

Health and Well Being Report 2019

2019 was our fifth year as part of the GAA Healthy Club Project, an initiative designed to turn clubs into hubs for health in the communities. Nenagh Éire Óg have embraced this idea and definitely made it our own with this year with plans in place already to expand in 2020.

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

Operation Transformation Walk - Once again we were a hub for the annual Operation Transformation walk, which attracted big numbers from the club and community. Nenagh Éire Óg Walking Club - Following on from the 2018 Operation Transformation walk, we started our own walking club which has grown in leaps and bounds. We now meet and walk three times a week and is open to the entire community. This year we organized a charity up Croagh Patrick and raised over €7000 for Milford Hospice, a foundation that has supported our community so many times.

Blues 10K Run - MacDonagh Park became a hive of activity as the Ivers and Cullinan/Toyota Ireland sponsored Blues 5km and 10km runs took place in July. This year we also worked in association with HSE Mid-West and they provided over thirty stands in the complex offering advice, support, free health checks and even pilates to visitors to the club. This was a wonderfully organized event and everyone who attended was wholesome in their praise of the organisers. At the end we were treated to a concert from Chimers Choir who performed a number of songs to the appreciative audience. We wish to thank the organising committee, the volunteers, stewards and in particular Shane Connolly for all his efforts in ensuring the event was a wonderful success.

The Éire Ógres GAA For Beginners - a free programme targeted at junior and senior infant boys and girls to reach out to all of the town's families. Once again, over one hundred and twenty children took part, with many going on to join the club.

Well Being and Mental Health - we were represented at the HCP conference in Croke Park this year by Bartley Ryan. It's important that we are up to date with all new initiatives.

Going forward - Plans are in place for an over-40 hurling blitz and a walking football tournament to bring sport back in to the arena for people who still have the love for the game but maybe not the legs for it anymore!

Thanks to anyone who contributed to the success of our healthy club endeavors this year and we look forward to your support again in 2020.

Bartley Ryan
Nenagh Éire Óg Healthy Club Officer