

## **Craobh Chairáin GAA Club, Dublin** **Community Activity Days**

One of the most exciting community initiatives that Craobh Chairáin run are Family Activity Days. The idea of these days was initiated by the Healthy Club project team from wanting to provide an alternative social activity that everyone in the club and community could get involved in. The club realised that in order to give back to the community of Donnycarney they would need to provide something different, a change from all the usual mill of activities such as training and managing teams. Also they wanted a way for members of the club and community to socialise and get to know one another in a different setting.

The first trip was a walk up the Sugar Loaf Mountain at the start of the summer. The club used this initiative to mark the break before the summer in GAA activities. The Sugar Loaf was chosen as it would suit the club's younger and older members and was achievable for all. They hoped to have around 30 to 40 participants but within a week of advertising they needed to hire 3 double decker buses to accommodate the fleet of members interested. One hundred and eighty individuals from the Donnycarney community, including the local schools, community groups and the club set off for the Sugar Loaf with their packed lunches, water and great weather, which was a bonus.

The youngest person from the club to climb the Sugar Loaf was 3 years of age and the oldest was 71. It was a fantastic community day and they all went back to the club afterwards for a BBQ and a social evening. Out of the 180 people only 6 people had ever climbed the Sugar Loaf and now it is an annual fixture in the Club Diary that all look forward to. Due to the success of this initiative Craobh Chiaráin have organised many other community activity days such as the Bray to Greystones cliff walk and Glendalough. Every summer they organise 3 activity days which are greatly supported in the club and community of Donnycarney.