



Nenagh Éire Óg Gaa For Beginners 'Nenagh Éire Ógres'



NENAGH ÉIRE ÓG HEALTHY CLUB PROJECT



NENAGH ÉIRE ÓG HEALTHY CLUB PROJECT NENAGH ÉIRE ÓG 'THE GATHERING' - FAMILY FUN DAY



NENAGH ÉIRE ÓG HEALTHY CLUB PROJECT



NENAGH ÉIRE ÓG'S
HEALTHY CLUBS
PROJECT SETS THE
TONE FOR
THE NEW
YEAR



Michael Geaney with guest speakers Séamus Hennessy and Conor Cusack pictured at our Healthy Club Project's mental health awareness seminar.



Nenagh Éire Óg 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. We were delighted with the positive response. The interest was huge and sixty young beginners and their families showed up and created one of the best environments ever in the hall. There were no hurleys or helmets. The lads worked on hand/eye coordination, balance and agility, some of the basic skills needed before they ever step on a field. They will get to know each other over four weeks and make friends without the barrier of the helmet.

Tea and coffee were provided for the parents who all chatted in the committee room or took to the stage to watch the fun. We hope they will enjoy many more years chatting on the side-lines.



Welcome to the first edition of the Nenagh Éire Óg club e-newsletter for 2014.

In keeping with the stated aim of developing an integrated communications strategy (one club, one brand, one voice), the club e-newsletter was an important addition to our communications process in 2013 and in particular to our social networking communications. These activities enable greater engagement with a broader spectrum of people associated with the club. Interestingly, 8,942 different people from 56 different countries logged onto our website in 2013 with 50.2% of visitors using a mobile phone or tablet while

49.8% visited from a desktop computer. We regularly 'reach' over 2,800 Facebook users on a weekly basis and we have 1,070 followers on twitter. The club e-newsletter is emailed directly to over 350 subscribers and reached an average of 1000 readers a month through the Scrib'D publishing platform. Remarkably all of this is achieved at zero cost to the club.

2013 was a fantastic year. There were the successes, the frustrations, the elations and the disappointments, but we should be especially proud of the exploits of all teams. As we enter 2014 I am confident we have the infrastructure, talent and capabilities

in place on and off the field for a successful year and to continue to build on our stated vision to become 'the most successful GAA club in Tipperary'. Remember that the greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it!

Should you have any feedback to offer please feel free to contact our communications team by emailing aireoganenagh@gmail.com Ni neart go cur le chéile!

Is mise le meas,
Jim Nagle
Nenagh Éire Óg Club Chairman

Nenagh Éire Óg are proud to host our 2013 'Gathering' event on Sunday, September 8th, All-Ireland Sunday.

Entry is free and we have something for all the family with face-painting, outdoor games and lots of activities for the younger kids and live music with super band 'OUTA DIESEL' followed by a disco for the older ones.

We will be showing the All-Ireland Hurling Final on a giant screen so come and watch the match and enjoy the craic.

Free refreshments will be served throughout the day and all are welcome.

Nenagh Éire Óg 2013 Gathering

FAMILY FUN DAY
Fun for all the family

All Ireland hurling final on the big screen
Family entertainment
ALL WELCOME
Refreshments on the day
Music by "Outa Diesel" followed by Disco

All proceeds to The Shane Delaney Trust

Sunday 8th of September 2pm-6pm
MacDonagh Park Nenagh



FROM PORTUGAL TO A NORTH FINAL IN 8 WEEKS!



When Diogo Marques moved from Portugal to Nenagh at the end of June, little did anybody know that Éire Óg were about to get a little gem. As a former field hockey player his first instinct was to pick up a hurley and play with the neighbours and he hasn't stopped hurling since. With little spoken English to help him make friends, his hurley has introduced him to all the boys in the area and now

that he is on the Éire Óg U12 team, he has met many future class-mates as he starts school in September. Diogo featured strongly in the U12 North Final recently but unfortunately the boys were beaten by a strong Templederry team. He has another year at this grade so we may see him hold that cup yet. Welcome to Nenagh, Diogo.

Some of our newest members are players that have been playing Irish league club cricket since 2011 with the Nenagh Cricket Club. They are trying to re-introduce cricket to the Nenagh area where it was hugely popular from the mid-1830s but then suffered a decline due to the politics of the times and the emergence of the GAA. They currently top the table in Division 2 having won 7 out of 9 of their league matches with one to go vs Co. Clare 2. They are at present hiring the facilities of Ballyvaughan Cricket Club, about 20kms from Nenagh near Ballingarry. They also make use of our facility especially during the winter months where among other activities, they play badminton to keep the eye in during the off season!



Patrick Dight, centre and Trevor Nesirsky, far left, with members of The Nenagh Fencing Club. This is a newly formed club but with a wealth of experience behind them in the form of Patrick and Trevor. You can find them practicing on Saturday afternoons in the Complex. We wish them the very best of luck with their new venture.



NENAGH ÉIRE ÓG HEALTHY CLUB PROJECT



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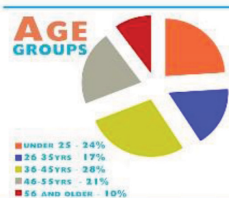


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Nenagh Éire Óg HEALTHY CLUB PROJECT

152 COMPLETED THE QUESTIONNAIRE
MALE - 61%
FEMALE - 39%



COMPLETED THE QUESTIONNAIRE
11% HAD NO CONNECTION TO THE CLUB.
25% WERE PARENTS OF CLUB MEMBERS
34% PLAYERS OR MENTORS

WHAT PERCENTAGE OF RESPONDENTS BELIEVE THE CLUB CONTRIBUTES TO THE POSITIVE HEALTH AND WELLBEING OF?
MEMBERS - 96%
NON MEMBERS - 46%

THE TARGET GROUPS
YOUTH 25-35 YRS
COMMUNITY AT LARGE

90% PERCEIVED THE CLUB AS A WELCOMING PLACE

PRIORITY AREAS THE HEALTHY CLUB PROJECT TEAM WILL BE FOCUSING ON:

- ✓ RESILIENCE AND WELL-BEING (MENTAL)
- ✓ COMMUNITY INTERACTION AND INCLUSION
- ✓ PHYSICAL ACTIVITY AND FITNESS
- ✓ DIET AND NUTRITION
- ✓ ANTI BULLYING

Many thanks to everybody who contributed to the recent questionnaire on club actions and plans for the future. The results of the questionnaire have highlighted certain priority areas for us which we feel are typical of the needs of the modern club and community facing the results of unemployment and emigration which not only impact on those directly affected but on extended families and friends. We plan to focus on physical and mental wellbeing, community interaction and inclusion in our bid to improve the quality of life for all.

As the GAA sporting year draws to a close, the Healthy Club Project finds itself still in its first year of positive action. One we very much look forward to. Click here for Healthy Club Project page.

Healthy Club Project Team
Team Leader - Michael Geaney: michaelgeaney1@yahoo.ie
Team Administrator: Nuala Connolly nualamcg68@gmail.com
Children's Officer: Thomas Moylan tommymoylan@eircom.net
Community Representative: Clare Slattery clare.s.slattery@gmail.com
Greg Browne: gregbrowne@topmail.com
Club Chairperson: Jim Nagle Jimnagle1@gmail.com
Club Secretary: Declan Bailey debailier@hotmail.com

Conor Cusack of Cork recently published online a powerfully honest account of his relationship with depression. His intelligent honesty has hit home with many. Click below to read his story.
http://ccusack111.blogspot.ie/2013/10/depression-is-friend-not-my-enemy_28.html

HEALTHY CLUB PROJECT MENTAL HEALTH AWARENESS NIGHT

Nenagh Éire Óg
HEALTHY CLUB PROJECT

A NIGHT OF HOPE AND CARING FOR OUR COMMUNITY

TONY BUTLER S.M.A. MISSIONARY

THE JOURNEY CONTINUES

The Healthy Club Project Team invites you to an evening with Tony Butler

Friday 6th June 8pm

Abbey Court Hotel Nenagh

ADMISSION FREE

SUPPORTED BY

The Nenagh Éire Óg Healthy Club Project team will host the second Well Being & Mental Health Seminar on Friday, June 6th at 8pm in the Abbey Court Hotel. Admission is free. The main speaker on the night is Tony Butler (SMA Missionary, pictured below). Fr Tony will tell us how he has found a way through his depression and give hope to others. This event is open to all and represents an opportunity for club members and the wider community to become informed on the many issues surrounding depression and mental health. In addition there will be feedback from the team's first event and the plan for the future. For more information on the Nenagh Éire Óg Healthy Club Project please click here.



GAA HEALTHY CLUB PROJECT MENTAL HEALTH SEMINAR

The Healthy Clubs Project Mental Health Awareness night went ahead on January 24th, indeed, the event attracted over 150 members of the public to the Abbey Court Hotel for a warmly-received seminar. Speakers on the night included Cloyne's Conor Cusack and Séamus Hennessy (Kilruane MacDonagh's). In addition a number of organisations were present with information pertaining to the critical area of mental health.

Master of ceremonies for the night was juvenile club chairman Michael Geaney who is the team leader for the Nenagh Éire Óg Healthy Club Project. Michael is joined on the Healthy Club Project team by Nuala Connolly (team admin), Tom Moylan (children's officer) and community representatives Clare Slattery and Greg Browne. Aside from a speech made by Michael Geaney, Clare Slattery, Greg Browne and Tom Moylan also spoke.



Meanwhile the event featured keynote speeches from Conor Cusack and Séamus Hennessy.

Conor Cusack, who featured for Cork in 2006 All-Ireland final, spoke passionately about his own mental health issues and stigma which often gets attached to people who suffer from mental illness. Conor revealed that for many years he had lived his life "trying to please others", suffered from panic attacks and lapsed into depression before finally emerging from his difficulties to live a life "true to himself".

In an emotional address Conor Cusack explained how he once was "utterly convinced that my family and friends would be better off without me around", but that he now lived

"life not as a problem to be solved, but as a mystery to be lived". Conor Cusack highlighted the fact that individuals in Ireland were exposed to "unhealthy levels of stress and anxiety" and he appealed to people to seek help.

"There is no shame, no weakness and no softness in admitting that you have a problem with your mental health," Conor Cusack explained. "You are not alone; you don't have to carry that burden on your own," he said.

"It takes a community to raise a child," Conor Cusack explained. "This problem won't be solved at a national level. Things can only change at a local level. I can't

emphasise enough how important community is." "It's okay not to feel okay," the Cloyne man concluded.



Friends in high places! Clare Slattery, Nuala Connolly and Michael Geaney attended a workshop on the Healthy Club Project in Croke Park during the month. They are photographed here with Liam O'Neill, President of the GAA.