



EXPRESSIONS OF INTEREST

What is the Healthy Clubs Project (HCP)

The HCP aims to maximise the health-enhancing potential of GAA clubs. The goal is that participating clubs build upon the important contribution they already make to Irish society by supporting their members and communities to enjoy healthier lifestyles.

The project is supported by Healthy Ireland, the HSE, the National Office for Suicide Prevention, and Irish Life. Additional partners include the public Health Agency and Sport Ireland.

To date 58 officially recognised 'Healthy Clubs' exist across the 32 counties. The GAA is extending the project to 150 clubs in Phase 3 which will run from February 2018 - September 2019.

Benefits and Opportunities

The benefits for participating clubs and for those who engage with the project are significant. The independent evaluation of the HCP Phases 1 and 2 cited the following benefits and opportunities:

- Access to Healthy Club resources and training
- Potential to increase club membership and broaden the volunteer base
- Improvements in the health promoting activities of clubs especially with respect to club policy, practice, and the environment (both physical and cultural)
- Better engagement with club activities by members
- Accessing additional funding/sponsorship avenues
- Strengthening of club's goodwill in the community
- Opportunity to develop lasting links with other like-minded clubs
- Great sense of achievement
- Increased media coverage for club, both locally and nationally and,
- Recognition by the GAA and Healthy Ireland – Healthy Club flag and plaque provided to all official clubs upon completion of criteria



PROCESS - STEPS TO BECOMING A HEALTHY CLUB

With training, resources, and support provided, each Healthy Club project team engages their membership base and their community to identify at least two areas upon which to focus during their 18-month journey. Clubs must also prepare and adopt a critical incident response plan (template and training is provided).

Clubs that participated in Phases 1 & 2 most commonly focused on: healthy eating; physical activity; mental fitness, smoke-free clubs; gambling, drug, and alcohol education; community development (particularly inclusion and integration); training and personal development (including youth leadership); and anti-bullying programmes.

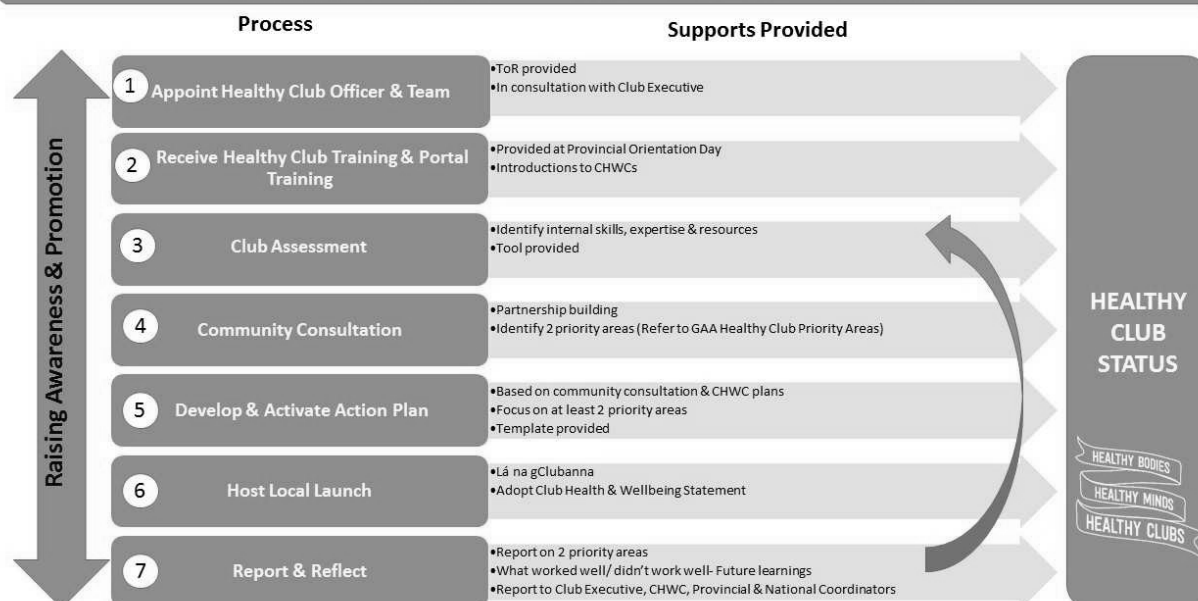
The diagram below outlines the steps involved in becoming a Healthy Club and the ideal time period for each step. The Community & Health department in Croke Park and each respective County Health & Wellbeing Committee provide support to clubs along the way.

The process covers an 18-month period, starting officially in February 2018 until September 2019. Clubs will be awarded official 'Healthy Club' status upon completion of all steps, with progress recorded via the online Healthy Club portal. (This also acts as a useful information sharing platform for participating clubs.)

All selected clubs receive an entry pack (with Healthy Club promotional materials, etc) and can also apply for the Healthy Club grant of €1,000 upon achievement of selected criteria, which is made available through Irish life's generous CSR investment.

Case studies highlighting Phase 1 and 2 participating clubs' activity will be provided to provide ideas, useful approaches, and inspiration!

STEPS TO BECOMING A HEALTHY CLUB



Commitment & Key Milestones

Below are the the key milestones that clubs selected to participate must be able to commit to:

- National Orientation Day in Croke Park – March 3rd 2018
- Provincial Forum 1 (April 2018 Date TBC)
- Local Launch /adopt Healthy Club Statement (Lá na gClubanna May 2018)
- Provincial Forum 2 (June 2018 Date TBC)
- National GAA Health & Wellbeing Conference & Forum in Croke Park (October 2018 Date TBC)
- Provincial Forum 3 (January 2019 Date TBC)
- Healthy Club Provincial Roadshows (October 2019 Date TBC)
- Clubs are required to document their progress on a quarterly basis using the exclusive Healthy Clubs online portal. At least two members of the Healthy Club project team must receive Healthy Club Officer Training and Portal Training. Terms of Reference (ToR) for the Healthy Club Project Team will be shared with clubs.

Additional information:

It is necessary for the Club Executive to fully support the clubs application. * **Please note, two members of your Club Executive must approve this application.**

It is important to let your County Health & Wellbeing Committee (CHWC) know your club are applying for Phase 3 of the project. They can be reached using the generic email address, chair.hwc.COUNTY@gaa.ie but ensure to change the **COUNTY**, for example chair.hwc.clare@gaa.ie

The closing date for applications is **Monday, 29th January at 5pm** . If you have any queries please email Aoife O'Brien at aoife.obrien@gaa.ie



CLUB DETAILS

The GAA Healthy Club Project Phase 3 Expression of Interest Application Form requires clubs who are applying, to complete all sections of the form.

Form completion time should take approx. 20 minutes.

If you are unable to complete the application form in one sitting, the information completed up to that point will be saved and you can come back to it later. *Please note if you need to complete the form in more than one sitting, the same device must be used.

* Official GAA Club Name

* Club Address

* Province

* County

* How would you classify your club?

Rural

Urban



CLUB MEMBERSHIP & GAMES OFFERED

Please enter your clubs data about the membership numbers and games offered by your club in as much detail as your available records allow.

* Enter the number of registered club members in relevant box

Adult Playing	<input type="text"/>
Adult Non-Playing	<input type="text"/>
Youth	<input type="text"/>
Child	<input type="text"/>
TOTAL	<input type="text"/>

* Using the drop down list please enter the number of teams per code your club has registered with the relevant Association. If your club does not have a team in a particular code please enter 0

Men's Football	<input type="text"/>
Ladies Football	<input type="text"/>
Hurling	<input type="text"/>
Camogie	<input type="text"/>
Handball	<input type="text"/>
Rounders	<input type="text"/>



EXISTING HEALTHY CLUB ACTIVITY

* Has your club appointed a Healthy Club Officer (former Club Health & Wellbeing Officer)

Yes

No

* Is the Healthy Club Officer role supported by a project team/committee?

Yes

No

* Has the appointed Healthy Club Officer received Healthy Club Training (former Club Health & Wellbeing Training)?

Yes

No

* Has your club had any engagement with the County Health & Wellbeing Committee?

Yes

No

* Has the club ever engaged with its members/community to identify health needs?

Yes

No

* Has the club got a plan/policy for health and wellbeing?

Yes

No

* Please use the section below to outline your club's existing engagement, in activity that could be classified as being beneficial to the health of its members

Gambling, Alcohol and
Drug Education (E.g.
Club Policy/ASAP)

Mental Fitness (E.g.
Mental Health Charter)

Community Development
(E.g. Social Initiative for
Older Members)

Diet and Nutrition (E.g.
Healthy Eating
Policy/Healthy Eating
Options)

Physical Activity (E.g.
Gaelic for Mothers &
Others/Operation
Transformation)

Training and Personal
Development (E.g.
Dermot Earley Youth
Leadership
Initiative/SafeTalk)

Other (Please specify)

* Have any of the previous activities been evaluated

- Yes, formal evaluation has been carried out
- Yes, informal evaluation has been carried out
- No

* Has anyone from the club attended the GAA Health & Wellbeing Conference

- Yes
- No

* Has anyone from the club attended the Healthy Club Provincial Roadshows

- Yes
- No

* Is the club involved in any formal partnership with any of the following?

- Samaritans
- Local Council
- HSE
- PHA
- Sports Partnership
- School/Third Level Institute
- Charities
- The club is not involved in any formal partnerships with any of the above
- Other (please specify)

* Please use the space below to provide additional detail on any partnerships listed above (150 words max).



MOTIVATION TO BE A HEALTHY CLUB

* Outline your club's motivation to join the Healthy Clubs Project, and why you think you should be involved (500 words max)



SIGN OFF

The process involved in become a Healthy Club requires full club buy-in, including backing from the club executive. With this in mind, expressions of interest must have approval from two members of the Club's Executive Committee. Please fill in details of the Club Executive Committee members you have sought approval from below.

*** Club Executive Committee Member 1**

Name

Executive Committee
Position

Email

Contact Number

Signed

Date

*** Club Executive Committee Member 2 Sign-off**

Name

Executive Committee
Position

Email

Contact Number

Date

*** If not already provided above, the person submitting this form should use the space below to provide their details. Communications will be directed through this individual and the club secretary.**

Name

Role within the Club

Email

Contact Number

Date

If you would like to provide any information you feel will support your club's application please upload as **one** complete file below

File types that may be uploaded are: PDF, DOC, DOCX, PNG, JPG, JPEG, GIF

Choose File

No file chosen