



Club Health & Wellbeing Officer Training

Participant Workbook

Club Health & Wellbeing Officer Training



1.



Club Health & Wellbeing Officer Training

COUNTY NAME

2.

Learning Outcomes

By the end of this workshop you will...

1. Know what the GAA can/should do in this space
2. Understand the role of the Club HWO
3. Appreciate how to put your role into practice
4. Learn what supports are available
5. Know your next steps

3.

Who is in the room?

4.

What is health and
wellbeing?

5.

Factors influencing health



6.

What does the GAA do for its members health and wellbeing?



7.

What can the GAA do?



The GAA Club is the heartbeat of its Community



8.

What can the GAA do?



9.

What can the GAA do?

How healthy is Ireland?

Statistics taken from: Slán Survey / One World Survey / NOSP Research



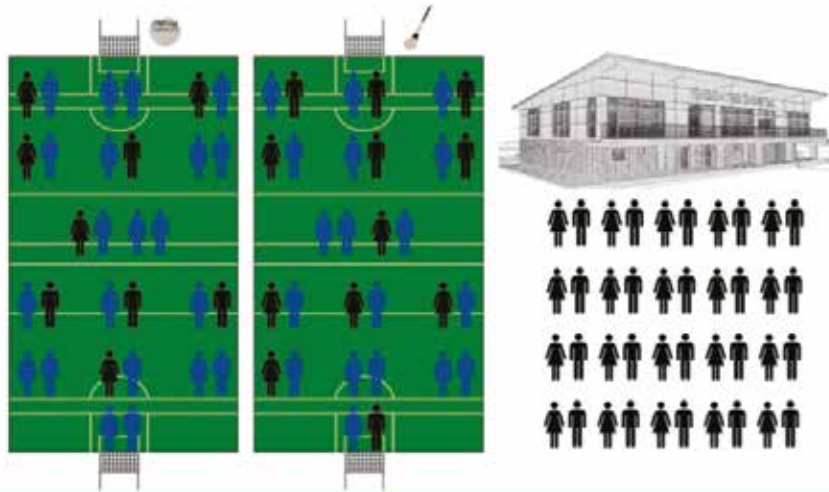
10.

100 Member Club



11.

61 of the 100 are obese or overweight



12.



A series of 25 horizontal lines for taking notes.

13.



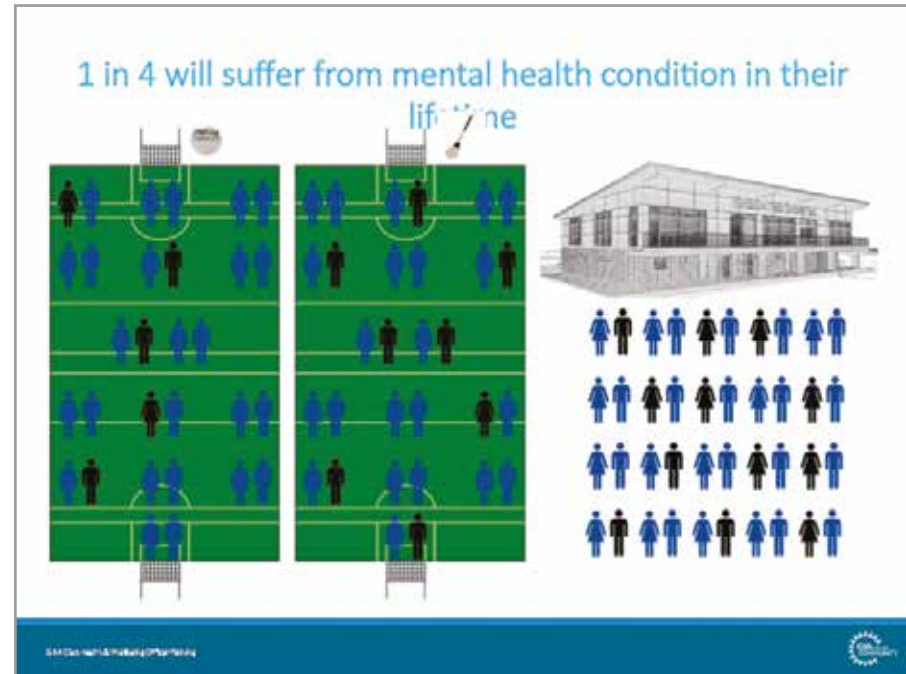
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15.

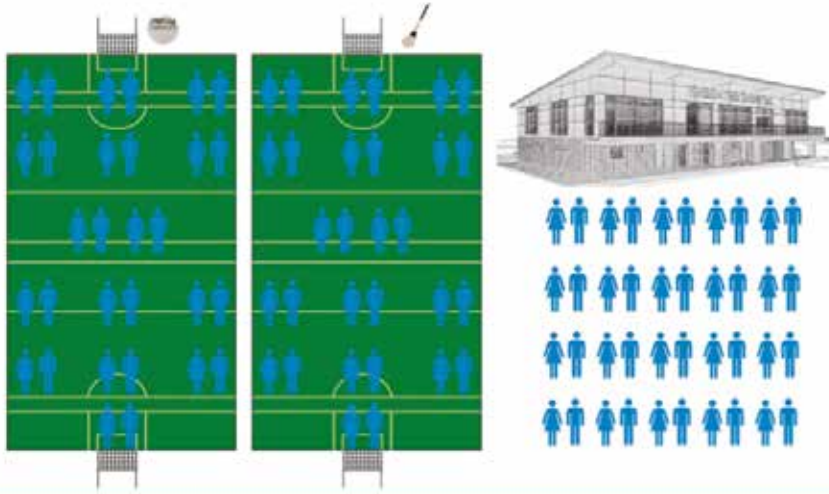


16.



17.

Everyone will need strong mental fitness in their lifetime



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18.

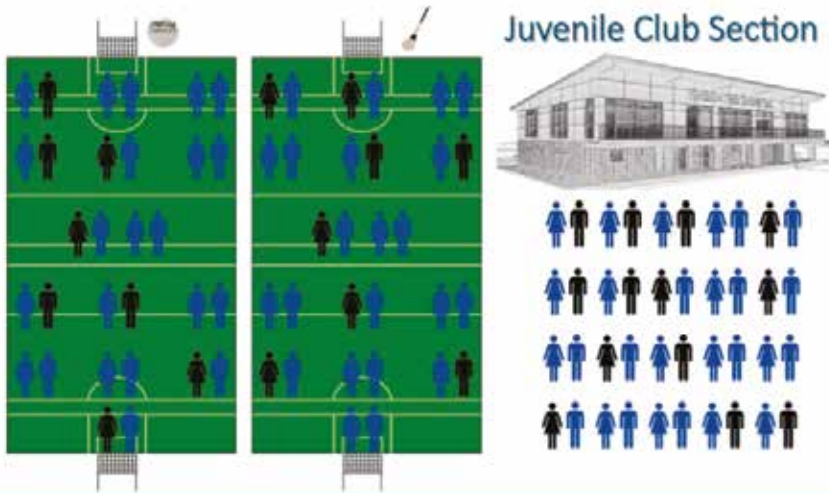


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19.

71% say they have One Good Adult in their lives



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20.



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21.

We want to be the Good Adults for our young people today, while supporting them to become the Good Adults of tomorrow

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22.

What the GAA offers

Protective Factor	Risk Factor
Positive outlook	Early use of tobacco, alcohol and other substances
Self confidence and positive self belief	Mental health problems
Good communication skills	Aggression/impulsivity
Appropriate Boundaries/supervision	Risk taking
Assertiveness	Easily influenced by peers
Strong sense of community	No sense of belonging to or pride in community
Opportunities to socialize in a safe environment	Lack of facilities and amenities

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23.

What the GAA offers (parents' view)

Category	Rank	Score
Health benefits gained through sport	Ranked No. 1	6
Social aspect of playing sport	Ranked No. 2	5
Personal development through playing sport	Ranked No. 3	4
Regular exercise gained through sport	Ranked No. 4	3
Interpersonal skills developed through sport	Ranked No. 5	2
Sports skills development	Ranked No. 6	1

Munster GAA Coaching Investment Review (Nov 2012)

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24.

What can the GAA do?

The vision of the National Health & Wellbeing Committee is to...

Make the Association a healthier place for everyone to enjoy.

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25.

What is the role of the Club Health & Wellbeing Officer?



26a.

Role of Club Health & Wellbeing Officer

The vision of the National Health & Wellbeing Committee is to...

Make the Association a healthier place
for everyone to enjoy.



26b.

Role of Club Health & Wellbeing Officer

The role of the Club Health & Wellbeing Officer is to...

Support their Club to be a healthier
place for everyone to enjoy.



27.

Role of Club Health & Wellbeing Officer

Communicate

Support

Signpost

You don't
have to be
the expert!



28.

Role of Club Health & Wellbeing Officer

- Communicate**
 - That you are the HWO and what the role is all about
 - The good work your club is engaged in/planning
 - With your County Health & Wellbeing Committee
 - With club members and the wider community.
- Support**
- Signpost**

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29.

Role of Club Health & Wellbeing Officer

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- Support**
 - The implementation of GAA Health policies in your club, supported by your Club Executive
 - As appropriate, health related activities / education / programmes that may benefit club members
- Signpost**

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30.

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- Signpost**
 - Familiarise yourself with local groups / support
 - Signpost members to services should they require further support

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31.

Role of Club Health & Wellbeing Officer

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32.

Role of the Club HWO

Community Support
 Listening Communicate
 Training Knowledge
 Learning Signpost
 Belief Interest
 Interest



33.

Role of the Club HWO

Always remember what Club Health & Wellbeing Officers **DO NOT** have to be....

- ✗ An expert
- ✗ A counsellor
- ✗ Responsible FOR your members
- ✗ Responsible for resolving internal disputes
- ✗ Expected to work on your own, but instead with the support of the Club Executive



34.

How does it work?

THE FOUR BUILDING BLOCKS

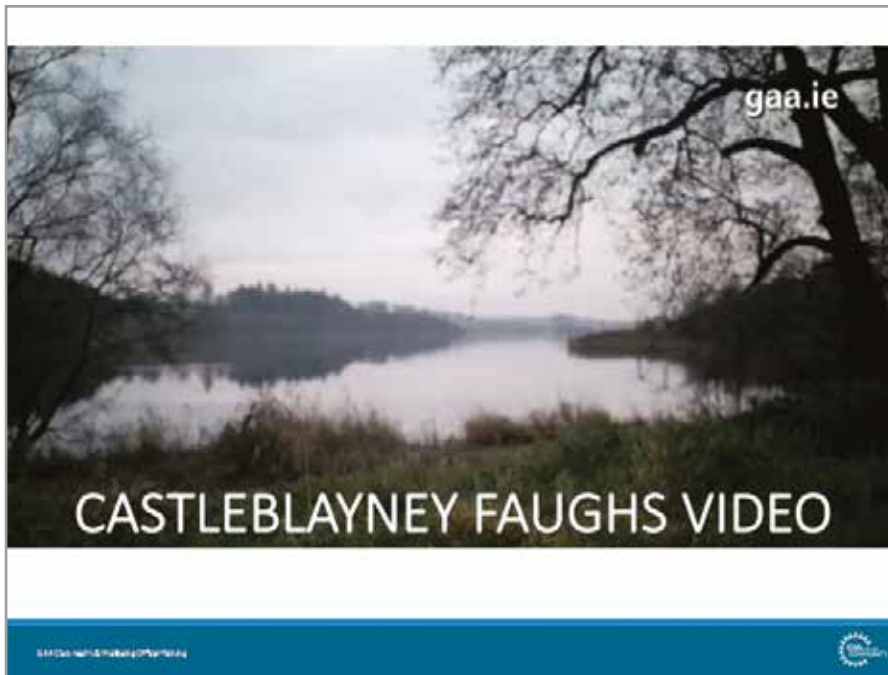


35.

How does it work?



36.



37.



38.

Reacting to Situations

In your role you may be asked to offer support around an unforeseen personal or confidential situation involving a club member(s).

When faced with a situation, the following steps will help support you and the individual

39.

- ### Role of Club Health & Wellbeing Officer
- Communicate**
 - Ensure an open friendly style of communication
 - Ensure they know that you understand the situation
 - Support**
 - Support the person(s) involved
 - Clarify the facts
 - Ask what else is going on
 - Clarify if other support has been sought
 - Signpost**
 - Discuss the range of help / support services that are available (e.g. health care professional / GP)
 - Advise the person to seek further help
 - A friendly follow-up after a period of time is recommended

40.

Reacting to Situations

If you do not feel you have the capacity or confidence to deal with such situations
YOU ARE NOT EXPECTED TO.

If you have any doubts, reach out to your
County Health & Wellbeing Committee

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41.

Reacting to Situations

Some situations are so extreme in their nature, they have the capacity to overwhelm an entire club. How the club responds to such situations is outlined in the GAA Critical Incident Response Plan and is a matter for the Club Executive.

GAA Critical Incident Response Plan is available at:

gaa.ie/community

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42.

What supports are there?



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43.

What supports are there?

County Health & Wellbeing Committee:

chair.hwc.county@gaa.ie

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44.

What supports are there?



Section Website
 Contacts
 Resources
 Support Information
 E-Learning Content

gaa.ie/community

45.

Learning Recap

- ✓ Remember your club does and continues to do a lot already
- ✓ Your role is based on three functions:
 Communicate | Support | Signpost
- ✓ Remember you're not...

46.

Learning Recap

- ✗ An expert – nor do you have to be
- ✗ A counsellor
- ✗ Responsible **FOR** your members
- ✗ Responsible for resolving internal disputes
- ✗ Expected to work on your own, but instead with the support of the Club Executive

47.

Learning Recap

- ✓ Remember your club has been and continues to do a lot already
- ✓ Your role is based on three functions:
 Communication | Support | Signposting
- ✓ Remember you're not...
- ✓ Your work is based on four building blocks:
 Plan | Partners | Activity | The Club
- ✓ We want all clubs to be proactively
- ✓ While also being organised so you can react to the unforeseen
- ✓ Make use of the supports there to assist you:
 People | Online | Training | Publications

48.

What's Next?

- q Review training material you have received tonight
- q Request an opportunity to speak to Club Executive and discuss the structures the club wishes to put in place
- q Review existing club activity and identify where potential exists
- q Inform the club membership and County HWC that you are the HWO and what plans the club has in place
- q Identify where additional supports can be sought
- q Familiarise yourself with the Club Health & Wellbeing Manual
- q Working through the building blocks, start to make things happen



49.

*"Small changes can lead to big impact...
We want to achieve big impact"*



50.

Ceisteanna eile?



51.

Go raibh maith agat





GAA Club Health & Wellbeing Officer Training is supported by a Corporate Social Responsibility partnership with Irish Life and aims to deliver the goals outlined in the Healthy Ireland Framework and the Making Lives Better Strategy.

MAKING THE GAA A HEALTHIER PLACE FOR EVERYONE TO ENJOY.