

Kilmacud Crokes GAA Club, Dublin

Stress Control

Kilmacud Crokes has an established focus on health and wellbeing in the club under the tag line of Crokes Talks. Since this focus was started a number of years ago, they have sought to broaden the dimension of the club in the area of health and wellbeing by running a number of initiatives under the Crokes Talks banner to broaden the influence and interests of the club in the area of health and wellbeing for their membership and the local community. In that regard, they have kicked started 2017 with a number of health and wellbeing initiatives including a 6 week Stress Control Course. It is jointly run by Kilmacud Crokes and the HSE Dublin South Psychology services. 'Stress Control' was devised to help the large number of people that experience stress and stress related reactions and who are keen to learn how to tackle their problems themselves.

They are also looking to start a new project for people with disabilities. Crokes believe that sport and physical activity for people with disabilities is a means of enhancing life, increasing social interaction, improving physical and mental health and empowering people in all aspects of their lives. They have held a meeting in the club with interested parties on how they could implement a Sports inclusion program for people with disabilities with a view to getting a program up and running by the end of February 2017