

Health and Wellbeing

HEALTHY BODIES

HEALTHY MINDS

HEALTHY CLUBS

On behalf of the Wicklow GAA Health and Wellbeing Committee I present this snapshot of our activities for 2021. I want to take this opportunity to thank our committee members for their hard work and dedication and congratulate them for their efforts to promote Health & Wellbeing throughout our county.

The continued issues surrounding COVID-19 caused a major shift in what we knew as normal. The challenges of safely opening grounds to games and latterly including spectators, the re-opening of dressing room facilities and running meetings online all provided logistical challenges. I am proud to say that the GAA members, clubs and county committees all proved how well we as Irelands biggest sporting and social organisation were able to meet these challenges head on. Many members and clubs stood strong in their communities providing support and assistance to the most vulnerable. I really hope that at some stage in the near future we can take the opportunity to record and celebrate the fantastic work by our members.

Committee 2021

Chairperson: David Murray (*Healthy Club Officer Tutor*)

Frances Stephenson (*County Children's Officer*)

Dr Brendan Cuddihy M.D. (*Eire Og Greystones GAA Club*)

Clair Dornan (*Gambling Awareness and Healthy Club Officer Tutor*)

Shauna Kelly (*Youth Representative*)

Lisa Jackson (*Gambling Awareness Tutor and Diversity & Inclusion*)

Rebecca Drew (*Enniskerry GAA, Healthy Club Representative*)

Culm Carty (*Member of County PRO Committee*)

In addition, we have been supported by the following people who have given their time to assist our committee in building capacity in our health & wellbeing roles and providing valuable training and support to our clubs.

Clara Jenkinson (*County Wicklow Sports Partnership, Disability & Inclusion Officer*)

Mylin Bass (*Smoking Cessation & Healthy Food Made Easy Officer, County Wicklow Partnership*)

County Board and PRO Support

We are extremely grateful to Wicklow GAA, County Executive Committee for their outstanding encouragement, support and guidance in our work. We would like to give special thanks to our PRO Bridget Kenny and her committee. Our full-page Gambling Awareness information published in both Senior Hurling and Football final programmes, the provision of a dedicated Health & Wellbeing page on the county website, the animated advertisement shown during county semi-finals and finals and facilitating the dissemination of our events and programmes throughout the year is invaluable to our efforts. We are completely indebted to Conor Carty who as part of his college placement put countless hours into developing and producing the graphics and animation.

Healthy Club Programme

The GAA Healthy Club Programme continues to go from strength to strength. 2021 saw the completion of phase 4 of the National Healthy Club Programme. I am pleased to report that ***Eire Og Greystone's, Aughrim, Shillelagh/Coolboy and Blessington*** GAA Clubs have all successfully completed the programme and join ***Annacurra, Bray Emmetts and Enniskerry*** GAA clubs in being awarded Healthy Club status.

Healthy Club Project Phase 5

Application for Phase 5 of the National Healthy Club Programme has recently closed. The following Wicklow GAA Clubs have been successful in their applications.

An Tochar GAA Club, Arklow Geraldines Ballymoney GAA Club, Ballymanus GAA Club, Donard Glen GAA Club and Newtown GAA Club will join our existing clubs on the program.

Phase 5 also heralds the arrival of the new gold, silver and bronze awards for Healthy Clubs. We look forward to seeing some if not all of our clubs achieve the highest possible honours.

Critical Incident Planning



Critical Incident Planning is the process of planning and documenting the steps that your club will take if a critical incident were to occur in your club or community (a critical incident is defined as a situation that overwhelms one's natural capacity to respond).

There is no club who has not at some time swung into action to assist their members or the wider community when a critical incident has occurred. The devastation and trauma that can result from a sudden unexpected bereavement or injury can have a huge effect on your club and parish. Having a club Critical Incident Plan in place can help you and your members to plan and prepare for such incidents. How you cope, where you can go for help or advice, who will take charge are all worth thinking about. Even items as mundane as providing refreshments or organising car parking for a funeral or wake have to be planned.

Wicklow GAA Health & Wellbeing Committee have trained personnel who can assist your club in putting together your club plan. If you require further advice or to organise training, please contact us at chair.hwc.wicklow@gaa.ie Templates for Wicklow GAA Club Critical Incident plans are available online at.

Mental Fitness

GAA and the Samaritans

The GAA have formed a link with The Samaritans and people can call and talk in complete confidentiality.

Contact the Samaritans on 116 123.

Talk to Tom Arklow

We also have links with a local suicide prevention and support organisation "Talk to Tom" <https://www.talktotom.ie>

Suicide Prevention

We continue to promote the HSE, Living-works START Level 2 suicide prevention alertness skills programme. We are hopeful to have participants to take safeTALK and the two-

day intervention skills workshop ASIST when they can be delivered again following their suspension due to Covid-19 Please contact chair.hwc.wicklow@gaa.ie for further information.

Gambling Awareness



The scourge of problem gambling is one that has wreaked havoc and exacted a terrible toll on many individual's families and clubs. One only has to listen to prominent GAA players such as Armagh's Oisín McConville, Galway's Davy Glennon, Offaly's Niall McNamee and latterly Tyrone's Conn Kilpatrick to realise the

destruction and harm which is experienced by players and their families who have suffering from problem gambling issues. So big is the problem that the Gaelic Players Association estimate that Gambling addiction accounted for almost 33% of cases dealt with by the GPA's free counselling service in 2016. The GAA has taken this learning and in 2017 Rule 1.15 was passed by congress which prohibits players, team management or match officials from betting on games in which they are involved. The Minimum sanction members face for offence is an eight-week suspension. Expulsion from the Association may also be considered in some cases.

Of course, problem gambling is not just confined to inter-county players. Overall, in 2017 Ireland recorded the third highest per capita gambling losses in the world and even more concerning we were recorded at number one for online gambling losses with 2.3Billion euro in losses in that year.

Wicklow HWC provided Gambling Awareness training is available to all member and clubs in the county. Training is very focused on identifying problem gambling and sign-posting avenues for getting help. The training takes approximately one hour and can be completed in small groups either in club or online.

Wicklow HWC are proud that our Gambling Awareness tutors (Lisa Jackson & Clair Dornan) have worked hard with Croke Park in developing this online gambling awareness course which was delivered for the first time nationally online in Wicklow.

Alcohol & Substance Abuse



Anyone with personal or family experience of Alcohol & Substance Abuse will attest to the misery and depravity that can result. Alcohol & Substance Abuse is also a major cause of physical and Mental Health problems. We cannot ignore the

alarming rise in the use of cocaine and

other substances across all strands of Irish society.

Wicklow GAA Health & Wellbeing Committee have partnered with the Merchants Quay CHRIS Project which provides information and help to people over the age of 18 who are struggling with addiction. The CHRIS Project also works with families of those affected. We are currently contacting clubs with a view to hosting short information talks on the programme.

For those who are under the age of 18 the HSE YoDA programme is available and we will send out information on this and any other initiatives.



Healthy Food Made Easy Programme

Healthy eating is one of the cornerstones for a healthy mind and body. With today's busy lifestyles it is easy to fall into the trap of eating unsuitable fast foods which can cause serious medical issues. We have partnered with County Wicklow Partnership, Healthy Food Made Easy Programme which assists people in learning how to prepare delicious, nutritional meals that can be prepared quickly and easily. This fun for all the family programme is available free of charge to all club and non-club members in Wicklow. Contact: Mailyn Bass Coordinator of Healthy Food Made Easy Programme healthyfood@wicklowpartnership.ie



Smoking Cessation

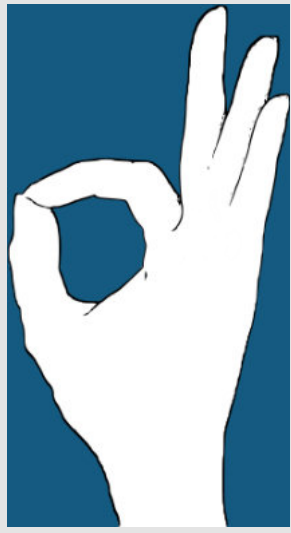
Year on year we have seen an increase in the amount of Wicklow Clubs who have joined the Young Lungs at Play, Smoking Cessation Programme. The Aughrim County Grounds and the Wicklow GAA Centre of Excellence, Ballinakill are designated Smoke Free. For a number of years now we have been assisted by and partnered with the County Wicklow Partnership, Smoking Cessation Officer in our planning and implementation of the Young Lungs at Play, Smoking Cessation Programme. If your club wants further information or would like to join the programme, please contact Mailyn Bass Coordinator of the Community Tobacco Cessation Programme healthyfood@wicklowpartnership.ie



Disability & Inclusion

Wicklow HWC continues to work with our committee members to assist them in the development of their specific roles. We have worked with the Wicklow Sports Partnership who have provided of their Cara online training in Sport Inclusion & Disability Awareness, Autism in Sport, Inclusive Fitness Training and Inclusive Adventure Activities Training to members of the committee and to other club members. We have appointed Lisa Jackson to lead our disability and inclusion profile.

Following on from this training Lisa and members of her team were selected to assist Wicklow Sports Partnership in providing Adventure Activities training camps for children of different abilities and additional needs during the summer. Lisa has also begun assisting clubs as far away as Leitrim in setting up club weekly All-Star camps for children of different abilities and additional needs. We are grateful to Clara Jenkinson of Wicklow Sports Partnership for her support to our committee.



GAA specific Irish Sign Language Programme

Following a submission from Rita Brady of An Tochar GAA Club we began to explore the possibility of developing and promoting the use of a GAA focused Sign Language Programme. We are working on this programme with the co-operation and assistance of the Irish Deaf Society and Deaf Sport Ireland. We are delighted that the Croke Park National Health & Wellbeing Committee took an immediate interest and have assisted in the development of this programme.

We believe that the development of this initiative has shown our county in a very positive light on a national level. Filming of this programme will be completed at the AnTochar GAA Complex on Saturday 20th November.

Wicklow Sports Partnership and Irish Life are providing funding for the filming of this programme and 3 Wicklow clubs (AnTochar, Blessington & Shillelagh/Coolboy) have been chosen to pilot the programme from January 2022 in advance of a national launch.

Congratulations to Uachtarán Chumann Lúthchleas Gael, Larry Mc Carthy, and GAA Diversity & Inclusion Officer, Geraldine Mc Tavish who were instrumental in having sign language accompany the speeches at the presentation for the All-Ireland Football Final.

The National GAA specific Irish Sign Language Programme committee members are:

Rita Brady - An Tochar GAA Club

Christopher Brady - An Tochar GAA Club

David Murray - Chair Wicklow GAA, HWC

Lisa Jackson – Blessington GAA Club & Wicklow GAA HWC Disability Inclusion Co-ordinator

Ger McTavish - GAA National Diversity & Inclusion Officer

Collette Coady - GAA Community & Health Department Co-ordinator

Aideen Howlin - The Camogie Association

Vincent Whelan – The Ladies Gaelic Football Association

- Wicklow Sports Partnership

Aisling Hubbard - Wicklow Sports Partnership

Representatives of - Deaf Sport Ireland

Representatives of - Irish Deaf Society

Policies

In line with best practice and on advice from Croke Park National Health & Wellbeing Committee Wicklow GAA have developed and signed policies for Gambling and substance use. We are also signed up to and aspire to all Wicklow GAA property being smoke and vape free areas.

CARA, Disability Charter

We have been advised by the GAA National Diversity & Inclusion Officer (Ger McTavish) that all clubs and counties should have in place a CARA, Disability Charter. This document is to set out our aspiration and commitment to being open to and understanding of all people with disabilities under the following headings.

People: Access training for our staff/volunteers to facilitate the inclusion of people with disabilities

Activities: Develop and deliver inclusive activities Facilities

Review: our facility/venues/equipment to make our organisation more accessible

Promotion: Promote the inclusive nature of our activities, in a variety of formats.

Please feel free to contact chair.hwc.wicklow@gaa.ie for further details.

While it is not the case now It is anticipated that future government capital grant funding will be dependant on clubs having signed up to the Disability Charter.

On behalf of the Wicklow GAA Health & Wellbeing Committee I would like to thank you all for your ongoing support and assistance.

Le Mais
Daithi O'Muiri
Chairperson Wicklow HWC