

St. Mary's GAA Club, Convoy, Donegal

Mental Fitness

As well as offering opportunities for enhancing member's physical fitness, St Mary's GAA club in Convoy are just as concerned with promoting members mental fitness. The club adopts a holistic approach to health and prides itself in offering opportunities to support member's physical, social and emotional wellbeing.

On the 3rd of October 2016 the club organised a Mental Health Workshop in partnership with Jigsaw for coaches, parents and adults in the club house. The event was open to everyone and a number of coaches from other local sports clubs, for example the boxing club, also took the opportunity to further their understanding of mental health. A number of coaches travelled from other GAA clubs to avail of this educational talk.

The content was centered on "Supporting Young Peoples Mental Health" and was for anyone concerned about the mental health of young people. It was delivered by Sean McGrory from Jigsaw and Sarah Toye, Club Health & Wellbeing Officer, as well as Suicide Crisis Assessment Nurse with Donegal Mental Health Service was also in attendance to offer advice on how to access various mental health supports. The night was received very well by everyone in attendance.

Following on from this St Marys have made contact with a number of local groups who offer services to anyone concerned about their mental health. The club's aim is to compile a list of local helpline numbers as well as contact numbers for national supports such as The Samaritans and Pieta House and to promote via posters within the clubhouse. In addition the club also plan to develop more discreet wallet size cards which will become part of their Registration Pack for 2017 and going forward.

Overall the club aims is to normalise the idea of talking about mental health and wellbeing while also making the club a safe place for members and volunteers to express themselves in a confidential and comfortable environment.