



THE IRISH NEWS



SLÁINTE — IS — TÁINTE

Saturday 8th Nov, 2014 Ramada Plaza, Belfast

KEYNOTES INCLUDE –

Keynote Address:

**GETTING US ALL ACTIVE –
PHYSICAL ACTIVITY
FOR HEALTH**

Workshops Include:

- Addressing Addiction
- Coping with Crises
- From Playing Well to Staying Well
- ‘Heads Up’ - Mental Health
- Mol an Óige - Club’s Enhancing Young People’s Health

Delegate Cost: £15/€18

Includes Lunch and Delegate Gift Pack

BOOK NOW: conference.ulster@gaa.ie / (028) 3751 7180



Attendance at this conference is a fulfilment of essential Club Maith application criteria.

IRISH NEWS ULSTER GAA HEALTH & WELLBEING CONFERENCE

“SLÁINTE IS TÁINTE - HEALTH IS WEALTH”

SATURDAY 8 NOVEMBER 2014 @ RAMADA PLAZA HOTEL, BELFAST

Time		Personnel
8.30am	Registration & Stall-time	
9.30–10am	Conference Opening & Sponsor Address	Martin McAviney (Ulster GAA President) The Irish News
10-10.30am	Keynote Address: Getting us All Active – Physical Activity for Health	Dr Conor McClean (University of Ulster)
10.30-11.40am	Workshop Rotation 1 1. Addressing Addiction Workshop looking at addiction in the context of mental ill-health, highlighting some of the triggers in life that can contribute to problems. The workshop will relay first hand experiences and advise clubs how to support members. 2. Coping with Crises Educating clubs on the grieving process and what its role can be in the hours, days, weeks, months following a critical event in the community. Clubs will also be advised on the role that support services can play in helping them through this process. 3. From Playing Well to Staying Well Workshop educating clubs on issues affecting the health and wellbeing of their membership. Learning will include suggesting ways that they can make improvements and activities that support improved health for all. 4. “Heads Up” - Mental Health Practical advice for Clubs on raising awareness of mental health and wellbeing, how to identify signs of mental ill-health among members and practical advice on how to create a supportive Club environment. 5. Mol an Óige - Club’s enhancing young people’s health Looking at the role GAA Clubs can play in helping to develop healthy young people and ways to support them through the various challenges they face.	Prof. Jim Lucey (St. Patrick’s Hospital) Niall McNamee (Offaly Footballer) Dr. Niall Muldoon (Psychologist with GPA Counselling Service) Colm Keenan (Victims Support NI) Anne O’Kane (Cancer Focus NI) Louisa O’Brien & Melissa Conlon (Castleblaney Faughs) Laura O’Neill & Monica Acheson (Samaritans) Alan O’Mara (Cavan Footballer) Jarlath Burns (Armagh)
11.40-12.10pm	Break & Stall Time	
12.15-1.25pm	Workshop Rotation 2 - Repeat of Workshops	
1.30-2.30pm	Lunch	
2.30-2.45pm	Public Health Agency Address Launch of Ulster GAA Health & Wellbeing Microsite	Eddie Rooney (PHA) Ulster GAA
2.45-3.15pm	Keynote Address	
3.15-3.30pm	Close	

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