



# Nenagh Éire Óg

## HEALTHY CLUB PROJECT



# THE JOURNEY SO FAR...

Nenagh Éire Óg is one of the eighteen clubs selected to participate in the GAA Healthy Club Project.

The Éire Óg club is located at MacDonagh Park, St Conlan's Rd, Nenagh, Co Tipperary. We currently have approximately 230 adult members, 180 juvenile members and 160 members in the Camógie club.

There were many reasons why Nenagh Éire Óg wanted to become a Healthy Club, but the core aim is to place the club at the heart of our local community's health and well-being. Nenagh Éire Óg has five key strategic priorities which underpin our vision, including community integration. A very detailed application discussed the need to be involved in an active and preventative sense i.e. create a community environment where mental health issues are less likely to occur, where suicide is less likely to be an option, where drugs and alcohol misuse is given less space to happen because of community spirit. Eire Og feel that the Healthy Club Project offers an opportunity for all ages to feel part of a community where welcome, participation and inclusion is the norm.

The launch of the Nenagh Éire Óg Project took place in May 2013

The completion of an online survey was the first step in the clubs involvement in the Project. This survey of members and the wider community was designed to help identify key health issues that the Healthy Club Project Team should prioritise in setting out its plan.

The survey also revealed the key areas that its members and the wider community are concerned about.

1. Well- Being and Mental Health
2. Community Interaction and Inclusion
3. Anti-Bullying
4. Diet and Nutrition
5. Drug and Alcohol Awareness
6. The Promotion of Health and Well-Being through physical activity

### Health and Well Being

In 2014, we held three very successful nights on the theme "A night of hope and caring for our community". Up to 500 people attended these seminars.

The first seminar in January had Conor Cusack and Seamus Hennessey as speakers. In addition, a number of local organisations including Aras Folláin and Living Links had information stands. The night created awareness for people and offered hope in the areas of depression/loneliness and isolation.

On our second night in June Fr. Tony Butler SMA willingly shared his many stories and the ups and downs of life. Unfortunately Fr. Tony died a few weeks back and we in the Healthy Club Project Team remember Fr Tony with affection and gratitude for giving so generously of his time to us.

"Harnessing Strengths during Challenging Times" was the title of the presentation given by Shane Martin at our third seminar held in November. Shane is a psychologist dedicated to teaching the very best self-help psychology to empower people to enhance the quality of their lives. The feedback received from those who attended the seminars was very positive and complementary towards the Nenagh Éire Óg Healthy Club Project Team.

Some of the comments.... "Excellent, feeling good. Keep up the good work.", "Talks like this have helped me hugely."

### Wellness Workshop – January 2015

Nenagh Éire Óg Healthy Club Project Team in partnership with SOS (Suicide or Survive) hosted a Wellness Workshop on Thursday, January 28th.

This workshop aims to help you understand and take responsibility for your own mental health. Limited to 40 people. Admission free. Booking is necessary.

It was very successful and feedback from participants was very positive. It was booked out with over 40 people attending.

### Anti-Bullying

We ran a very successful poster competition in the town's schools and it was the children who came up with the names for the anti-bullying campaigns.

Teammates Now – Friends Forever campaign will continue. We are also arranging a talk for the older boys on social media behaviour.

(Our Anti-Bullying campaign is specifically designed to target different age groups. At club level, for the younger groups, it will involve a 'Be a Buddy' type plan with constant reinforcement of how teammates should treat each other.)

Questionnaire: for juvenile mentors re issues during the year.

### Actions planned for 2015

1. Young people – Well Being and Mental Health (Questionnaire distributed to Transition Year pupils in Nenagh.)

2. Seminar on Bereavement planned

3. Community Interaction and Inclusion - Spring 2015

Setting up a programme for those who are elderly and/or alone in the community/nursing homes to enable them to attend games in MacDonagh Park on a regular basis. Meetings have been held with management of the Sue Ryder Home and also Nenagh Manor Nursing Home. Funding received from NTSP towards this initiative. Arrangements are being put in place to commence this initiative in the Spring

4. Éire Ógres – camp/nursery Feb 2015

The club provides coaching hours to all of the town's primary schools. As this has introduced hurling to every boy in the town, the next natural step was to introduce the club to the boys and their families, many of whom would have no first-hand knowledge of GAA.

We launched 'The Éire Ógres – Gaa For Beginners', a free programme, targeted at junior and senior infants, to reach out to ALL of the town's families. Up to 60 young boys are attending.

5. Diet and Nutrition - We will distribute information throughout the year on proper sports nutrition tailored to each age group at juvenile level.

6. Player Welfare – Information talk for players, mentors etc. to be organized for Spring 2015.

The Healthy Club Project Team has continued to link with a number of organisations including, NTSP, Aras Folláin, Living Links, SOS, North Tipperary Leader (Social Inclusion Unit). These offer support and expertise in the relevant areas to the Project Team.

We also wish to acknowledge the financial support from Proctor and Gamble, NTSP and Leader. A special word of thanks to Stacey Cannon, Community and Well Being Department in Croke Park for her continued support and excellent work.

Nenagh Éire Óg Healthy Club Project Team

Michael Geaney (Project Leader)

Catherine McTiernan, Sr. Clare Slattery, Greg Browne and Tom Moylan.