

National Health and Wellbeing Committee Action Plan 2015-18

This document lays out the mission, vision, aims, and actions of the National Health & Wellbeing Committee for the duration of the term of the GAA President 2015-18, Aogán O Fearghail.

The actions were developed following a workshop with the national committee members and representatives of 30 of the 32 county health and wellbeing committees on March 20, 2015 and several meetings of the national committee. It is planned to adjust the Health & Wellbeing calendar to allow for the bulk of training and programmes at national, provincial, county, and club level to be delivered between October and the end of April. This will see the national Health & Wellbeing Conference move from its existing March date to early October from 2016 onwards. A full calendar of events will be added as an addendum to this document.

Mission of the GAA's National Health & Wellbeing Committee

Making the Association a healthier place for everyone to enjoy.

Vision

Empowering our Association to support the health and wellbeing of its members and communities through its values, games, and additional activities'.

Aims

1. Empower a skilled and proactive network of provincial, county and club health and wellbeing officers
2. Deliver and evaluate 'best practice' health and wellbeing policies and programmes in key priority areas and groups
3. Carry out research on the health and wellbeing needs of members and their wider community
4. Integrate health and wellbeing into the daily activities of all aspects of the Association
5. Engage with suitable organisations that aim to support the health and wellbeing of GAA members and communities

The following abbreviations are used in this document:

CHT – Community & Health team Croke Park;

NHWC – National Health & Wellbeing Committee

CHWC – County Health & Wellbeing Committees

PC – Provincial Councils

CE - County Executives

National Health & Wellbeing Committee membership: Ciarán McLaughlin (Cathaoirleach) ; Fiona Teague, Cathal Hand, Philip Smith (Uladh) ; Susan Kenny, Brendan Doody (Laighean) ; Janas Harrington, Conor Cusack (Mumhain) ; Justin Campbell, Aoife Lane (Chonnacht). Aileen Cummins (Ulster Council) Colin Regan (Rúnaí).

What?	How?	Who?	When?
1. Governance			
1.1 Enhance supports for network of health and wellbeing committees and officers	1.1.1 Set up provincial structures in Connacht, Munster, Leinster to reflect those already in existence in Ulster	CHT, PCs, CHWC chairs,	By end of Q3 2015
	1.1.2 Host one annual meeting of county/provincial health and wellbeing chairs nationally	CHT, NHWC, CHWCs	October 2015
	1.1.3 Facilitate two annual meetings between provincial and county health & wellbeing committee chairs regionally	PCs, CHWCs,	Start of Q4 & End of Q1 each year
	1.1.4 Support delivery of two annual meetings between county committees and club H+W officers at county level	CHWCs, CEs, Clubs,	Recommended dates early October & April/May
1.2 Identify engagement opportunities with wider GAA community	1.2.1 Assess level of integration/complimentary work with other GAA units	CHT	June 2016
	1.2.2 Commence engagement with Coaching & Games and Children's Office re the development of a 'positive coaching' framework	CHT	June 2015
	1.2.3 Request a H+W oriented presentation at annual coaching and games conference beginning in January 2016	NHWC chair	June 2015

1.3 Support integration through combined activities with Ladies football and Camogie Associations	1.3.1 Support inclusion of a Camogie/Ladies football representative on provincial/county committees	PCs, CHWCs	Q3 2015
	1.3.2 Adopt an inclusive approach to H+W activities	All	On-going
	1.3.3 Promote the One Club model in the context of H+W activities	All	On-going
1.4 Evolve existing and generate new partnerships	1.4.1 Generate a partnership policy in conjunction with other units in the GAA	NHWC	Q3 2015
	1.4.2 Design a partnership toolkit for H+W network	NHWC	Q3 2015
2. Learning and Development			
2.1 Deliver an annual H+W conference	2.1.1 Evolve existing successful template to deliver H+W conference that responds to the annual needs of GAA H&W structures and community	CHT NHWC	October from 2016 onwards (subject to review)
2.2 Provide training for H+W officers at county and club level	2.2.1 Develop standardised presentation on concept of H+W and role of H+W officers (yearly induction training)	CHT	End of Q2 2015
	2.2.2 Identification annual training needs at all levels of operation	CHT	End of Q3 2015
	2.2.3 Develop a 'train the trainer' model for H+W officers	CHT, HSE/PHA	End of Q4 2015
3. Planning and Implementation			
3.1 County action plans	3.1.1 Identify priority action areas for counties for 2015/16 and annually	NHWC CHT	End of Q3 2015 and annually
	3.1.2 Distribute sample action plan template, and implementation guide to county officers	CHT AL	End of Q3 2015 and annually

3.2 Build towards a national and county calendar of H+W activities	3.2.1 Overview of training activities, national and regional events specific to the GAA and partner agencies	NHWC CHT CHWCs	Start 2016
3.3 Strategically identify and develop initiatives for priority action areas	3.3.1 Develop a 'Healthy Club Policy' to support the inclusion of H+W in daily grassroots activities of the association	CHT	End of Q4 2015
	3.3.2 Map current service provision to priority areas, target groups, national/regional availability	CHT	TBC
	3.3.3 Identify gaps/opportunities in current service provision from mapping exercise	CHT, NHWC	2016
	3.3.4 Roll out and evaluate new initiatives including those from HCP	NHWC, CHT	2016/17
4. Communications			
4.1 Outline and communicate current service provision and activity in C+H section	4.1.1 Develop a clear and consistent communication strategy around the concept of H+W	CHT, Comms Depart.	End of 2015
4.2 Disseminate activity and ideas	4.2.1 Use 'News section' on gaa.ie/community to develop repository of material; explore potential of quarterly newsletter of what's happening in H+W	CHT, CHWCs, Clubs	Commence 2016, then on-going
	4.2.2 Representation at international/national topic-related conferences	As appropriate	On-going

	4.2.3	Roll out annual 'themed' H+W day in Croke Park/regional grounds (in line with Lá na gClub)	CHT, NHWC, Comms	August 2015 and annually		
5. <i>Research and Evaluation</i>						
5.1		Support the administration of needs assessments of the GAA community at county level	5.1.1	Develop standardized questionnaires and a needs assessment toolkit	NHWC, CHT	May 2015
5.2		Conduct process and outcome evaluations of national and regional initiatives	5.2.1	Generate basic evaluation/recording templates	NHWC, CHT	End of 2016
			5.2.2	Compile an annual report of H+W activity engaged in using evaluation reports	CHT	2016 onwards
5.3		Identify and support research activity through partnerships with third level institutes	5.3.1	Co-ordinate with undergraduate research project work at relevant third level institutions	NHWC, CHT	August 2015
			5.3.2	Move towards the support of relevant research projects at postgraduate level through a bursary scheme	TBC	Mid 2017