



Healthy Galway City LCDC Update – 24th July 2024

Healthy Galway City:

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Healthy Ireland Round 4:

- 2023 Healthy Galway City Fund Financial and Progress approved 13th June 2024 and funding for Year 2 Programme has been transferred to Galway City Council.
- Final programme budget allocation for 2024 is €78,348.57
- Implementing partners Galway City Partnership, Galway Sports Partnership and Galway City Partnership have been asked to submit final evidence of expenditure of Year 1 Funding before Year 2 payments can be made.
- 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.

Physical Activity in 2024:

- Healthy Galway City welcomes Declan Burke in the role of **Active City Officer**. Sport Ireland's Active Cities project is based on the World Health Organisation's [Global Action Plan for Physical Activity \(GAPPA\)](#), which is focused on getting those who are least active, active. This project is being funded through Dormant Accounts Funding, which aims to engage communities across the country by supporting those who are educationally, socially or economically disadvantaged or those who have a disability to become more active.
- Galway Sports Partnership €15,000 from Galway City Council for the Galway **Active Age programmes**, funding physical activity programmes for older adults including Leisureland reduced cost memberships, Aquafit classes and Go for Life Games in 2024.
- The **Good2Go** Physical Activity training programme for older adults in partnership with GSP ran from April to May 2024; a total of 16 older adults



participated and all who completed evaluations reported an increase in their levels of physical activity and rated the programme 'Very Good' or 'Excellent'.

- Continue to work with Good2Go participants to support delivery of physical activities such as walking groups, dance, activator pole walking, seated exercises, flisk, malai and scooch in local Active Retirement groups.
- GSP partnered with Healthy Galway City and County and Active Cities Galway as part of Galway City Council Active Age Programme to host the **Go for Life** Galway Games in May and selected a team to send to the national games in June after a 5-year absence caused by Covid-19 pandemic.
- **Walking groups** in Ballybane and Westside continue to run on a weekly basis with good attendance and minimal support; new walking group established in Ballinfoile Castelgar in May 2024 is off to a strong support.
- Accessible beach wheelchair for people living with disabilities available for rental from Leisureland all year round.
- Two series of the 10-week **Woodlands for Health** programme ran in partnership with Mental Health Ireland and the HSE; this nature-based walking programme incorporates elements of botanical art, biodiversity, history and mindfulness and is aimed at people accessing mental health services. 20 participants took place in the Winter / Spring and 19 participants took part in the Spring / Summer.
- A 5-week **Nature for Health** programme ran in May / June 2024. The programme operates similar to the Woodlands for Health but is accessible to the general public. 17 participants took part.
- **Women's Football** for women living in Direct Provision (Anno Santo Hotel, Threadneedle Road), two X 6-week programmes, May – July 2024.
- **Sanctuary Swimmers**, a 6-week programme for beginner swimmers, supports integration of local community and migrants through physical activity. June – July 2024.
- GSP and HGC partnering with Western Regional Drugs and Alcohol Taskforce (WRDATF) to deliver a **Recovery Sport Programme**, including Recovery Running and Cycling.
- GSP and HGC partnering with Galway City Partnership (GCP) Social Prescribing Service and FAI to deliver two X 10-2-week **Street Leagues (soccer)** programmes for men and women experiencing homelessness.
- **Gentle yoga** programme with ARD Women's Circle and **Afro-Brazilian Dance** workshops with parents in DEIS schools

Mental Health and Wellbeing:

- GCP are running **Health and Wellbeing Programmes** targeting people living in disadvantaged communities (in Ballybane, Ballinfoile and Westside)
 - Community singing groups



- Health and Wellbeing Art Groups
- Project costs relating to Social Prescriber role
- Project costs relating to Ballinfoile Youth Project
- GTM are using HGC funding to run a **Traveller Wellbeing Programme**:
 - Dance programmes
 - Confidence building classes
 - Healthy eating and nutrition
 - Purchase of exercise equipment
 - Equine therapy
 - Mental Health event
- **Merlin Woods Training Centre Wellbeing Programme**, targeting adults accessing HSE Mental Health Services
 - Singing & Music Group
 - Wellbeing & Resilience Programme
 - Wellbeing through Art
- Funding for **Cosáin Wellness Peer Support** groups

Community Engagement:

- 'Healthy Heroes' University of Paediatrics Society, University of Galway, January 2024
- St. Patrick Festival, Salthill, March 2024
- 'Healthy Men, Happy Tribes' Galway City Men's Health Week event, June 2024
- Infant Mental Health week Parents Connect Event, June 2024
- Westside Arts Festival, July 2024
- Westside Community Organic Garden Open Day, July 2024
- Ballybane Community Organic Garden Open Day, August 2024
- Healthy Galway Newsletters; monthly

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



Additional Funds:

- **Safefood Community Food Initiatives** (CFI) now being administered by CFI Leader GCP for final year (2024)
- €15,000 for provision of free period products in LA managed and publicly accessible spaces through the **Period Dignity Project 2024**
- Creative Ireland funding '**Social Steps' Dance programme** in Autumn 2024; €11,197 for establishing a regular social dance for older adults living in Galway City
- Creative Ireland Creative Health & Wellbeing in the Community, Galway City Council awarded €140,000 for a two-year '**Mending heARTS**' programme in collaboration with Galway City and County Council Creative Ireland and Healthy Ireland teams, Croi Heart & Stroke Charity and Saolta Arts Group

Heartsafe Cities NEW Pilot Project with Croi:

- Introduce the Dutch Model; first and only county in North-West Europe where CPR can be started within six minutes of an out of hospital cardiac attack (OHCA).
- Heartsafe Local Solutions:
 - Cloud-based first responder alerting system dispatching responders and AEDs to OHCA incidents
 - Network of CPR trained local citizen responders
 - Network of strategically placed 24/7 available AEDs