**** THE GAA HEALTHY CLUB APPROACH

**‘BRINGING THE VALUES OF THE GAA TO LIFE’**

**The Healthy Club Approach**

* recognises the great work already carried out by GAA clubs in reaching out to the community and
* supporting the Health and Wellbeing of their members by
  + providing a focal point for the coming together of their community and
  + the engagement ‘Health –enhancing’ activities

The Healthy Club Approach supports these activites and actions and so

* ‘Brings the values of the GAA to life'. It helps to ensure that our clubs are healthier places for our members to enjoy
* Main areas / Activities organised under the Healthy Club Approach include
  + Physical Activities
  + Healthy Eating Initiatives
  + Mental Fitness/Emotional Wellbeing Initiatives
  + Community Development eg Social Inclusion, Inclusion & Itegration Initiatives
  + Gambling, Alcohol and Drug Education (including Smoke Free Clubs)
* Example - In Kerry this year 13 clubs signed up to participate in RTE’s Operation Transformation walks over 6 weeks in January/February
  + These included An Gaeltacht, Ballydonoghue, Beale, Cordal, Cromane, Glenflesk, Gneeveguilla, Keel, Kilcummin, Kilgarvan, Knocknagoshal, Listry and Spa CLG.

The GAA’s National Healthy Club Project, sponsored by Irish Life and HealthyIreland, has reached Phase 3 – running for 18 months, during 2018/2019

* This project empowers clubs by encouraging all stakeholders- players, coaches, officers, parents and the local community – to engage in the journey
* Four Kerry clubs are taking part in Phase 3 of the Healthy Club project. These are
  + - Beaufort CLG, Tralee Parnells CLG, Dr Crokes CLG and Ballydonoghue CLG.
  + Initiatives undertaken include
    - Becoming a Smoke Free Club,
    - Organising a Cycle annually,
    - Arranging a safeTALK Workshop,
    - Talks by Jig Saw Kerry to players at underage Intercounty Camogie/Hurling Blitz 2016
    - Poster display re level of sugar in soft drinks during underage Blitz, Introducing Healthy Eating eg Water and Fruit rather than Suggary Drinks and Sweets/Crisps etc
    - Addiction Awareness Talk

In 2020 applications to participate in the Healthy Club Project will be opened to all clubs in Ireland

* + Adopting the Healthy Club Approach now and developing plans
    - Helps to prepare a club for taking part in the Healthy Club Project

***Participating in the Healthy Club Project***

* Opens additional supports and funding to a club from the Community and Health Section Croke Park
* Creates the opportunity to be officially recognised as a GAA Healthy Club

***The GAA Healthy Club Approach involves***

* using the 4 steps/building blocks
* Plan and/or Policy = Provides a solid basis
* Partners = provide support
* Activity = provide engagement opportunities within and outside the club
* Club = Benefits in both physical and cultural change that follows
* Running 2 projects chosen from 5 main areas of activity as follows
  + Physical Acitivity
  + Healthy Eating
  + Community Deelopment
  + Mental Fitness
  + Gambling, Alcohol and Drug Education(including smoke-free clubs)

Further Information: [www.gaa.ie/community](http://www.gaa.ie/community) and [www.kerrygaa.ie/clubzone-Health&Wellbeing](http://www.kerrygaa.ie/clubzone-Health&Wellbeing).

#GAAHealth, @officialgaa, @irishlife @healthyireland

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