



# GAA Healthy Clubs



22 Iúil, 2016

A Chara,

As Phase 2 of the Healthy Club approaches its six month milestone, I am writing to you to commend the work of your Healthy Club project team.

Their efforts to provide your club members – and in many instances your local community – with opportunities to develop their physical, social, emotional, and psychological health is considerable. They are leading the way for health and wellbeing in the GAA and the work they are planning to implement over the next year is quite phenomenal.

As the Club Executive, your support is essential and much appreciated. Supporting the implementation of their Healthy Club action plan requires the allocation of time to Healthy Club activities at executive meetings and the adopting of recommended health practices and guidelines. You can also support this work by encouraging members to get involved in Healthy Club activities, supporting recommended partnerships, and driving the overall health ethos of your club.

The independent report from Phase 1 highlighted some of the benefits that such efforts can bring, including a potential to increase membership, attracting new sponsorship and funding avenues, stronger links within local community and better engagement with club activities, and perhaps most importantly, healthier and happier members.

Over the coming 12 months your Healthy Club project team will strive towards the completion of all the required criteria (see attached). Upon completion your club will be amongst the first in Ireland to be officially recognised with 'Healthy Club' status while also being eligible to apply for a €1,500 grant to support on-going health-related activities in the club, or to cover costs already incurred.

This grant has been made possible by Irish Life's generous three-year Corporate Social Responsibility investment, while I would also like to acknowledge the HSE's on-going support and partnership in the Healthy Clubs project.

Keep up the good work. Ní neart go cur le chéile.

Mise le meas,

Aogán Ó Fearghail.

Uachtarán CLG