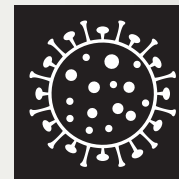


# Taking Care of our Physical and Mental Wellbeing in Galway



Coronavirus  
**COVID-19**  
National  
Programme

COVID-19 is a major public health emergency here in Ireland and around the world and is having a big impact on our lives. Everyone has made a huge effort to stop the spread of the virus and to save lives. Thank You!

To help us all get through this difficult time, it's important that we take care of everyone in our community - and also look after our own physical and mental wellbeing.

That's why National & local Government as well as our voluntary and community sectors have been working together on a wide range of wellbeing initiatives to help you in three ways:



## To help you look after your mental wellbeing

With day-to-day coping advice from Healthy Ireland, lots of creative things to do like gardening, cooking, play for children, special supports for young people and their parents, and lots more.



## To help you stay active

With in-home exercise ideas from sporting organisations and athletes, healthy eating advice - and guidance on how to enjoy the outdoors.



## To help you stay connected

With online libraries, cultural tours, galleries and book clubs, tips on helping in your own community, online workshops and online supports for learners of all ages to help us stay connected.

## Here are just a few examples of what's happening in Galway:

Healthy Galway in partnership with Galway Sports Partnership are providing leaflets with 8 exercises for Older Adults who are cocooning. These will be distributed via Meals on Wheels, Family Resource Centres and organisations registered with the Covid 19 Community response in Galway or through the helpline / [healthandwellbeing@galwaycoco.ie](mailto:healthandwellbeing@galwaycoco.ie)

Galway Sports Partnership will be adapting their Active Homework Challenge to provide home exercise challenges for families to participate in with prizes to incentivise participation. Please contact [galwayactive@galwaycoco.ie](mailto:galwayactive@galwaycoco.ie)

Booklet with home exercises suitable for older adults in addition to providing a DVD in consultation with Age and Opportunity. Please contact [galwayactive@galwaycoco.ie](mailto:galwayactive@galwaycoco.ie)

Virtual Tidy Towns with a platform on Facebook to allow individuals & Tidy Towns groups to continue to connect virtually and share the joys of nature and biodiversity in their gardens and on their walks

Galway Beo- connecting people and heritage in County Galway: A New Digital Heritage Initiative Through Galway Beo,

Galway County Council wants to celebrate the rich heritage of County Galway and help connect people with their heritage and each other during this challenging time. People are invited to email [galwaybeo@gmail.com](mailto:galwaybeo@gmail.com) a photograph, drawing, poem or story to highlight the inspiring heritage of County Galway. See [galwaycommunityheritage.org](http://galwaycommunityheritage.org) and Galway Beo Facebook page and Galway Beo Youtube channel.

Galway Community Heritage - Online Heritage Portal See the great work that the heritage communities of county Galway have digitised in partnership with Galway County Council, the National Museum of Ireland and the Heritage Council <https://galwaycommunityheritage.org/>

Gardening for Biodiversity - A new booklet to help everyone to help wildlife in their gardens, no matter how big or small, has been launched. [heritage.galwaycommunityheritage.org](http://heritage.galwaycommunityheritage.org) or email [mmannion@galwaycoco.ie](mailto:mmannion@galwaycoco.ie) to get a copy of this publication.

A new booklet to inform everyone how to help wildlife in their gardens, no matter how big or small, has been launched.

<https://heritage.galwaycommunityheritage.org/content/topics/county-of-galway-virtual-tydy-towns-project/gardening-for-biodiversity> or email [mmannion@galwaycoco.ie](mailto:mmannion@galwaycoco.ie) to get a copy of this publication. Virtual Tidy Towns Group established with a dedicated facebook page. As time goes on, we hope to get all communities involved in submitting images to their local Tidy Towns Facebook pages and hold a unique and once-off Virtual Tidy Towns Competition for the County

TIME to create The engagement of persons in the home with artistic activities in their many forms. Lead: Arts Officers Partners; Creative Ireland Teams, Arts Organisations Museum outreach services/ cultural venue operators in case of Galway City Town Hall Theatre/Galway Film Centre/Unesco City of Film. Please contact [sogrady@galwaycoco.ie](mailto:sogrady@galwaycoco.ie)

Galway County Council Arts Office/Creative Ireland Culture Team in partnership with Galway City Council and Roscommon County Council Creative Ireland Team have commissioned Branar Theatre Company to create a virtual Pop up Poetry for Lil Peeps for Cruinniú na nÓg this year. Please contact [sogrady@galwaycoco.ie](mailto:sogrady@galwaycoco.ie)

Our Healthy Ireland at Your Library talks will be moving online shortly including talks on mental health issues, building resilience and coping mechanisms. Also talks by Diabetes Ireland and Psychotherapist Stella O'Malley are scheduled for the month of May. Younger people are well catered for with city libraries providing online story times in English, Irish and German.

<https://www.librariesireland.ie/services/right-to-read/spring-into-storytime>

Online reading material in e-books and e-audiobooks is available to all registered members through the Borrowbox app. Daily newspapers to keep all informed and connected with the latest news and commentary are available online through the Pressreader app. On staying fit and healthy plenty available on the Universal app in health and medicine, crafts and hobbies. All above are available on

<http://www.galway.ie/en/services/library/onlinecoursesandresources/>

Discover wellbeing resources to help you and your family at [gov.ie/together](http://gov.ie/together), and find out what's happening in Galway at [galway.ie](http://galway.ie) | [#inthistgether](https://twitter.com/inthistgether)



Comhairle Chontae na Gaillimhe  
Galway County Council



Rialtas na hÉireann  
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