

Media Release

November 2013

An innovative health survey conducted by Annacurra GAA Club has revealed the engagement of older adults to be the number one issue its members and the wider community are concerned about.

And now the club is seeking your help and assistance in responding to this and other key health and wellbeing issues affecting us all.

The survey was conducted as the first step in the Annacurra GAA Club involvement in the new GAA Healthy Club Project. The club was one of 18 clubs selected nationally to be involved in Phase 1 of the project, launched in Croke Park in March of this year.

GAA clubs all over the world already provide great health benefits for their players, members and communities alike. Yet there exists continuous demand from clubs for guidance in many areas relating to health promotion including:

- healthy eating and diet
- drug and alcohol awareness
- mental well-being and resilience development
- suicide prevention and response
- the promotion of health and well being through physical activity
- activities for older and non-playing members

“The GAA Healthy Club Project aims to highlight and re-enforce the great work already being done by clubs while assisting them in identifying and responding to the most important health issues amongst their membership and in their communities,” Liam O’Neill said at the launch of the project. The project is being rolled out in conjunction with numerous elements of the Irish Health Sector north and south of the border, and the first phase will run for 24 months.

To get the ball rolling, Annacurra GAA Club conducted a survey of its members and the wider community designed to help identify key health issues it should prioritise during its involvement in the project. This was the first such survey to be conducted in the community and it returned some interesting material.

49 people completed the Annacurra GAA Club Healthy Club Survey, identifying a number of key points. Annacurra GAA Club will be focusing on the following initiatives as part of its Healthy Club Campaign

- Alcohol Awareness for juvenile and adult members and non members
- Mental Health Awareness within the club and community
- Anti Bullying Initiatives
- Healthy and Safety of the Club facilities
- Physical activity for former players
- Diet & Nutrition for players and non players

The club is now in the process of developing an action plan to respond to these issues in the best possible manner and in accordance with best-practise health promotion. The club’s Healthy Club project team is urging anyone with skills or a desire to get involved and help out – you too can help make a difference to the future health of our community.

If you would like to find out more about Annacurra GAA Club Healthy Club Project or would like to contribute in any way, please contact Annacurra GAA Club’s PRO, Sean McGrath,

pro.annacurra.wicklow@gaa.ie. More information is also available on our club website, www.annacurragaclub.com, and Facebook page, www.facebook.com/AnnacurraGAA.

Notes to Editor:

The GAA Healthy Club Project is the first of its kind in the Irish sporting context, and has been kindly supported financially by the health sector. For further details contact Colin Regan, GAA Community & Health Promotion Manager, on colin.regan@gaa.ie or Phone: 01-8658674 or 087-2945705.

The participating clubs are as follows:

Leinster

<u>Club</u>	<u>County</u>
Annacurra CLG	Wicklow
Thomas Davis CLG	Dublin
St Colmcilles CLG	Meath
St. John's Volunteers CLG	Wexford

Connacht

<u>Club</u>	<u>County</u>
Liam Mellows Hurling Club	Galway
Ballinamore Sean O' Heslin CLG	Leitrim
Eastern Harps CLG	Sligo
Oran CLG	Roscommon

Ulster

<u>Club</u>	<u>County</u>
St Mary's Rasharkin CLG	Antrim
St John's Drummaquoile CLG	Down
Culloville Blues CLG	Armagh
Castleblayney Faughs CLG	Monaghan

Munster

<u>Club</u>	<u>County</u>
Beaufort CLG	Kerry
Nenagh Eire Og CLG	Tipperary
Mungret St. Pauls CLG	Limerick
Midleton CLG	Cork

Mentoring Clubs*

<u>Club</u>	<u>County</u>
St. Finbarr's CLG	Cork
St. Peter's CLG	Down

* The mentoring clubs were selected due to the high quality of their expression of interest forms and were identified as useful templates for the other 16 clubs as regards what can be practically achieved at club level. They have both enthusiastically agreed to fulfil this role, while also going through the requirements of the GAA Healthy Club Project Phase 1.