

Health and Well Being Report 2018

The Healthy Club Project started in 2014 with just 16 clubs, four from each province, including Nenagh Eire Og. It currently engages 150 clubs. There are now four clubs in Tipperary: Nenagh Eire Og, Lorrha, Newport, JK Brackens and Fr. Sheehy's. The project aims to broaden the traditional boundaries of a GAA club, turning clubs into hubs for health in the communities. It involves a partnership with Healthy Ireland, the National Office for Suicide Prevention, the HSE, and is proudly supported by Irish Life.

Clubs focus on a range of health topics, including healthy eating; mental fitness and emotion wellbeing; physical activity for non-playing members; gambling drug, and alcohol awareness (including becoming smoke-free clubs); engaging older community members; and the provision of games for persons with special needs and those from minority groups, amongst other things.

An independent evaluation by the Centre for Health Behaviour Research, Waterford IT, has revealed that the GAA Healthy Club Project (HCP) is showing significant and lasting improvements to the health of communities across Ireland. Stemming from this, the Healthy Club Project is calling on further clubs to make the GAA a healthier place for everyone to enjoy by signing up to this transformative initiative.

During the year the club has been involved in several healthy club initiatives.

Operation Transformation Walk – We linked with Tipperary Sports Partnership in organising this event last January. This was a great success with over 500 people taking part from the club and the wider community. Following the walk, it was decided to continue with a weekly walk for those interested. Liam Fleming from Siul Eile helped in coordinating this programme. Thanks to Bartley Ryan, this walking programme is continuing Tuesday nights and those taking part are getting great benefit from it.

BLUES 10K Fun Run and family walk. This year it was decided to support The Running for Josie Project. Seamus Hennessy who lost his mam through suicide was hoping to raise two hundred thousand euro for Piet House and Living Links. Thanks to the support received from clubs and the wider community Seamus is well on his way to reaching his target. A few years ago, Seamus spoke at one of our Healthy Club events on the importance of wellbeing and mental health.

Community Interaction and Inclusion – ‘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. This programme continues to be very successful. Up to 150 boys and girls took part. The children worked on hand/eye coordination, balance and agility, some of the basic skills needed before they ever step on a field. They got to know each other over four weeks and make friends. It was also an opportunity for the parents to meet one another.

Well Being and Mental Health - Catherine Mc Tiernan, Bartley Ryan and Michael Geaney attended a Safe Talk workshop in suicide alertness for everyone. This workshop was arranged by Tipperary GAA Health and Well Being Committee.

On a personal note, I would like to thank the club for nominating me for a Healthy Club award.

Finally, thanks to all those who have helped with the Healthy Club Project over the last few years especially, Catherine Mc Tiernan, Clare Slattery and Jim Nagle. Thanks also to club chairperson Enda Costello and the club executive for supporting the project.

Michael Geaney
Nenagh Eire Og Healthy Club Officer