

## **Health and Well Being Report 2017**

Nenagh Éire Óg amongst the first official GAA Healthy Clubs to receive national recognition.

Since 2013 Nenagh Eire Og has been involved with the Healthy Club Project and at a special event in Croke Park on November 4th Nenagh Eire Og was one of the 58 GAA clubs recognised as the first official 'Healthy Clubs' on the island of Ireland.

At the ceremony, Aogán Ó Fearghail, An Uachtarán Cumann Luthchleas Gael said, "The 58 Healthy Clubs recognised today have gone above and beyond what is normally expected of a sports club. Health and wellbeing is core to what the GAA is all about and these clubs help bring that to life. I'd like to thank our partners, Healthy Ireland, the HSE, National Office for Suicide Prevention, the Public Health Agency, and Irish Life, for helping to make the Healthy Club project the success it is. We look forward to growing it from strength to strength."

To achieve Healthy Club accreditation there were four key areas that we had to look at:

- **Plan:** We ensure best practice through the development of appropriate health and wellbeing structures and policies to support all units and members of the GAA.
- **Partnerships:** We identify and engage with suitable partners whose values reflect those of the GAA allowing the achievement of mutual goals.
- **Activity:** We deliver appropriate initiatives designed to respond to the health and wellbeing needs of our membership.
- **The Club:** We foster an inclusive and respectful culture and environment that promotes health throughout the lifelong participation of our members.

**Community Interaction and Inclusion** - The Nenagh Éire Ógres GAA For Beginners camp has grown from strength to strength over the last three years and is now an established part of the juvenile club year. It has introduced many young boys and their families to hurling and football including those who would not have any knowledge of GAA. Our juvenile club membership numbers have reaped the benefit of this super programme which runs over the four Saturdays in February each year. In 2017, as part of our Healthy Club Project's 'Get Active' campaign, we expanded it again to include the Camógie club and involve the Primary schools from the town who are seeking their Active Schools Green Flag. Over 120 children participated in 2017. To achieve the Green Flag, schools must form sporting partnerships within the community and the Éire Ógres camp seemed like the perfect way to help out. We will continue to work with all of the town's schools to continue their efforts to meet all of the criteria for their Partnerships programme. 15 Éire Óg an Aonaigh

**Diet and Nutrition** - All of the town's schools run successful healthy eating campaigns and we would like this to continue throughout the hurling season. We will distribute information throughout the year on proper sports nutrition tailored to each age group at juvenile level.

Going forward the key areas that the Healthy Clubs will be focusing on include: Physical Fitness, Mental Fitness, Healthy Eating, Community & Personal Development & Inclusion, Gambling, Alcohol & Drug Education & Smoke Free. It is hoped to extend the project to 150 clubs in Phase 3 before opening the project to all interested clubs in 2020. There are 1,600 clubs in Ireland and over 400 abroad.

Finally, I would like to thank all those in the club who have supported the project over the past three years. I want to acknowledge the work of Catherine Mc Tiernan, Clare Slattery and Jim Nagle. Thanks also to the support received from the Community and Health Section in Croke Park.

Date for your diary: Operation Transformation Walk – We are organising this walk on 14th Jan next with Tipperary Sports Partnership. Michael Geaney Healthy Club Project.

***Michael Geaney***

***Healthy Club Project***