

Community Package - Engaging Older Members of the club and wider community



Club	Tubber GAA
County	Offaly
Location	Tubber, Co Offaly
Rural/ Urban	Rural
Codes	Football, Ladies Football & Hurling
Membership (2016)	230

Case study- Tubber Active Retirement

Plan

Supporting Document: GAA Healthy Club Statement

Tubber GAA goes beyond the regular boundaries of a traditional GAA club to provide opportunities for community engagement and promote inclusivity. A **local community consultation** identified the need to engage older people in the community to try and tackle social isolation. A plan was set in place to start an **Active Retirement group** in consultation with Active Retirement Ireland (ARI). The organisation have regional development officers

who offer support and assistance to get groups up and running. Sample guidelines and constituents are provided but affiliated groups are self- managed. Tubber Active Retirement group now meet every Thursday from 11 am to 1 pm to provide a regular social outlet for members. The clubhouse and its facilities is provided free of charge to the group.

Partners

Within the Club:

- Tuber Healthy Club Project Team
- Club Executive

Outside the club:

- Active Retirement Ireland (ARI) - Tubber Active Retirement have affiliated with them. As well as initial support to get up and running, they provide information on local and national events and issues relating to retired people. Insurance is also covered through ARI
- Public Participation Network (PPN) - Tubber Active Retirement are members of this network through the Department of Rural and Community Development. Through this network local authorities provide information on older people issues and how to avail of grants. It also enables the group to participate in local decision making and planning services.
- Various community groups/partners are engaged to provide a range of classes/activities.
- Offaly GAA Health & Wellbeing Committee (chair.hwc.offaly@gaa.ie)



Activity

Tubber Active Retirement is aimed at people over the age of 50 and involves weekly meetings over a cup of tea in the clubhouse. The suite of activities available include:

- Home safety
- Bingo
- Boccia
- Weekly coffee mornings
- Bridge
- Flisk
- Exercise programme
- Social outings and trips (Offaly and beyond)
- Arts & crafts
- Computer classes
- Flower arranging

Promoting the club and spreading the word around the parish was an important step. They started with 10 members and after 1 year they now have 18 members. They held “**bring a**

friend” day and invited other groups for coffee mornings which were huge successes. The group signed up to the county Boccia league. This enabled members to participate in an enjoyable past time while providing a great opportunity to meet other retired people from all over Offaly. Some of the social outings included trips to Croke Park, Rock of Cashel, Newbridge Silverware, Bunratty Folk Park and Lough Boora Parklands. Participants pay €5 per week.

The Club

This initiative has further positioned the club in the heart of the community, simply by opening up their facilities and supporting community groups. The group is **self- managed** but Tubber GAA give it great promotion through their channels. The Tubber GAA Health & Wellness **Facebook Page** is a hub of activity with all the photos of regular outings and beautiful art creations displayed. The club presented this case study in Croke Park at the Leinster Healthy Club Roadshow to approx. 250 clubs in the province alongside Mickey Harte (Tyrone Football Manager), Michael Fennelly (former Kilkenny Hurler) and Anna Geary (former Cork Camogie Captain and Ireland’s Fittest Family Coach).

The setting up of Tubber Active Retirement has made a huge difference to the older people in the community. It has given them the chance to meet people in the local area and the opportunity to try so many new things. Tubber Active Retirement won first prize at the PPN meeting in 2017 for their amazing work.



