

Community Package – Disability and Inclusion / Fun N Run



Club	Kilmacud Crokes GAA
County	Dublin
Location	Stillorgan
Rural/ Urban	Urban
Codes	Football, Ladies Football, Hurling and Camogie
Membership (2016)	4683

Case study- Kilmacud Crokes Sports 4 All

Plan

Supporting Document: Healthy Club Statement [INSERT HERE]

Kilmacud Crokes have an established focus on health and wellbeing in the club under the tag line of Crokes Talks. The Healthy Club team sought to broaden the dimension of the club in the area of health and wellbeing by introducing a disability/ inclusion programme. A number of parents in the area approached the club about the possibility of doing this. To get started

they arranged a meeting and invited all parties with an interest to attend, including those who have a child with a disability, have a disability themselves, coaches or volunteers who wanted to help out in some way. The club's rationale was to include all individuals and provide physical activity opportunities for those with disabilities as a means of enhancing life, increasing social interaction, improving physical and mental health.

They then contacted the GAA who provided support in terms of Disability Inclusion Training and Fun N Run. This initiative is a start for the GAA and it is the first steps for the Association to become more inclusive. The aim of the training is to upskill coaches in Clubs so that they can feel confident in including a child/adult with a disability within their Club.

Partners

The club identified this need within their area and wanted to respond appropriately. They weren't expected to have the capacity to develop an inclusion programme themselves but to identify and work with the appropriate partners who have the expertise. They were responsible for recruiting interested individuals to get involved and identify suitable partnerships to make the inclusion programme come to fruition, i.e. the Coaching & Games Department and CARA.

Partners within the club:

- Club Executive
- Club members
- Volunteers
- Parents
- Coaches from all codes
- Crokes Talk Committee

Partners outside the club:

- GAA Coaching & Games Department
- GAA Community & Health Department
- CARA (National organisation aimed at enhancing sport and physical activity opportunities for people with disabilities).
- LSP network (SIDO- Sports Disability Inclusion Officer)
- Local schools

Activity

Crokes were the first club to pilot the GAA's Disability Inclusion Training module, which was developed by the GAA in collaboration with the CARA Centre (National organisation aimed at enhancing sport and physical activity opportunities for people with disabilities). The practical session was delivered in the club and aimed at coaches and/or individuals/parents with an interest in this area. The session showed participants how to modify and adapt Gaelic Games to cater for those who may have a physical, intellectual or sensory disability. Over 30 individuals attended the two- hour session and the feedback was very positive. The consensus was that there is a need for this training and that clubs would learn as they go along considering it is completely new to the GAA.

In addition, the club participated in the GAA's Fun N Run pilot. GAA Fun & Run is an inclusive activity involving a team of batters/kickers and fielders which is suitable for all ages, genders and abilities. It is particularly suited to meet the needs of people with disabilities who often perceive themselves to be excluded from mainstream GAA activities. The game encompasses a range of fundamental skills that exist in Gaelic Football, Hurling, Rounders and Handball. The rules have been modified to adapt these skills to suit individuals involved and their capabilities. It aims to enable individuals to grow and maintain optimum participation across the full diversity of Irish community life. Clubs receive a GAA Fun N Run pack, Fun N Run training and inclusion training. For more information on the GAA's Fun N Run, including a promotional video and rule book visit <https://youtu.be/dRvxZ7dSmDo>



The Club

The club now provide sports 4 all training on Sunday mornings for children with physical, intellectual or sensory disabilities. The feedback from participants, parents and coaches has been really positive. The training removed the fear factor which was initially associated with this area and gave coaches confidence in their approach. In addition, parents of children with disabilities feel more connected and involved in the club as a result.

Quote from the Healthy Club Officer in Kilmacud Crokes:

“Although we are only starting off on this journey the Disability and Inclusion programme has brought the health and wellbeing focus full circle with in the club and we are now providing sports for all which was our ambition as a Healthy Club. It is reflective of our core values i.e. Inclusiveness; Respect AND Teamwork”

This initiative is a start for the GAA and it is the first steps for the Association to become more inclusive. It has received phenomenal interest in Kilmacud Crokes and other Healthy Clubs who are involved in this space, including Bray Emmets GAA In Wicklow and St. Colmcilles GAA in Meath, to name a few. This is an example of Healthy Clubs responding to the needs of their clubs and wider communities through appropriate partnerships and programmes. It is an ideal template; working in collaboration with suitable partners as the implementation arm for certain programmes/ interventions.