

## Community Package – Engaging Older Members of the club and wider community



Club	Ballinderreen GAA
County	Galway
Location	Ballinderreen, South Galway
Rural/ Urban	Rural
Codes	Hurling and Camogie
Membership (2016)	481

### Case study- Ballinderreen Feels Good: Social Initiative

#### Plan

##### Supporting Document: GAA Healthy Club Statement

The first step was to set up a **Healthy Club project team who** carried out a **community wide survey** to ascertain what areas of health the club and community would like to focus on. Engaging older members of the club and community was one of the major themes that emerged from the survey. The main target audience included: non - playing members, older members of the community and those who may be experiencing isolation. The idea behind the **Ballinderreen Feels Good Social Initiative** was **inclusivity**. They wanted to **bridge the gap** between the older and younger generations in the community. The community centre which is next to the club (and owned by the club) and the walking track were the perfect venues to utilise for this initiative.

## **Partners**

*Within the club:*

- Club Executive
- Club members
- Underage coaches
  - Members of the Health Club Project group – each member took the lead on certain initiatives as part of the Ballinderreen Feels Good Social Initiative – see list below.

*Outside the club:*

The team were very successful in identifying local services and partners to team up with to deliver Ballinderreen Feels Good Social Initiative.

- Community centre
- Local nursing home, Blake Manor
- Brothers of Charity
- Senior Citizens Committee
- Members of local community
- Public health nurse
- Get Ireland Walking
- Parish Council- Acorn Centre
- Ballinderreen National School
- COPE Galway
- HSE
- Galway Health & Wellbeing Committee ([chair.hwc.galway@gaa.ie](mailto:chair.hwc.galway@gaa.ie))
- Gardai

## **Activity**

As part of the Ballinderreen Feels Good Social Initiative the club coordinated a range of activities including:

- Monthly lunch club
- Nursing home visits in partnership with the national school
- Movie nights
- Card night “Out of the Pub- Into the Club”
- Meet and Sing
- Walking group
- Home safety talks
- Bingo

Promoting the initiative and spreading the word around the parish was an important step. The club developed an information leaflet with a calendar of events for distribution. The club used Lá na gClubanna to launch the initiative.

<p><b>Ballinderreen Healthy Club Project</b></p> <p>Ballinderreen Healthy Club sets out to create a community where everyone can enjoy physical and mental health and wellbeing</p> <p><b>Ballinderreen Healthy Club Project</b> Ballinderreen GAA was recently selected as the only Galway club to take part in the GAA's National Healthy Club Project.</p> <p>The purpose of the project is to:</p> <ul style="list-style-type: none"> <li>promote the health and wellbeing of GAA and Camogie club members and the wider community across the whole parish of Ballinderreen.</li> <li>A working group led by Mary Maloney will roll out community development projects that will include a walking group, and social events that will promote interaction between all age groups and all people across the community.</li> <li>The group will also help to deliver workshops to coaches and parents and a nutrition programme for playing members.</li> </ul> <p>This is a brilliant opportunity for our club and community and we look forward to seeing you at our launch on May 8th - La na gClub!</p> <p><b>Walking club</b> We will be kicking off an 8 week walking course on May 12th, which will be run in conjunction with "Get Ireland Walking". This is open to everyone in the community who wishes to be active in a social setting (insurance fee will apply).</p> <p>Contact Helena Murphy T: 087 226 4313 Claire Burke T: 087 130 4114</p>	<p><b>Ballinderreen Feels Good</b></p> <p><b>Lunch Club</b> We hope to have 'Ballinderreen Lunch Club' once a month. Meals will be provided at a reduced cost of €5. All dietary requirements catered for. This initiative will be organised in conjunction with the H.S.E. Ballinderreen Lunch Club will begin Friday 20/5/2016 at 1pm in Ballinderreen Community Centre. All members of community and friends welcome.</p> <p>Contact Mary Helebert T: 087 944 4898 and Laura Sheehan T: 085 789 3385</p> <p><b>Blake Manor</b> Has welcomed the students of Ballinderreen N.S. who will be visiting the residents over the coming months for organized activities. We also plan to hold underage training sessions on the grounds of Blake Manor.</p> <p><b>Home Visits:</b> Would you like a member of our community to visit you once a week for an hour? Could you spare an hour to visit someone? We currently have 8 residents of Blake Manor who would love to have a visit from one of our social team. If you would like to get involved, call</p> <p>Carmel Lane T: 086 320 3568 or Catherine Helebert: T: 087 949 8010</p> <p><b>Meet and Sing</b> Have you been waiting for a sing song? Well, wait no more! Singers of all abilities and styles are welcome to a relaxed singsong starting 18th May Acorn Center 8pm. For further info talk to</p> <p>Siobhan Morgan T: 087 950 3557 Laura Cassidy T: 086 400 7811</p> <p><b>Film Night</b> Once a month from October there will be a film night in the Acorn Center. More details closer to the time.</p>	<p><b>Ballinderreen Healthy Club Project</b></p> <p><b>November Cards</b> Would you like to play cards? We are looking for people to play social cards every Wed night from 7.30-8.30. Could you teach a teenager how to play whist or spot? For further information talk to:</p> <p>Mary Maloney T: 085 721 9832 Tom Costello T: 086 824 3731</p> <p><b>Calendar 2016</b></p> <p><b>May 2016</b></p> <p>8th Launch of Healthy Club Project 11th 6th class students visit to Blake Manor Nursing Home 12th Walking club starts (8 week program in conjunction with Get Ireland walking 7.30 to 8.30 at Ballinderreen GAA pitch. 14th Ballinderreen Community Centre will hold a concert with Dermot Byrne, Steve Cooney and Pierre Schryer next Sat 14th May at 8pm. Adm €15.00 (€12.00 GAA/Student) on 085 1743916 or on www.ballinderreen.com Early booking advised. 18th Meet and Sing 8pm Acorn centre 20th Community Lunch Club 1pm community centre €5 donation 22nd 7.30 pm – Ballinderreen Community Centre will host a Sunday Evening Tea Dance with The Martin Forde Band. Waltz, Jive, Foxtrot, Ceili &amp; Old Time. Refreshments served. Adm €8.00.</p> <p><b>June 2016</b></p> <p>17th Ballinderreen Lunch Club 1pm Community Centre</p> <p>Check out our community facebook pages and Community Website for updates on events www.ballinderreen.com/communitycentre www.facebook.com/ballinderreen.hurlingpro www.facebook.com/Ballinderreen-Camogie-Club www.facebook.com/Ballinderreen-Community-Centre</p>
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The lunch club is held in the local community centre but as it does not have the facilities to cook food the club have linked up with COPE Galway who provide and distribute all the meals, while catering for all dietary requirements. This comes at a cost of €6 for a two course meal. Individuals who attend are charged €5 for their meal and the club supplements the rest.

## The Club

The community centre has **won an award for social inclusion**. This award demonstrates the work that has been done to get people involved in the community. These are people who could easily feel "left out" in their community, but now they are involved in the community and it has led many of them to also become involved in the GAA club, either actively or as supporters.

The club and community score highly in community award schemes for disabled access and for involving ethnic groups, disadvantaged groups, disabled groups, and groups of all ages including the elderly in community projects and activities.

## Club Benefits:

Increase in club members

New volunteers linked to the club

Better engagement with fund raising

As word spread about the lunch club many people from the community approached the Healthy Club Project Team and volunteered to help out. During the school holidays a number of girls from the local secondary school give a helping hand, bridging that age gap between the older generations of the community and the younger.

The Ballinderreen Feels Good Social Initiative has given people a purpose, comradery and independence.

**Quotes from participants:**

*“Very nice, very nice staff serving us, it is nice to get out and about for a couple of hours”*

*“Friendly lunch & very good food”*

*“Its good, it gives me a change to get out and meet local people”*

*“ I like to feel useful and drive two of my neighbours down’*

*“I like to meet and chat with friends”*

