

Ballinderreen GAA Club, Galway

Lunch Club

The most successful initiative coordinated by the Healthy Club Project Team in Ballinderreen GAA is the monthly Lunch Club, a social initiative aimed at bridging the gap between the older and younger generations in the community. To date the club have dished out 260 lunches to residents from the local nursing home Blake Manor, service users of the Brothers of Charity and many residents of the community. On average 37 people attend every month since it commenced during the Summer, 2016.

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.

As word spread about the lunch club many people from the community have 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.

After the first month the Healthy Club Project Team realised how necessary this initiative was within the community and therefore wanted it to be so much more than just coming along for a dinner. Over the last six months they have coordinated various other activities in partnership with the local school, Gardai and other community groups, including safety talks; suicide awareness; bingo, card nights and ceilis, to name a few.

The main impact of this initiative is it has given people a purpose, comradery and independence.

Quotes:

“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”

“It’s good, it gives me a chance 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”