



# Nenagh Éire Óg

## HEALTHY CLUB PROJECT



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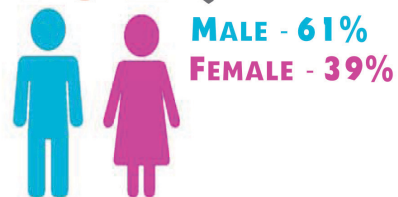


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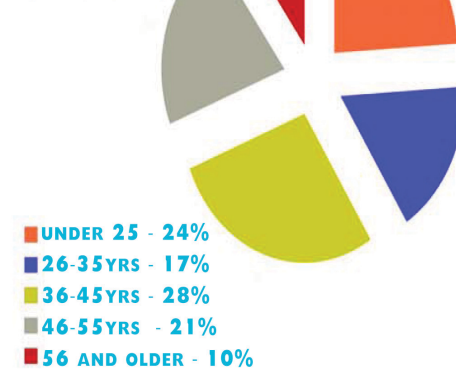
## HEALTHY CLUB PROJECT



**152** COMPLETED THE QUESTIONNAIRE

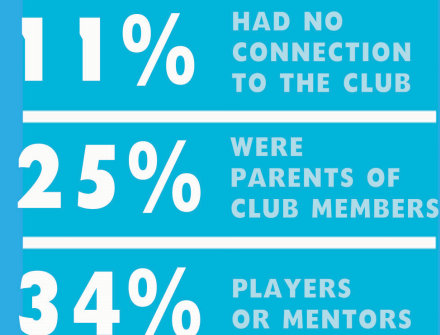


**AGE GROUPS**



OUT OF THE 152 RESPONSES..47% ARE ACTIVE VOLUNTEERS IN THE CLUB

**COMPLETED THE QUESTIONNAIRE**



**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



**MEMBERS - 96%**  
**NON MEMBERS - 46%**



HEALTH AND WELL-BEING THROUGH PHYSICAL ACTIVITY

DIET AND NUTRITION

DRUG AND ALCOHOL AWARENESS



COMMUNITY INTERACTION AND INCLUSION

WELL-BEING AND MENTAL HEALTH

ANTI BULLYING  
↓  
SOCIAL MEDIA