

Health and Wellness Report Galway Annual Convention 2018

The Galway Health and Wellness committee is as follows

County Galway H & W Committee

Iggy Clarke	Chairperson
Ruth Mulkerrins	Secretary
Aoife Lane	Head of Sport AIT
Gerry Fahy	Garda Juvenile Liaison Officer
Justin Campbell	Addiction Counsellor
Ciaran Lynch	Mental Health Service GMR
Ciara Mooney	Camogie Rep
Frances Curran	Handball
Katie Kilbane	Sports Psychology

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
- **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

Objectives 2018	Outcomes
Continue Development of County Committee	The committee agreed to create their Terms of Reference to include a revolving door system for the committee and that memb3ers would be invited to join for two years,
Run Healthy Club Officer Training	We organised one Health and Wellness training session on April 11 th in Caherlistrane
Support Critical Incident Response	Justin and Iggy visited 8 clubs, Mountbellew/Moylough, Barna, Stradbally, Kiltormer, Annaghdown, Ardrahan, Williamstown, Gort.
Support Phase 3 of Healthy Club Project	Galway has six clubs taking part in the healthy club initiative by Croke Park and the committee have provided support to them with their activities and projects. Numerous other clubs are doing lots of great work within their communities and this must be acknowledged also.
Grow numbers of Safe Talk trained people in the County	Galway GAA health and well-being committee held a number of meetings this year. They arranged two SAFETALK trainings with the HSE in Clarinbridge on May29th and Castlegar November 14th and a further course is planned for Kiltormer early next year.
Promote Social Initiative	The Baireoiri visited Croke Park as a social inclusion event, Approx 60 retired hurlers made the trip.
Promote Gambling Awareness Resource	The gambling Awareness Presentation is now available for all clubs on the Galway GAA website
Other Topics	On Weds 21st November 2018 a Health and Wellness seminar took place in the Loughrea Hotel. Over twenty clubs attended and the consensus on the night was very positive and that more such events would be of great benefit. Eamon O'Shea gave an excellent presentation on the importance of the GAA in the community and including all ages in volunteering within the association Caroline Murray gave a presentation on resources available from the HSE and offered her support to all clubs. Tony Óg Regan facilitated a group discussion and the feedback from this will be used to focus the committee's activity and plan for the next two years. On the night four of the healthy clubs gave a short presentation about the activities in their club. The night concluded with a presentation of Healthy Club Initiative Grant from Gerry Howley (Medtronic) to Tommy Larkins GAA Club