

Planner

February

Dr Mark Grannell and Dr Ray Nethercott

Presentation to Youth Managers on **concussion, asthma and allergies.**

March

Youth presentation night.

Guest Speaker: Conor O'Neill, *Nutritional body type coach* from Crossmaglen Rangers GFC.

April

Thursday 17th April Registration night for Pieta House Darkness into Light Walk in Belleek (7th May 2016).

May

Sunday 8th May Club Day

Guest Speaker: Gerry Duffy

Launch of Health and Wellbeing Programme 2016

Registration opens for Couch to 5k 2016.

June

Saturday 4th June Croagh Patrick Climb Westport.

Mid June

Healthy Eating Programme - 'Recipes for Success'.



July

Couch to 5k back by popular demand a 10-week programme of exercise that helps to improve our physical, mental and emotional wellbeing.

Coach to 5k is a new initiative for 2016. The first Harps Coach over the line in the Derrygonnelly 5k wins a prize for their team.

August

Action Cancer Big Bus

Friday 5th at Canon Maguire Car Park

Details for registering for this will be released nearer the date.

September

Derrygonnelly 5K/10K Saturday 17th September

Presentation evening for Couch to 5k 2016 participants in the Harps Club house.

November

Safetalk: A programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources.

Apart from calendared events, the group will seek to develop club approaches in a number of other areas including "crisis event" management and increasing the opportunity for the involvement of young people with the club in positive off the pitch activity.



A Club that Cares

**Health and Well Being
Sub-Committee
2016**

**GAA Healthy Club Project
Phase 2 Participant**

A DEVELOPING PROGRAMME

www.derrygonnellyharps.gaa.ie

Derrygonnelly Harps GFC

Health and Well Being Sub Committee

Club Chairperson: John Mc Govern

Chairperson: Dr Mark Grannell

Hugh Kelly

Fr. Jimmy Mc Phillips

Éadaoin Love

Jacqui Magee

Derrygonnelly Harps GFC

GAA Healthy Club Project phase 2 participants.

Derrygonnelly Harp's GFC are GAA Healthy Club Project phase 2 participants. The Healthy Club project will run for 18 months from February 2016. Derrygonnelly Harps GFC has been selected out of around 100 clubs who applied to participate in this GAA initiative, a fantastic accolade for our club.

Our club and clubs all across the country are driving the health of their communities in ways that remain largely hidden and in ways that go far beyond the scope of a traditional sporting organisation.

With the help of our members and the wider community, our aim is to continue this work in 2016 and secure our place as winners not only on the pitch, but off the pitch as well.



Oisín Mc Conville talks about his highs and lows at the inaugural event in 2015.

One year on....

January 2015 saw the launch of our club's Health and Wellbeing Programme. The inaugural event was opened by Oisín McConville who addressed a large audience sharing his experiences on and off the pitch.

The club's drug and alcohol policy was launched and is available to be read on the club noticeboard for all members and players.

Fr Jimmy Mc Phillips introduced and distributed pocket sized helpline cards containing contact details for a wide range of support organisations.

In February some of our adult players took part in the GAA "Off the booze on the ball" challenge. Dr Lynette Hughes gave a presentation on the impact that alcohol has on sporting performance and is available on the Harp's website.

June saw the launch of the first Couch to 5k programme. 10 weeks of supervised preparation which culminated in participation in the Derrygonnelly 5k in September 2015.

Couch to 5K 2015

Participant testimonials

"I was very happy with the programme and can't think of any changes"

"would love to continue with exercise"

"I really enjoyed the circuits and meeting people..... I see my improvement very clearly"

"I found the programme very beneficial. I would love if this was on again"

"I found the programme really beneficial and I really enjoyed meeting new people"

"Really enjoyed the whole 10 weeks..."

"A great programme thanks very much"



Aidan Smyth and Fanchea Keenan with Caroline Greene