Traveller Community

National Healthy Cities & Counties of Ireland Network:

- Healthy Ireland Coordinator for Galway City sits on the National Healthy Cities and Counties of Ireland Network, representing HI Coordinators from the Northern & Western Regional Assembly Area
- The main aim of the Network is to strategically guide the improvement of societal health and wellbeing of qualifying cities and counties through a process of political commitment; capacity building with local stakeholders and the provision of support to innovative projects that improve the physical and social environment
- The Network is currently drafting the National Healthy Cities and Counties of Ireland Network Review 2019 – 2022 and Programme Plan 2023 – 2025
- Several Network Members, including HI Coordinators from Galway City, Dublin City, Waterford, Louth, Limerick and Cork City are attending the WHO European Healthy Cities Annual Business Meeting and Technical Conference in November 2023



Nutrition:

- Two safefood Community Food Initiatives (CFI) Community Event took place over the summer; the Westside Community Garden Open Day and Ballybane Community Organic Garden Open Day. Each event included Healthy Cookery demonstrations, activities for children and families, food and nutrition supports and interactive garden tours
- Two smaller projects under the CFI due to start in November 2023; six week programmes Healthy Food Made Easy in Westside and Healthy Cooking on a Budget in Ballinboile
- HGC supporting Cosáin Wellness CLG to offer healthy eating and cooking sessions for people living with mental illness
- HGC is funding Melting Potluck to deliver healthy eating and cooking sessions for people living in Direct Provision and people seeking asylum

Physical Activity:

- Good2Go Physical Activity training for older adults in partnership with GSP postponed until January 2024 because of low registration numbers
- Walking groups in Ballybane and Westside have returned following a break for the Summer season
- Accessible beach wheelchair for people living with disabilities supported by Galway Sports Partnership (GSP), through HGC Round 4 fund
- Nature for Health, a 10-week nature based therapeutic and walking programme starting in November 2023; in partnership with GSP

Mental Health:

- GCP are running Community Singing Projects and Health and Wellbeing projects with support of HI Round 4 Fund
- Community Foraging walks held in August and September 2023
- Autumn Wellbeing Programme in partnership with Merlin Woods Training Centre running until December 2023
- Healthy Galway City collaborated with Healthy Galway County, Mental Health Ireland, Galway Mental Health Association, Jigsaw and HSE Suicide Prevention Office to host Galway Mental Health Connect Café event to mark World Mental Health Month (October 2023); over 60 organisations whose work relates or involves mental health were involved
- Healthy Galway City partnered with The University of Sanctuary, Galway, Galway Recovery College and Virtual Ladies Hangout to host a Galway City Connect Café event for people living in Direct Provision in October



Community Engagement:

- HGC involved in Health and Wellbeing sessions for parents of children attending DEIS schools in Galway City

Additional Funds:

- “Cupán ceoil Tea Dances” under Scheme B of the Creativity in Older Scheme 2023 is underway with community art projects and tea dances taking place in Westside, Ballybane and Ballinfoile
- Participants will attend Christmas Lunch to close off the event in December 2023
- HGC and Galway City Partnership partnered with Ballinfoile Mor Community Garden and Tirellan National School and Castlegar National School for a Halloween Harvest Event. This project is funded through the Creative Ireland Programme 2023
- Creative Ireland Programme funding for creative mindfulness sessions and dance classes for children living in Ballinfoile / Castlegar area