

1. Community Development

Social Initiative origins

The GAA Social Initiative arose as a result of President Mary McAleese and her husband, Martin, noticing an absence of older men in attendance at official functions during their many visits to local communities over the years. She came to the conclusion that many men, because of the changing patterns of life, were falling through cracks in the system and either risking or already experiencing isolation and loneliness. For instance, there are approx 200,000 men over 65 in the country, of which as many as one third are living alone. The President referred to those “who have lost the threads of regular and meaningful social contact and who would welcome the chance to revive their social lives again in ways they would enjoy”. Arising from her concern, the President established a Forum in 2007 consisting of selected older men – leading academics, health and social care professionals, service providers and local and national representatives – to explore the problem.

The Forum confirmed that there is, indeed, an issue in respect of a cohort of older men who, to an extent, have become isolated from society and who would benefit greatly from a renewed participation in community life. Forum participants identified a number of factors which would support local engagement by these older men, including:

- Strong leadership in the community;
- A specific event to which men could be invited;
- A personal invitation;
- An approach which accords respect and dignity to the older person;
- Ongoing companionship and support;
- The need for perseverance in building sustainable contact.

Subsequently, the President invited the GAA to implement some of these ideas and arising from this, The ‘GAA Social Initiative’ was launched in 2009. The Initiative began with four county-based projects in Mayo, Fermanagh, Kerry and Wexford. These projects co-ordinated, respectively, by Dr Mick Loftus, Tom Boyle, John Pierse and Tony Dempsey provided vital experience and information to develop the concept and, arising from the lessons learned in that first phase, the final form of the Initiative has been agreed.

It is now a club-based, island-wide project, utilising the GAA club network as a vehicle to achieve the greatest reach into all our communities. The President’s commitment is clearly illustrated by her willingness to serve as Patron to the Initiative. In addition, Dr Martin McAleese continues to serve on the Advisory Board established to offer direction to the Initiative.

Social Initiative

The GAA Social Initiative continues to grow in its capacity to enrich the lives of all older members of our communities while specifically reaching out to isolated older men across the 32 counties.

From its genesis in the observations of then President Mary McAleese of a dearth of older men at events she attended across the island of Ireland, it has grown from a small pilot project involving GAA clubs across four counties to one of the Association’s flagship community outreach projects. Great work was done during its first two years by then Project Manager Sean Kilbride to establish the model. The reins have now been taken up by GAA Community & Health team, who are working towards embedding the GAA Social Initiative in the fabric of the Association while enabling additional clubs to reach those people most likely to benefit from its aim of enriching the lives of those experiencing isolation and loneliness in all our communities.

Click on the links on the right to discover more about the origins and aims of the GAA Social Initiative and examples of what clubs are doing and how you can get your club involved.

How clubs can get involved

In 2012 a training and briefing session took place in Croke Park on Saturday, October 13, designed to up-skill and inform the County and Provincial GAA Social Initiative Coordinators working to keep the Initiative active at club level.

The gathering allowed those working on the ground to share inspirational stories and experiences about activities Social Initiative clubs around the country are engaging in while hearing from leading experts in the areas as to how best identify and then work with those suffering from isolation in their communities. At community level, the GAA Social Initiative clubs continue to provide an array of activities and events for their members – from card nights to céilithe, ‘Rambling Houses’ and plays, trips to Croke Park and the GAA museum and reunions of old and occasionally long lost friends. Most recently, the new Titanic Centre in Belfast has proven a popular destination and has allowed Social Initiative club members to visiting their counterparts in a part of the country that’s new to many of them. This account of one such trip in October from Eileen Fahy of the St. Joseph’s club in Kiltreevan club in Roscommon highlights what these events mean and the lasting friendships they foster.

“For many of our group this was a first trip to Belfast. We visited the Titanic experience, had an open top bus tour of Belfast, the opportunity to engage in retail therapy and of course visit some of Belfast’s historic sites. One of the highlights of our trip was a memorable visit to An Lámh Dhearg Club (in Hannahstown on the outskirts of the city) where a night of fun, song and stories left many of our group with everlasting memories and new friendships for life. We returned home on Sunday night singing their praises and looking forward to returning to Belfast soon again. The trip proves the value of the GAA Social Initiative.”

To find out more about the Social Initiative and to register your club to get involved contact emmet.haughian@gaa.ie or call 00353-1-8192393. All registered clubs will receive promotional materials and guidance on recommended activities.

Lessons learned along the way

Almost 200 GAA clubs have registered interest in getting involved in the GAA Social Initiative with a smaller cohort being actively involved on a regular basis.

While hundreds of people across the 32 counties have benefitted from the fun and friendship generated through the Social Initiative it is hoped that the new health and wellbeing structures being implemented across the Association will encourage many more clubs to get involved. It is a two-way thing – while participants benefit from the social interaction offered, participating clubs also benefit greatly. As Mattie Kilroy, Connacht GAA Social Initiative coordinator, put it:

“Clubs that have engaged with the Social Initiative have welcomed back old players that had lost touch with the club and each other, volunteers and members who had fallen away over the years and even some members of their communities that had never engaged with their local GAA club before. It’s helping our clubs fulfill our remit as a community organisation as well as a sporting one.”

We have learned that this work is not about numbers, but about reaching the right people and in the most appropriate manner. Some of those who suffer from isolation and loneliness often have specific needs and we have learned that where necessary we must build working partnerships with other organisations and bodies equipped with the skill sets and resources to address these needs. However, we have also learned that our clubs offer these other organisations an invaluable social outlet for the older people they work with.

Finally, we have learned that while **the specific aim of the GAA Social Initiative remains to tackle isolation amongst older men in our communities, this will be best achieved by including both men and women in our broad and varied activities.**

To find out more about the Social Initiative and to register your club to get involved contact emmet.haughian@gaa.ie or call 00353-1-8192393. All registered clubs will receive promotional materials and guidance on recommended activities.

Members Abroad

For many Irish moving abroad – either through choice or necessity – our international clubs have always offered a home from home and solid starting point for a new life. And while Gaelic Games are being enjoyed by an ever increasing number of people around the globe, it is often the support network offered by the GAA’s international clubs that makes Irish emigrants seek out these little pieces of Ireland abroad.

To catering for the health and wellbeing needs of our members abroad the ‘Striving and Surviving Australia Guide’ was developed to highlight key issues you should be aware of if travelling through or moving to Australia. It includes top tips from Irish people who have already gone through this experience as well as links to social media sites and other services designed to support the Irish Down Under. All GAA members applying for an international transfer to Australia will receive the wallet size guide and a digital version can be viewed below.

2. Training & Personal Development

Dermot Earley Youth Leadership Initiative

Dermot Earley Youth Leadership Initiative opens to GAA members in 8 counties (*Roscommon, Galway, Donegal, Monaghan, Dublin, Kildare, Tipperary, and Cork.*)

This unique programme evokes and honours the values Dermot Earley epitomised and tries to foster them in a new generation of young Irish leaders.

The initiative runs over three modules between September 2015 and May 2016 and involves 30 hours of workshops designed to develop the leadership skills that Dermot epitomised on and off the field. 30 hours of self-directed learning is also required before the participants put their enhanced leadership skills into action through a club or community-based action project.

Those who complete all three modules will have an option to graduate from NUIG with a Foundation Certificate in Youth Leadership and Community Action. The workshops will take place in participants own county (see application form for more details). The lucky participants will also be gathered for at least one special event in Croke Park.

Helping to facilitate their journey are a troupe of facilitators who volunteered from within the GAA and Foróige and have received four days training in NUIG, achieving a Foundation Diploma in Training and Education for their time and efforts. For a more detailed outline of what is involved please download and review the leaflet below:

[Dermot Earley Youth Leadership Leaflet 2015](#)

HOW TO APPLY (APPLICATIONS NOW CLOSED)

15 participant places are up for grabs in each county and the application process is **NOW OPEN** to young GAA club members, male and female aged 15-18 years-old, in counties **Roscommon, Galway, Cork, Tipperary, Dublin, Kildare, Donegal and Monaghan**. **Closing date for receipt of applications has been extended to midnight Sunday the 19th of July.**

Participants need to complete the online application form and identify an adult who recognises their leadership potential and abilities to nominate them. The nominator must then complete a nomination form. Please note there is a fee of €40 for participants workbooks.

3. Gambling, Alcohol & Drug Education

The Alcohol & Substance Abuse Prevention (ASAP) Programme

The Alcohol & Substance Abuse Prevention (ASAP) Programme is a joint venture by the GAA and the Health Service Executive that aims to reduce the harm being caused by tobacco, alcohol and other drugs. The ASAP Programme is aimed at all GAA members, and is delivered through a structure of 32 county ASAP Officers, who sit on the new County Health & Wellbeing sub-Committee at county level.

The ASAP Programme aims to tackle the issue of alcohol and substance abuse through **three key elements**:

- **Prevent** alcohol and other drug related problems from happening
- **Educate** members about relevant issues
- **Respond** appropriately should a problem arise

Extensive resources such as the development of our new policy and guidelines manual, an accompanying DVD, Flyers, and SAOR training booklets have been developed along with additional materials provided through established links with relevant partner organisations. In order to respond effectively to drug and alcohol related problems every club must develop and adopt a Club Tobacco, Alcohol and Drug Policy that is appropriate to its specific needs and settings (to download sample policy click on link to the right).

All necessary information is available in our newly designed manual for clubs and members.

SAOR Training

What is SAOR?

A brief intervention is any intervention that involves the minimum amount of time to change a particular type of behaviour. A brief intervention may simply start by raising the issue that a particular problem exists. The programme that is currently being delivered to GAA coaches is a brief intervention programme based on the SAOR model. The SAOR Model oriented from the Emergency Department & Acute Care Settings for problematic alcohol use and was published by James O' Shea and Paul Goff in 2006.

This model provides an evidence-based step by step guide to the delivery of a brief intervention programme for harmful alcohol and drug use. SAOR, the Irish word for "free", is used as an acronym to facilitate people in remembering the key components of brief interventions.

The four principle aspects of the intervention are:

- 1) **Support**
- 2) **Ask and assess**
- 3) **Offer assistance**
- 4) **Refer**

It's important to note that very few, if any interventions in a GAA setting will ever reach the **Refer** stage – by simply engaging in an encouraging conversation on the topic, has been shown to be effective in getting players who are engaging with alcohol in a harmful way to change their behaviour.

Coaches who wish to conduct a successful brief intervention with a player, should be able to sensitively guide a conversation along the path and at times will need to lead, while at other times follow the player towards the goal of change. A step by step pocket booklet to support GAA coaches on how to have a short structured conversation with players about their harmful alcohol or drug use can be downloaded below. If you would like to organise SAOR training for your coaches please contact Stacey Cannon (GAA Health and Wellbeing Coordinator) at stacey.cannon@gaa.ie or 01 8192387.

Gambling

Problem gambling is becoming a growing concern in modern Ireland. As part of the GAA's on-going work in the area of health and wellbeing, the Association has produced a booklet of basic guidelines as an educational resource for our players, members, and clubs.

This document aims to assist GAA members in identifying what problem gambling is and to encourage those who may be experiencing a difficulty to seek support and assistance. It also highlights the strict regulations and consequences – both within GAA rule and the broader laws of the land – regarding match-fixing or the use of insider information for the financial gain of the individual or team concerned, or any third parties involved.

4. Mental Fitness

Our Mental Health Charter

The GAA's Mental Health charter is a policy document that helps clubs develop a culture that supports and promotes positive mental health. The resource is designed to reinforce the GAA's GIVE RESPECT GET RESPECT initiative's positive message and transfer it into the world of mental wellbeing.

It outlines a club culture that is inclusive and open and one that holds the following values dear (click on each tab below to expand).

RESPECT

Everyone in the club will respect the rights, dignity and worth of each person, regardless of ability, age, culture or ethnic origin, gender, sexual orientation, or religious belief.

ENCOURAGING

The club will ensure that everyone is treated equally, fairly, and encouraged to do their best.

SUPPORTIVE

The club will ensure that all members are aware of and encouraged to use the support system that the club and its varied members provide..

POSITIVE

Everyone's positive contribution to club life is recognised and we understand that every member has an important role to play.

ENABLING

We will create an environment and atmosphere within all club activity that enables all members of the Association to maintain as well as develop their mental health and emotional wellbeing.

CONSIDERATE

Everyone within our club will be listened to and be given an opportunity to contribute and to express their opinions without reprisal or judgement.

TOLERANT

An element of discipline will underpin our club to ensure that our games are controlled and that values such as honesty, equality, and fair play are promoted at all times.

Samaritians

The GAA and Samaritans have come together to offer greater emotional support for people who are struggling to cope across the 32 counties.

The announcement in April was the first of a series of initiatives undertaken by the GAA in 2014 to make sure its members have access to emotional support in these challenging times. For Samaritans, working with the country's largest sporting and community organisation offers the opportunity to extend its important work even further across the country and into every parish on the island of Ireland.

The partnership aims to encourage people who are going through a difficult time to seek help, while also tackling the stigma associated with mental health problems. In doing so, both organisations hope that people will access the round the clock support provided by Samaritans.

“Mental health was identified as a key focus area for the GAA in 2014 and the volunteer-based ethos and 32-county nature of Samaritans made them a natural fit for the Association,” explains An tUachtarán CLG, Liam O’Neill. “At some stage of our lives we all struggle. The GAA has always prided itself on being there for its members in times of need, and now thanks to Samaritans, our members across the entire GAA family have an additional support structure available to them.”

While Samaritans’ vision remains that fewer people should die by suicide, the charity’s callers do not need to be suicidal to pick up the phone. People contact the helpline about everything from depression, relationship and family issues to loneliness, physical and mental health issues, abuse, financial worries and much more.

Play In My Boots

The ‘Play in my Boots’ packs – an extension of St. Patrick’s successful ‘Walk in my Shoes’ campaign – aim to de-stigmatise mental health by speaking to players in a sporting language familiar to them. Using the term ‘mental fitness’ to emphasise the positive nature of our mental wellness, the packs also aim to remind the GAA population that maintaining mental fitness requires work and skill development in the same way as maintaining our physical fitness does.

These packs are designed for everyone and anyone, containing useful information which can help us all work through the stresses we all experience, or maybe help someone else work through theirs.

Healthy Clubs Project

Phase 1 Evaluation Report

Executive Summary

The aim of the GAA Healthy Club Project (HCP) is, with the support of the HSE, to explore the potential of the GAA club as a setting in which to promote the health and wellbeing of club members and the wider community. Evaluation activity included pre and post engagement with participating clubs and communities, which included executive committee representatives, healthy club officers, club members, programme participants, and service providers. Main findings are presented below around the three main elements of the evaluation.

HCP PROCESS:

- Participation in the HCP indicated the commitment of clubs to their community, while also helping them to remain relevant and competitive in evolving environments.
- Community links and partnerships with service providers were key factors in operationalizing the HCP in clubs while challenges included funding, and a lack of capacity to roll out the project.

IMPACT OF THE HCP:

- Over the duration of the project membership numbers increased while there were also improvements in scoring on the overall health promotion orientation of clubs, and specific domains related to club policy, practice and the environment (both physical and cultural).
- Club and community representatives remarked on the impact of participation in the HCP on the perception of the club, on attitudes to health, as well as on engagement with club activities and health behaviours. There was a firm acknowledgement of a place for health promotion in club activities at the end of the project.

HCP INITIATIVES:

- 72 initiatives were delivered across seven target areas (physical activity, diet/nutrition, health awareness, emotional well-being, social inclusion, anti-bullying, smoking/alcohol) and mostly delivered to the club and community. Ratings showed that almost 60% of the initiatives were deemed moderate impact, 36% low and the remaining 4% rated as high impact.
- Case studies of initiatives revealed a positive impact on behaviour, and on the perception of participants on the club, while also demonstrating the value of partnerships with public health service providers, such as the HSE.

THE MAIN RECOMMENDATIONS FOR SPORTS CLUBS, AND FOR THE NEXT PHASE OF THE HCP INCLUDE:

1. Governance

- Develop a healthy club policy to position health on the working agenda of clubs.
- Ensure representation of the healthy club team on the Executive Committee.
- Develop an operational structure for the HCP to illustrate how health promotion is manifested in the club, including an outline of the policy and organisation of health promotion in the GAA, partnership networks, key target groups and programme options.

2. Partnership and Collaboration

- A communication network within the GAA setting across club, county and provincial units should be established for participating clubs.
- Engagement with external stakeholder groups must be enhanced through integration of community representatives and interest groups, as well as key partners such as the HSE/Public Health Agency (PHA) from the outset of project work. This requires:

3. Funding

- Examples of good practice around funding in Phase I must be communicated but it is important also that

some guidance is given to clubs about how best to tap into funding opportunities.

– There have also been suggestions that the GAA could have a grant support system for participating clubs that reflects those available for capital projects.

– There may also be potential in identifying community social responsibility partnership opportunities at a local level. Nationally, Irish Life have committed to the HCP so there is a precedent for this type of engagement.

4. Building Capacity

– Links with third level or other agencies that may support community engagement, evaluation and funding applications should be explored in Phase II.

– Training for officers is developed and priority must be given to clubs participating in Phase II.

5. Programmes

– There are two considerations in relation to increasing the likelihood of delivering and recording impact on health due to the HCP; firstly, there needs to be consistency and adherence to best practice in the content of initiatives and secondly, this needs to be led at national level by providing a suite of initiatives for clubs.

– Coaches and officials are the main conduit for messages to playing members so future HCP activity must consider development and roll out of initiatives specific to upskilling these individuals around promoting health among players. This would be best achieved through collaboration with the GAA's Games Department.

6. Measuring Impact and Evaluation

– The need to identify an isolated impact of the HCP on one element of behaviour change or population health should be considered in Phase II, possibly through a more controlled evaluation of a or several programmes and more comprehensive community surveys.

– The National Steering committee should establish expectations and required outcomes for clubs taking part in Phase II.

– Continued evaluation of the evolving governance model for health and wellbeing in the GAA should be supported, particularly how the HCP grows and assimilates with the broader health and wellbeing structures and activities in the Association.

7. Resources

– A complete toolkit that will help to ensure transparency from the outset of Phase II and initial informed commitment must be provided by clubs prior to engagement.

The GAA HCP represents a novel way of carrying out health promotion in Ireland, and strikes a natural balance between the health agenda of the HSE and the core business of the GAA club. It reflects a meeting point between the 'push of health' and 'pull of the club'. This pilot evaluation has provided support for this type of initiative in terms of the positive impact on the health orientation and practice of participating clubs. There is a clear commitment from the various structures in the GAA to support this work, which is fundamental to wider dissemination and integration into the daily workings of the organisation.

Many of the Phase 1 Healthy Clubs are gaining recognition for their efforts.

1. Castleblayney Faughs picked up the **Sports Club of the Year award** at the Sports Industry Awards earlier this month, having already been announced Ulster GAA Club of the Year 2014. Its '**Operation TransFAUGHmation**' is empowering hundreds from their local area to take ownership of their health and a fun, collective way.
2. The St. Finbarr's and Midleton clubs were awarded **joint first place in the national Health Management Institute awards 2014** by the Minister for Health for their ground-breaking '**Cork Beats Stress**' six-week programme. Rolled out in partnership with the HSE's psychological services it benefitted hundreds of people in their catchment areas.
3. St. Colmcille's GAA club was awarded **REHAB Community group of the year** in Meath and was awarded seed funding from the GENIO Foundation to support its unique '**How are you Today?**' community mental health outreach programme.

Today's report launch was also used as an opportunity to open a call for expressions of interest to any GAA club curious about getting involved in Phase 2. This requires the completion of an online application form outlining the club's motivations for becoming a 'healthy club' and includes details of what will be involved in Phase 2 of the GAA Healthy Clubs Project.

***** One club from each county will be selected to join those continuing from Phase 1 into Phase 2.**

What did Phase 1 involve for participating clubs?

In 2013 over 60 clubs submitted an expression of interest form to take part in phase 1 of the healthy club project. A scoring system with specific criteria was used to select the participating clubs. Phase 1 involved 18 clubs, four from each province plus two mentoring clubs, and ran from March 2013 to July 2015. Clubs met provincially every 6 to 8 weeks to use operational group meetings as a platform to receive guidance, support and direction from a Healthy Club Project Co-ordinator, local HSE and LSP representatives. Each club was guided through the healthy club model which involved key working areas such as project team set up, consultation assessments, action plan development and evaluation process. Through the healthy club model the healthy club framework was implemented. The framework is broken down into the following pillars, governance, environment, partnerships and programmes. This framework offered clubs a structure that highlighted existing areas of competencies while identifying gaps and new areas to target.

Phase 1 was independently evaluated by a team from Waterford IT, which was launched on November 30th 2015

What will Phase 2 involve for participating clubs?

It will involve an 18 month (January 2015 to June 2016) official commitment from each club to participate for the full duration of Phase 2. Upon agreement to the 'readiness to change' form the club will first establish a project team who will be the main driven force for the project within the club and wider community. Commitment will require clubs to attend a maximum of two national and two provincial orientation/development meetings over the 18 month cycle. Throughout the cycle there will be an evaluation element which participating clubs will be required to adhere to, in order to capture the learnings from Phase 2.

What are the benefits and opportunities for Healthy Clubs?

From the evaluation of Phase 1 of the Healthy Clubs Project the following benefits and opportunities were cited as:

Exclusive access to Healthy Club resources

Increase in membership

Improvements in the health promoting activities of clubs specifically with club policy, practice and the club environment (both physical and cultural).

Changes in attitudes towards health for the better

Better engagement with club activities

Opening up funding avenues

Better opportunity to link the local community with club activities

Sense of achievement

Set a positive example

Networking opportunities

'Opening Gates, Breaking Stigmas'

An Evaluation of the GAA Healthy Club Project (Phase 1)
30 | GAA | We Are Community

APPENDICES

Healthy Club Project Phase 1 Participating Clubs

- Annacurra GAA Club, Co Wicklow

- Beaufort GAA Club, Co Kerry
- Castleblaney Faughs GAA Club, Co Monaghan

- Culloville Blues GAA Club, Co Armagh
- Eastern Harps GAA Club, Co Sligo

- Liam Mellows GAA Club, Co Galway*

- Middleton GAA Club, Co Cork

- Mungret St Pauls GAA Club, Co Limerick

- Nenagh Éire Óg GAA Club, Co Tipperary

- Oran GAA Club, Co Roscommon
- Sean O'Heslin's Ballinamore GAA Club, Co Leitrim**
- St Colmcilles GAA Club, Co Meath

- St Finbarr's National Hurling and Football Club, Co Cork***
- St Johns Drumnaquoile GAA Club, Co Down

- St John's Volunteers GAA Club, Co Wexford

- St Mary's Rasharkin GAA Club, Co Antrim

- St Peter's Warrenpoint GAA Club, Co Down***

- Thomas Davis GAA Club, Co Dublin

* The Liam Mellows Club was forced to withdraw from Phase 1 following approximately 12 months due to a change in club executive priorities during the process.

** The Sean O'Heslin's Ballinamore club was unable to commit to the evaluation requirements of Phase 1 due to a lack of capacity at present but continues to work as a Healthy Club in its community.

*** The two mentoring clubs, St. Finbarr's and St. Peter's, were selected due to the high quality of their expression of interests and were selected to highlight what can be achieved at club level while supporting those starting out on the journey.

'Opening Gates, Breaking Stigmas'

An Evaluation of the GAA Healthy Club Project (Phase 1)

Health Promotion Classification Matrix

| | Low Health Promoting | Moderately Health Promoting | High Health Promoting |
|----------------------|----------------------|-----------------------------|-----------------------|
| Policy | <4.0 | 4.1-6 | >6.1 |
| Ideology | <1.0 | 1.1-1.5 | >1.51 |
| Practice | <3.0 | 3.1-4.5 | >4.51 |
| Environment | <3.5 | 3.51-5.25 | >5.26 |
| Juvenile Environment | <5.5 | 5.51-8.25 | >8.26 |
| Overall | <17 | 17.1-26.99 | >27.0 |

Overview of Initiatives

Physical Activity (n=22 initiatives, n=14 clubs)

| Club (Province) | Content | Target Group(Club, Community, both club and community) | Governance (G), Partnership (PA), Programme (PR), Environment (E) | Impact (High, Medium, Low) |
|----------------------------|--|--|---|----------------------------|
| Annacurra (L) | Operation Transformation event | Both | PR, PA (Wicklow LSP), E | Medium |
| Annacurra (L) | Walking/Running club | Both | PR, E | Low |
| St.Colmcille's (L) | Walking Club/Running group – meet 3 evenings a week at the club grounds | Both | PR, E | Low |
| Thomas Davis (L) | 5 week Fit walk programme | Both | PR, PA (SDCC), E | Medium |
| Midleton (M) | Weekly walking/running Group | Both | PR, E | Low |
| St.Finbarr's (M) | Weekly fitness Classes | Both | PR, E | Low |
| Beaufort (M) | Exercises classes (4 nights + 1 morning) | Both | PR, E | Low |
| Nenagh Éire Óg (M) | 5 and 10k Run | Both | PR, E | Low |
| Nenagh Éire Óg (M) | Walking Group | Both | PR, PA (Get Ireland walking), E | Medium |
| Mungret St. Pauls (M) | 10k Run – HC will run warm up session and training plan. HC logo on all material | Both | PR, E | Low |
| Mungret St. Pauls (M) | 24hr fitness challenge | Both | PR (in aid of Pieta house), E | Low |
| St. Mary's Rasharkin (U) | Walking Club | Both | PR, E | Low |
| St. Mary's Rasharkin (U) | Biggest Loser Challenge | Both | PR, E | Low |
| Castleblayney Faughs (U) | Operation TransFAUGHS- mation 12 week programme, 2 exercise classes per week. 1 morning run/walk/cycle. 5k Run/Walk to complete programme | Both | PR, PA (Orla Duffy, Senior HSE Community Dietician, Gillian Oliver, BSC Physiotherapy, local businesses), E | Medium |
| Castleblayney Faughs (U) | Walking/ Jogging group | Both | PR, E | Low |
| Castleblayney Faughs (U) | 30 Day Challenge (30 mins exercise for 30 days raising money for charity) | Both | PR (in aid of charity), E | Low |
| St. Peters Warrenpoint (U) | Extension of the 'little black dress challenge' into the new year. 5 wk intensive physical training | Both (Women) | PR, E | Low |

| | | | | |
|-----------------------------|---|--------------|---|--------|
| St. Peter’s Warrenpoint (U) | 10k run | Both | PR, E | Low |
| Oran (C) | PA and healthy eating programme. Marking out a one wall handball court at local primary school. | Both (Youth) | PR, PA (schools & Coman’s Handball club), E | Medium |
| Oran (C) | 6 wk fitness classes and advice/info on nutrition | Both | PR, PA (Club member who works for LSP), E | Medium |
| Oran (C) | Yoga classes | Both | PR, E | Low |
| Eastern Harps (C) | Operation Transformation | Both | PR, PR (Sligo LSP), E | Medium |

Emotional well-being (n=14 initiatives, n=10 clubs)

| Club (Province) | Content | Target Group | Governance(G), Partnership(PA) Programme(PR), Environment (E) | Impact (High, Medium, Low) |
|-----------------------------|---|----------------|---|----------------------------|
| Annacurra (L) | Sport not stigma programme | Both | PR, PA (Wicklow LSP), E | Medium |
| St.Colmcille’s (L) | ‘How are you feeling today’ programme. Developed a local care services directory booklet. | Both | PR, PA (Genio Trust - Funding), E | Medium |
| St. Colmcille’s (L) | Relaxation classes in schools | Both (Youth) | PR, PA (Schools), E | Medium |
| Thomas Davis (L) | Mental Health information talks | Both (Parents) | PR, PA (Local Mental Health services), E | Medium |
| Midleton (M) | 6 wk Stress control programme | Both | PR, PA (HSE), E | Medium |
| St. Finbarr’s (M) | 6 wk stress control programme | Both | PR, PA (HSE), E | Medium |
| St. Finbarr’s (M) | HSE Safe Talk programme | Both | PR, PA (HSE & Middleton GAA club), E | Medium |
| Beaufort (M) | Promoting Lifeline Programme (Suicide prevention, counselling and support) | Both | PR, PA (Kerry Lifeline), E | Medium |
| Nenagh Éire Óg (M) | Mental Health and well-being night x2 (Conor Cusack and local speakers) | Both | PR, PA (speakers), E | Medium |
| St. Mary’s (U) | SOAR.ie Resilience and mental well-being for kids after school | Both (Youth) | PR, PA (SOAR.ie, Funded by public Health Agency), E | Medium |
| St. Peter’s Warrenpoint (U) | B+ positive programme | Both (Youth) | PR, PA (MENSSANA, P.I.P.S), E | Medium |
| Oran (C) | Mental Health talk | Both | PR, PA (Local Psychologist), E | Medium |

‘Opening Gates, Breaking Stigmas’

An Evaluation of the GAA Healthy Club Project (Phase 1)

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|----------|-------------------------|------|--|--------|
| Oran (C) | HSE Safe Talk | Both | PR, PA (HSE), E | Medium |
| Oran (C) | Stress management class | Both | PR, PA (OPAL Centre-Opportunities for Personal Advancement in Life), E | Medium |

Health Awareness/First Aid (n=13 initiatives, n=9 clubs)

| Club (Province) | Content | Target Group | Governance(G), Partnership(PA), Programme(PR), Environment (E) | Impact (High, Medium, Low) |
|----------------------------|---|----------------|--|----------------------------|
| St. John’s Volunteers (L) | Programme of education and awareness (series of talk on e.g. nutrition, drug, suicide etc.). Health and well-being policy | Both (Youth) | PR, PA(Local cardiologist, Garda, Psychiatrist, Dietician, Wexford community drug project worker), E | Medium |
| Midleton (M) | Cardiac Screening | Both | PR, PA (Health Screening Ireland), E | Medium |
| Beaufort (M) | Health Screening | Both | PR, PA (Heart aid, LAYA, local Athletics club), E | Medium |
| Nenagh (M) | Health Screening | Both | PR, PA (local Pharmacy), E | Medium |
| Mungret St. Paul’s (M) | Movember | Both | PR, PA, E | Medium |
| Mungret St. Paul’s (M) | Health Screening and information day | Both | PR, PA (Local nurse), E | Medium |
| Mungret St. Paul’s (M) | Family Fun Day | Both | PR, E | Low |
| St. Johns Drumnaquoile (U) | Men’s Health check (Action cancer Big Bus) | Both (Men) | PR, PA (Action Cancer), E | Medium |
| St. Johns Drumnaquoile (U) | Action Cancer Big Bus –health screening and promotion | Both | PR, PA (Action Cancer), E | Low |
| Oran (C) | Developed Healthy and well-being policy | Both | G, E | Low |
| Eastern Harps (C) | Weekly bingo Garland Sunday Family Fun Day | Both (Elderly) | PR, PA (Garland Sunday Committee), E | Medium |
| Annacurra (L) | First Aid training | Club (Coaches) | PR, PA (Camogie Club), E | Medium |
| St. John’s Volunteers (L) | Purchase and training in using a defibrillator | Both | PR, E | Low |

ANTI-BULLYING (N=6 INITIATIVES, N=6 CLUBS)

| Club (Province) | Content | Target Group | Governance (G), Partnership (PA), Programme (PR), Environment (E) | Impact (High, Medium, Low) |
|------------------------|---|---|---|----------------------------|
| St. Colmcille's (L) | Anti-Bullying Workshop | Club (Compulsory for all coaches/mentors/ officers and open to all members) | PR, E | Low |
| Midleton (M) | 2 night course | Club (Youth) | PR, PA (Foroige), E | Medium |
| Nenagh Éire Óg (M) | Anti-bullying poster campaign. Liaise with schools/community groups on Cyber bullying. Target u10/12 & U14/16 teams through team building, social activities and talks throughout the year. | Both (Youth) | PR, PA (Schools), E | Medium |
| Mungret St. Paul's (M) | Blue Shield Anti-Bullying poster campaign | Both (Youth) | PR, PA (ISPC Blue Shield), E | Medium |
| Eastern Harps (C) | Anti-bullying. Review Code Of Conduct. Ensure that Executive, Players, Coaches and Parents have access to/ read/ understand the code. | Both | G, E | Low |
| Oran (C) | Anti bullying policy and campaign | Both | G, PR, PA (schools), E | High |

Diet/Nutrition (n=5 initiatives, n=5 clubs)

| Club (Province) | Content | Target Group | Governance (G), Partnership (PA), Programme (PR), Environment (E) | Impact (High, Medium, Low) |
|-------------------|---|--------------|---|----------------------------|
| Annacurra (L) | School based Programme | Both | PR, PA (schools), E | Medium |
| Thomas Davis (L) | Healthy Food made easy. 6wk talks and demos | Both | PR, PA (SDLSP), E | Medium |
| Thomas Davis (L) | Healthy Food/ Fruit at summer camps. Potential Link with Foroige Food choices Programme End of 2014 | Club (youth) | PR, E | Low |
| Midleton (M) | Food map on website | Both | PR, PA (Nutritionist), E | Medium |
| St. Finbarr's (M) | Fruit at underage training | Club (Youth) | PR, PA (Funding from local councillor), E | Medium |

'Opening Gates, Breaking Stigmas'

An Evaluation of the GAA Healthy Club Project (Phase 1)

36 | GAA | We Are Community

| Club (Province) | Content | Target Group | Governance (G), Partnership (PA), Programme (PR), Environment (E) | Impact (High, Medium, Low) |
|--------------------------|--|-------------------------|---|----------------------------|
| St. Colmcille's (L) | Men's Shed – supporting the development of men's shed for east Meath using the club grounds. | Both (Men) | PA, PR (Men's shed), E | Medium |
| Beaufort (M) | Elderly Exercise classes | Both (Elderly) | PR, PA (Age and Opportunity grant), E | Medium |
| Nenagh Éire Óg (M) | Transport scheme to help get elderly/ isolated to matches | Both (Elderly) | PR, PA (Local transport), E | Medium |
| St. Mary's Rasharkin (U) | Cross Community - Yoga classes for the whole community using the Presbyterian church hall. | Both | PR, PA (Presbyterian community), E | Medium |
| Nenagh Éire Óg (M) | Disability awareness in sport | Club (Coaches/Officers) | PR, PA(North Tipp Sports Partnership), E | Medium |

Social Inclusion (n=5 initiatives, n=5 clubs)

| Club (Province) | Content | Target Group | Governance (G), Partnership (PA), Programme (PR), Environment (E) | Impact (High, Medium, Low) |
|-----------------------------|---|--------------|---|----------------------------|
| Annacurra (L) | Talk/ Workshop, ASAP Policy | Both (Youth) | PR, PA (Foroige/other clubs), E, G | High |
| Thomas Davis (L) | New policy to reduce the selling of shots in the club | Both | G, E | Low |
| St. Finbarr's (M) | 6 wk alcohol and drug abuse programme | Club (Youth) | PR, PA (Foroige), E | Medium |
| St. Finbarr's (M) | Link with ASAP to train in committee member | Both | G, E | Low |
| Eastern Harps (C) | Information session under guidance of ASAP Officer on the dangers of drugs & alcohol with keynote speakers. ASAP policy | Both | PR, PA (speakers), E, G | High |
| St. John's Volunteers (L) | Development of a 'no smoking policy' and ASAP policy | Both | G, E (Erection of supportive signage) | Low |
| St. John's Drumnaquoile (U) | Run smoking cessation class(es), erect appropriate signage in support of our Smoke-Free Policy | Both | PR, E, PA (Action Cancer) | Medium |

Alcohol Awareness and Anti-Smoking (n=7 initiatives, n=6 clubs)