

Health and Wellness Report Galway Annual Convention 2017

The Galway Health and Wellness committee is as follows

County Galway H&W Committee

Iggy Clarke	Chairperson	0872609607
Ruth Mulkerrins	Secretary	087 9745396
Aoife Lane	Head of Sport AIT	0863166928
Katie Kilbane	Sports Psychologist	0857312207
Gerry Fahy	Garda Juvenile Liaison Officer	0879818600
Justin Campbell	Addiction Counsellor	086 8840469
Ciaran Lynch	Mental Health Service GMR	087 9481683
Ciara Mooney	Camogie Rep	0868664686
Frances Curran	Handball	0868892180

Our Role

Our base is the Galway GAA, Centre of Excellence, Loughgeorge, Claregalway, Co Galway.

- To promote awareness around Mental Health issues
- A major part of our role is to provide training and support for all the Healthy club officers in the county.
- To produce our County Critical Incident Response Plan
- To encourage clubs to join the Healthy club initiative
- To encourage clubs to produce their own critical incident plan

Critical Incident: Consult with the club officials from the club concerned to establish what support is required from the county officials.

Key Duties: Ensure the club has information on any local appropriate support services available.

Attend Connaught Health and Wellness meetings

To attend National Forums in Croke Park

To give an annual report to the County Board

To give an annual report to Croke Park

To support Healthy clubs

To deliver safe talk training to clubs

To organise an event for social inclusion and social initiative events

To attend Provincial Healthy clubs Forum

To support clubs in phase 2 of Healthy club initiatives and plans

Critical Incident Response Team

Justin Campbell Iggy Clarke

Suicide Resource officer

Mary o Sullivan, mary.osullivan@hse.ie

091 560182

Health and Wellness Seminar

Our Health and Wellness Seminar was held on November 14th in Loughrea Hotel. At this seminar we launched our county critical incident plan. This was launched by our County Chairman Pat Kearney. The MC for the evening was Darren Frehill. Noel Lane Chairman of the Baireoiri explained that this seminar originated with the Baireoiri some two years ago. Stacey Cahill represented Croke Park and fully endorsed our initiative.

Mickey Harte from Tyrone was our keynote speaker.

The interview panel consisted of Jeffrey Lynskey, Brian Silke, Noel Larkin, Mickey Harte, Mary Moloney, Laura Sheehan.

The critical incident response plan and the club Health and Wellbeing Manual was distributed to all clubs present.

This Health and Wellness seminar was generously sponsored by Medtronic and we extend our grateful appreciation to them for backing and endorsing our initiative.

Integrated Critical Response Team

We have met with Martin Greaney, Clare Gormally and Mary o Sullivan with a view to

setting up an integrated Galway critical incident response in conjunction with the HSE.

Mary o Sullivan will provide safe talk training sessions for all clubs.

mary.osullivan@hse.ie Phone 091 560182

Croi Meeting

We met with Croi to explore ways of working together to support clubs around cardiac Screening.

Connaught Meetings

Justin and Iggy attended a Connaught Health and Wellness meeting in the Connaught centre of excellence Began, Claremorris on April 6th.

Ruth, Iggy and Mick judge attended the second Connaught meeting on October 3rd 2017. Mick Judge is the Galway representative on the Connaught Health and Wellbeing committee.

Healthy Club Officer Training

Justin and Iggy have trained 60 Healthy Club officers in Galway. We are planning our next Healthy Club officer training for Caherlistrane early in the New year.

Future Plans

We plan to provide safe talks for all interested clubs in Galway.

We hope to complete some social initiative for ex players and community members.

Signed

Iggy Clarke

Ruth Mulkerrins