



Action 1: Healthy Eating in the Community:

- Regional approach – HFME included in programme of work for Galway City, Galway County, Galway CYPSC, Mayo and Roscommon under HIF Round 3.
- HFME Leader Training – changed to 4 full days (national agreement).
- Leader training to take place end of January/ early February 2020. Promotion will take place prior to Christmas.
- Delivery of 3 HFME Community Programmes (March – June 2020). Support community centres to deliver.
- Portable equipment purchased to expand reach of the HFME in communities with no kitchen facilities (February 2020).
- Melting Potluck x 8 cooking sessions delivered by June 2020.

Action 2: Addressing Barriers to Physical Activity:

- Groups supported to design and deliver a number of 6-week physical activity programmes.
- Delivery of 22 6-week programmes to a range of groups, including:
 - Traveller community
 - New communities, asylum-seekers and refugees
 - People with disabilities
 - Young people
 - Deaf community
 - Older people
 - Disadvantaged communities
- Timeframe for delivery: January – June 2020

Action 3: Towards a Tobacco Free Galway City:

- Roll-out of the Not Around Us campaign in Galway City and County - joint initiative with Galway CYPSC.
- First meeting of the City and County Oversight Group scheduled for Thursday 28th November.
- National Tobacco Office – official handover from Healthy Limerick to take place before the end of 2019.
- Toolkit to be made available including graphics and videos.
- HSE Communications Campaign to be rolled-out in 2020 raising awareness of the HSE Tobacco Free Campus initiative, opportunity to link with key messages at a local level.
- Proposed Launch of the Not Around Us campaign to take place Wednesday 26th February 2020 (National No Smoking Day)
- All signage to be purchased by end of June 2020.

Action 4: Community Sexual Health Education Programme:

- Meeting scheduled with Aids West for Thursday 5th December
- Delivery of 26 x 4-hour programmes over 18 months:
 - Year 1 (Jan 20-Jun 20): 19
 - Year 2 (Jul 20-Jun 21): 7

Action 5: Towards a Healthy LGBT+ Community:

- Year 1: Delivery of 5 physical activity programmes (Jan-Jun 20)
- Year 2:
 - Delivery of 7 physical activity programmes (July 20 – June 21)
 - Teach Solais Coordinator Salary (Jul–Dec 20)

Community Mental Health Fund (CMHF):

- Equality & Diversity Training Programme:
 - Design, research and development of training and training manual (Jan-Jun 20)
 - Roll-out of training in Year 2 (Jul 20-Jun 21)
- Woodlands for Health Programme:
 - Initial planning meeting 13th November, next meeting scheduled for 10th December.
 - First programme to take place from Tuesday 24th March to Tuesday 26th May 2020, from 10am to 12pm each week.
 - Weekly sessions to incorporate walking, environmental art, relaxation/ mindfulness and site visits.
 - Targeted promotion – early January 2020.
- Stress Control Programme:
 - Liaising with Suicide Prevention Office and Psychology Dept. re potential dates for delivery.
 - Need to identify suitable community venues to hold up to 50 people.
- Developing Actions for LGBT+ Wellbeing:
 - 6 workshops to be facilitated between January and June 2020.

Community Engagement: (to be completed by end of June 2020)

- Communications Strategy:
 - Suitable facilitator identified for stakeholder workshop.
 - Half-day workshop to be held in January 2020. Date TBC.
 - Communications Strategy to be developed and implemented in partnership with key stakeholders (Feb-Jun 20).
- Healthy Galway City Merchandise: Communications workshop will inform merchandise requirements.
- Local and Social Media: Communications workshop will inform local and social media plan.
- Diversity and Outreach Training: Training to be delivered to Healthy Galway City Tutors by end of June 2020.
- Community talks/ information sessions: 11 talks to be delivered by end June 2020. Topics to be identified by groups.

Healthy Galway City Website:

- Final content to Solas Web by Thursday 28th November 2019
- Web pages developed and ready for review week beginning 9th December 2019
- Review and ready to go live week commencing 16th December 2019