**General Information**

The GAA’s National Healthy Club Project “*….is based on best national and international practice, also aims to embed a healthy philosophy in a club while integrating health into the day-to-day club activities in a sustainable way. It also aims to place the local GAA club at the heart of the community, making it a beacon for health in the locale”. See [www.gaa.ie/community](http://www.gaa.ie/community) for further information and updates.*

All clubs that participate in the Healthy Club project receive Official Recognition as a Healthy Club through this project – see photographs at the end of this article.

Clubs go through the process over an 18 month to 2 year period.

The Healthy Club Project is now in Phase 4. Expressions of interest in joining Phase 5 of the project will be opened to all clubs in October 2021 (approximately) Dates will be notified on the National GAA Web Site at [*www.gaa.ie/community*](http://www.gaa.ie/community)

Clubs partcipating in the Healthy Club Project focus on 2 health areas as well as adopting a club Critical Incidence Response Plan (CIRP).

The Kerry GAA County Critical Incident Response Plan, which can form a template for the club CIRP is on the County GAA Web Site in the Health & Wellbeing Section under Club Zone: [www.kerrygaa.ie/club-zone](http://www.kerrygaa.ie/club-zone)

# **Update re Phase 4 GAA Healthy Clubs Project and Kerry Clubs**

# There are 5 Kerry GAA Clubs participating in Phase 4 of the Healthy Clubs Project. Applications to take part in this phase of the project opened in October 2019 and closed in November 2019.

# The 5 Kerry CLG taking part in Phase 4 of the project are:

**ARDFERT & ST BRENDANS HURLING C.L.G. (JOINT), BALLYMACELLIGOTT C.L.G., KEEL C.L.G., TEMPLENOE C.L.G. & SPA CLG.**

These 5 clubs join the 4 clubs that participated in Phases 1,2 and 3 of the project. These are:

**BALLYDONOGHUE C.L.G., DR CROKES C.L.G., BEAUFORT C.L.G. & TRALEE PARNELLS C.L.G.**

**Phase 4 of the GAA National Healthy Club Project**

**Phase 4 of the Healthy Club Project** got under way in February 2020, with an orientation day in Croke Park, where all clubs the joined the project for phase 4 received training in the Healthy Club Project

Due to Covid 19 Pandemic and associated restrictions, many projects are on hold currently and many are being carried out virtually.

**Activities undertaken by Kerry clubs in Phase 4 include the following:**

**TEMPLENOE CLG**

Templenoe CLG held an drug awareness event in Kenmare on Friday 7 February 2020, in association with the South Kerry Drugs and Alcohol Community Based Project.

The club also adopted a club Critical Incident Response Plan in 2020

**BALLYMACELLIGOTT C.L.G.**

Ballymacelligott C.L.G. Health and Well-being committee aims to

* reach out to the wider community and promote a positive sense of physical and mental health.
* foster a sense of belonging and well-being amongst the community at large thus helping to tackle rural isolation.

Initiatives run to date under the Healthy Club Project Phase 4 include the following:

***2020 Pre-Covid 19 Pandemic Initiatives (up until March 2020)***

* Hall to 5km...A walking initiative that took place every Sunday morning from the community centre. Led by a 'Sli na Slainte' leader and catered for all ages and abilities. Sociable, fun and healthy activity for all.
* Yoga with Paula : Yoga classes in our clubrooms for beginners and experienced. 2 classes per week. Very successful.
* 'One Good Adult' : seminar and workshop for parents and coaches. Facilitated by Jigsaw. Very well-attended with positive feedback.
* Started funding application process for walking track at training pitch. €2000 secured from bursary Cara Credit Union.
* Bag-pack in Dunnes for Walking Track (Christmas)

***2020 During Covid 19 Pandemic Initiatives (March 2020 - Dec. 20)***

* Club participated in Irish Life Steps Challenge
* Part of Community Response team set up to support those who were cocooning in our parish. Organised volunteers to help the elderly.
* Ongoing funding applications for Walking Track : Secured €18,000 from LEADER grant through NEWKD
* Promoted correspondence from Health and Wellbeing Croke Park through Facebook, Website and various social media platforms. programmes such as 'Online Stress Control Programme', Resilience and Mindfulness webinars etc
* Part of Covid response team in Club
* Attended various webinars around Health and Wellbeing

***January 2021***

* '**Raising our Colours**'. An initiative to start the year in as positive a way as possible. Aimed to unite people even though we had to stay apart, to promote a sense of unity and community. We asked the club and community to wear the club colours (or any type of blue and yellow!) on the 01/01/21 @1pm and to send on photo of same. Compiled into short video and posted online. <http://www.ballymacgaa.com/raising-our-colours-2021-please-watch-video/>
* Established tag-line for our Health and Wellbeing : #strongertogether#communitymatters#weareBallymac
* '**Fitness with Vinny**'. A really successful initiative with 130 people taking part. One of our Senior Players who is trained in this area gave free online classes for the month of January....Wednesdays at 7pm and Saturday mornings. Anyone who was interested in continuing could do so at a very reduced rate (€2 per session) from Feb on..
* Adopted our CIRP and forwarded to County Board (eventually!!)
* In the process of starting '**BUDDY-TIME**' with our under 6 players, local primary schools and pre-schools. We feel that this age-group have particularly lost out as they had just joined the club and then all activity ceased  
  -The aim of this project is to nurture and develop a sense of 'connect' with the children and club  
  -To encourage children aged 4-6 to engage in some physical fun activity.  
  -To educate children about the club and community in a holistic manner  
  A pre-recorded video with 'buddy' the bird and an u-6 coach will be uploaded every Sunday morning (At what would ordinarily be their training time at the pitch, therefore establishing a routine and preparation for transition back)

The club adopted a CIRP in 2021.

Development of the clubs Walking Track was postponed due to Covid and weather factors, as were the launch of the club’s 'No smoking' club initiative and the 'Card Night' for older persons.

**BALLYDONOGHUE GAA HEALTHY CLUB PROJECT PHASE 4 INITIATIVES**

***Ballydonoghue GAA Club embraced Community spirit at Christmas time*** by connecting the pupils from Lisselton and Coolard National Schools with their neighbours, people living on their own and parishioners residing in Nursing Homes.

In carrying out this project the club supported the Hospice Christmas Card appeal by buying the cards directly from the Hospice Foundation.

The National School children wrote the cards and letters and made a great connection with the Senior Community of the Parish.



The club is also participating in the Irish Life “My Life” Steps Challenge.

***Ballydonoghue GAA Club achieved Healthy Club status in October 2019*** at the Healthy Club Conference in Croke Park (see photograph below /at end of this file).

To gain this recognition the club rolled out 2 Main Projects and other smaller projects in the 18 months time frame allocated to Phase 3 Clubs.

**Smoke Free** Our Clubrooms and grounds are now Smoke free with signage erected in several locations.  
**Fun n Run**. This game similar to Rounders is suitable for children with disabilities . Two club members received training in rolling this out.

**Our other smaller projects included.   
*CPR training***:

31 club members received training in CPR and use of the AED.

The club invited the Irish Heart Foundation to provide 'Hands for Life' CPR training. In all 47 people from the community availed of this Free training on 8th February 2020.   
  
***The Green Ribbon campaign*** to create Mental Health Awareness

***'Ireland Lights Up'*** in conjunction with Operation Transformation

The club continued with 'Ireland Lights Up' with walks around the club grounds in January/February 2020.  
  
***Healthy Eating Campaign.*** Provision of Healthy Food and Water at under age home blitzes and display of Food Pyramid.

***Inclusion and Integration*** new Clubrooms have Wheelchair accessible toilets and our grounds have a designated area for Disabled parking.   
  
***County Clean Up*** in conjunction with Kerry County Council. All approach roads to the club grounds were cleaned up.   
  
Ballydonoghue C.L.G. had other projects in line for 2020 but only got a few completed before lockdown.  The other projects we had earmarked will have to wait untill post Covid 19 Pandemic. 

**Phase 3 of the GAA National Healthy Club Project**

**Phase 3 of the Healthy Club Project** got under way in 2018.

In Kerry, Ballydonghue CLG and Dr Crokes CLG took part in the Healthy Club Project Phase 3 and both clubs were awarded Healthy Club Certificates in Croke Park, on 7th October 2019 .

Beaufort CLG and Tralee Parnells CLG – The 2 Kerry clubs that pariticpated successfully in Phase 2 of the project, received their Helathy Club certificates in October 2018(see photograph below at end of this file).

The Kerry GAA County Critical Incident Response Plan is on the County GAA Web Site in the Health & Wellbeing Section under Club Zone.

There is also further information on the National GAA website at  <http://www.gaa.ie/my-gaa/community-and-health/community-development/cirp>

**Projects by Ballydonoghue C.L.G.** ***in Phase 3 of the Healthy Club Project***

Two Chosen Projects during this were

1. Smoke Free Clubrooms & Grounds.

The clubs grounds in Coolard are Smoke Free since Jan 1st. 2019

1. Fun N Run Game.

This game is for children of all abilities and also includes children with disabilities.

Two Club Members have received training to roll out this game and it was offered to the pupils in the two Primary Schools in the Parish.

Other Initiatives Ballydonoghue CLG has undertaken include.

1. 32 members have received CPR training.
2. Display Stand & Information on Healthy Food and Drink Choices at Under Age Home Blitzs and the provision of Fruit and Water for all participants.
3. Green Ribbon - Mental Health Awareness Campaign.
4. “Ireland Lights Up” campaign, in association with Operation Transformation.
5. County Clean Up campaign in association with Kerry Co. Council.

**Projects by Dr Crokes C.L.G.** ***in Phase 3 of the Healthy Club Project***

Two Chosen Projects during this were

1. Smoke Free Club

The clubs grounds at Lewis Road, Killarney are Smoke Free since July 2018

1. Recipes for Success

An evenings cookery course based on the GAA’s book, ‘Recipes for Success’, was run for the members of the clubs Minor team in Killarney Community College.

Other Initiatives Dr Crokes CLG has undertaken include.

1. Walks in the Park –The Demense(Killarney National Park),
2. a Polinator area – to support Biodiversity,
3. Walking Track being organised around the pitches.

**Projects by Tralee Parnells CLG** ***in Phase 3 of the Healthy Club Project***

***Note: See below for additional projects undertaken in Phase 2 of the project.***

1. Celebrating Children of All Abilities & School Club Link;
2. Tralee Adult Camogie Revival, Promoted Girls in sport - painted their faces with stripes in lipstick at a training session,
3. Social Launch Night For The Clubs Senior Team**-** marking achievement of being sanctioned senior status;
4. Promotion Of Community Initiatives via social media including,
5. Free Skin Cancer Screening Programme run by University Hospital Kerry - Raising awareness.

**Projects by Beaufort CLG**  ***in Phase 3 of the Healthy Club Project.***

***Note: See below for additional projects undertaken in Phases 1 &2 of the project.***

1. Club School Link
2. Get Ireland Walking
3. the Ring of the Reeks Cycle,
4. Hosting a safeTALK workshop

**BACKGROUND AND HISTORY OF THE GAA HEALTHY CLUB PROJECT**

**The Healthy Club Project was started in 2013** to better support GAA clubs in responding to and supporting the health and wellbeing of their members and the wider community they serve. It involves a partnership with the HSE and is supported by Healthy Ireland, Sport Ireland, and the Public Health Agency in Northern Ireland. Irish Life has come on board for three years with a CSR investment of €1m to help Phase 2 it achieve its full potential.

**Phase 2 of the Healthy Clubs Project commenced in February 2016** and ran until June 2017 (18 month cycle). The participating clubs enjoyed exclusive access to Healthy Club resources and supports. They also help to ensure the project is properly evaluated and that each of the resources are fit for purpose.

***The 2 Kerry clubs that took part in Phase 2 of the Healthy Club project (ie Beaufort CLG and Tralee Parnells CLG) were presented with Certificates formally recognising of their achivements as a Healthy Club, at an event in Croke Park on the 4th November 2017.***

These 2 clubs have carried out a number of initiatives under the Healthy Club Project, Phase 2.

Examples of theses initiatives as as follows:

**Beaufort G.A.A. Club, Kerry** Participated in Phases 1 & 2 of the Healthy Clubs project and are on board again for Phase 3 of the project.

Beaufort CLG ran a very successsful Ring of the Reeks Leisure Cycle in 2016 and a safeTALK in 2017 (in association with the County Health and Wellbeing Committee).

**Ring of the Reeks Leisure Cycle**

The cycle is aimed at all club members and the wider community with 3 different routes/races to cater for different levels of fitness and experience; beginner (30km), intermediate (65km) and advanced (110km). **The Ring of the Reeks**is a 110KM loop of Ireland's highest mountains - the McGillycuddy Reeks. **The Caragh Lake Loop**is a 65KM cycle traversing some of the most scenic landscape in the area. The shorter route is to ensure that all ages and abilities are catered for. In 2015, 237 people took part in the 110km route, 63 people in the 65km route and 25 adults in the 30km. Fifty two Juveniles aged 12 to 16 also participated in the shorter spin.

This initiative proved to be very successful in promoting physical activity within the community. Groups could be seen out and about on the local roads training in the weeks leading up to the event. The initiative not only encouraged people to get physically active but also encouraged plenty of social interaction between the cyclists and there was a great sense of community spirit around the community. The club organised a social activity for all participants afterwards. Following on from the success of the previous year’s Ring of the Reeks Leisure Cycle Beaufort GAA Club in partnership with Killorglin Cycling Club will run with this exciting event again on the 29th July 2017 expecting numbers of up to 300.

**SafeTalk**

Beaufort CLG hosted a SafeTALK 'suicide alertness for everyone' on the 10th April 2017. This is an internationally acredited half day/evenings training programme presented by the HSE. It prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. Participants learn how to provide practical help to persons with thoughts of suicide. Following a safeTALK workshop participants are more willing and able to perform an important helping role for persons with thoughts of suicide.

**Tralee Parnells GAA Club, Kerry:** Joined the Healthy Clubs project at Phase II stage, when the project was opened up again for additional clubs to pariticpate in it and are on board again fro Phase III.

Tralee Parnells ran an event Promoting Positive Mental Health last year and also held a sucessful Concussion Awarenesss evening this year.

**Positive Mental Health Event**

As well as offering opportunities for enhancing member’s physical fitness, Tralee Parnells GAA club in Kerry are just as concerned with promoting members mental fitness. The club adopts a holistic approach to health and prides itself in offering opportunities to support member’s physical, social and emotional wellbeing.

The club have built a solid relationship with their local Jigsaw Kerry through their involvement in the GAA’s Healthy Clubs Project and their vision to provide information/support around mental health to both players and individuals within the local community. Jigsaw Kerry provided two educational talks, “It’s time to start talking” aimed at players 12+ and “Supporting young people’s mental health”, a separate talk for parents/mentors and coaches involved with young people. These talks were also open invitation to clubs and people within the area.

Following on from this success the club invited Jigsaw Kerry to their Big Blitz day (September 2016) where over 400 children from four counties (Clare, Limerick, Cork, Kerry) took place in a camogie/hurling blitz. Jigsaw Kerry provided short 5 minute talks to teams promoting positive mental health and the ways we can look after our mental health as well as acknowledging the positive aspects sport has on our mental health. Jigsaw provided wrist bands on the day which were a huge hit as well as cards outlining five key take home points to look after our mental health.

These events increased awareness of the local Jigsaw team within the area and the services they provide for young people. This also raised awareness across counties who were enquiring as to whether there is a local Jigsaw within their counts/area.

Quotes from a visiting clubs “Fantastic event, very impressed with healthy food promotion displays and talks held from Jigsaw on positive mental health”.

**Concussion Awareness event**

Presented by lady from the USA who had carried out research on concussion. The excellent presentation was braod ranging and very informative. The seriousness of Concussion was explained, the importance of proper evaluation was emphasised and many issues around diagnosis were described including that fact that symptoms might not be evident for quite some time after the incident causing the concussion. The importance of rest for a person who suffers a concussion wa also emphasised.

**FURTHER INFOMATION RE: HEALTHY CLUBS PROJECT**

GAA clubs already contribute greatly to the health and wellbeing of their members by providing opportunities to develop their physical, social, emotional, and psychological health. However, the HCP aims to assist clubs in this important work, help them identify areas where they would like to improve, and empower them to ensure that everyone who engages with their club benefits from the experience in a health-enhancing way.

Phase 1 clubs reported increased membership, better member engagement with club activities, improvements in health promoting activities, strengthened links with the local community, and opening up new funding avenues. They also implemented a range of activities involving exciting partnerships and policies that placed wellbeing at the heart of the clubs’ ethos. Areas of work included physical activity, emotional wellbeing, health screening, anti-bullying, diet and nutrition, inclusion, drug and alcohol awareness, life skill and personal development, anti-smoking, facilities development, and engagement with older community members.

An independent report carried out by a team from Waterford IT outlined key outcomes of Phase I of the project and recommendations for clubs moving into phase 2. The full report can be found here: <http://gaa.ie/community/healthy-club-project/phase-1-evaluation-report/>

Many of the Phase 1 Healthy Clubs gained local and national recognition for their efforts. Castleblayney Faughs picked up the Irish Sports Club of the Year award at the Sports Industry Awards earlier in November, having already been announced Ulster GAA Club of the Year 2014. Its ‘Operation TransFAUGHmation’ is empowering hundreds from their local area to take ownership of their health in a fun, collective way. (This brilliant video captures how - <https://www.gaa.ie/gaa-news-and-videos/daily-news/1/0611151730-castleblayney-faughs-claim-club-of-the-year-award/).>

The St. Finbarr’s and Midleton clubs were awarded joint first place in the national Health Management Institute awards 2014 by the Minister for Health for their ground-breaking ‘Cork Beats Stress’ six-week programme. Rolled out in partnership with the HSE’s psychological services it benefitted hundreds of people in their catchment areas. St. Colmcille’s GAA club was awarded REHAB Community group of the year in Meath and was awarded seed funding from the GENIO Foundation to support its unique ‘How are you Today?’ community mental health outreach programme. St. John’s Volunteer’s, Wexford, became the country’s first completely smoke-free GAA club.

Further Information at: [www.gaa.ie/community](http://www.gaa.ie/community)

**SEE BELOW PHOTOGRAPHS OF PRESENTATION OF HEALTHY CLUB CERTIFICATIONS TO KERRY GAA CLUBS in CROKE PARK**

**In 2018 to Beaufort and Tralee Parnells GAA Clubs and**

**in 2019 to Ballydonoghue and Dr Crokes GAA Clubs**

**PRESENTATION OF HEALTHY CLUB CERTIFICATES TO BEAUFORT & TRALEE PARNELLS GAA CLUBS**



**PRESENTATION OF HEALTHY CLUB CERTIFICATES TO BALLYDONOGHUE & DR CROKES GAA CLUBS**

