Health is at the heart of every club

JULY 2026

AGHADERG GAC & BALLYVARLEY HC HEALTHY CLUB NEWSLETTER

WELCOME TO THE AGHADERG GAC & BALLYVARLEY HC HEALTHY CLUB QUARTERLY NEWSLETTER!

Summer's Here! There's a guide to **Healthy Hydration** on **Page 3** of this newsletter, particularly important during the warmer weather & follow **THE #SUNSMART 5S'S** to stay safe in the sun.

Are you playing sports or being active outdoors today? Kids attending Summer Camps? Did you know that skin cancer is the most common type of cancer in Ireland? Be SunSmart and protect your skin. Follow the #Sunsmart 5S's to protect your skin if heading out today:

Slip on clothing that covers your skin

Slop on sunscreen on exposed areas, using factor 30+ for adults and 50+ for children

Slap on a wide brimmed hat

Seek shade-especially if outdoors between 11am and 3pm

Slide on sunglasses to protect eyes

Keep a SunSmart kit near the door for trips outside.

Heading out to the golf course? Remember to be SunSmart, even if it's cloudy. Seek shade. Bring your golf umbrella or try to avoid playing during the hours of 11am to 3pm, when UV is strongest.

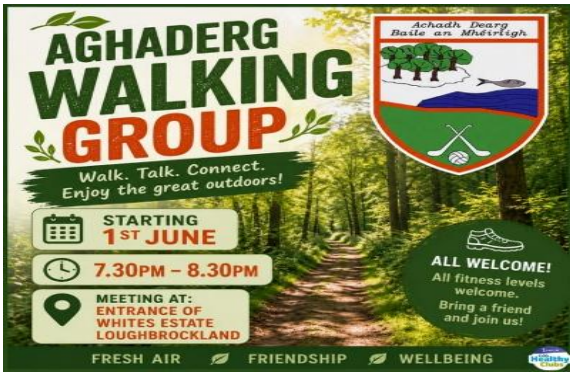
From April to September use sun protection to protect you when out walking, even on short walks. Being SunSmart reduces your risk of skin cancer.

Time for a jog? Don't forget to protect your skin. Choose shady running paths whenever possible and try to avoid running during the peak hours of 11am to 3pm when UV is strongest.

Further information can be found at the following link;

How to be sun smart and protect your skin from the sun and sunbeds

STEPPING OUT IN STYLE IN 2026!





We hosted a Summer Walking Group in June!!

SAVE THE DATE!!

Healthy Club are delighted to announce we are holding a GOAL MILE on New Year's Eve 3-4pm at St. Patrick's Walking Track.

Walk, jog or run a mile for families in need this Christmas. Let's give something back this festive season!

BÍGÍ LINN – JOIN US !!!

COMMUNITY CONSULTATION

The results of our Community Consultation are in! Thank you to everyone who participated.

WHICH GROUPS/PEOPLE DO YOU FEEL OUR CLUB SHOULD FOCUS ON?

- Players & Coaches 58.5%
- General Population 14.6%
- Individuals with a Disability 12.2%
- Older Adults7.3%

WHICH AREAS OF WELLBEING SHOULD OUR CLUB FOCUS ON? YOUR CHOICES FOR NUMBER 1 PRIORITY;

- 24.4% - Physical Activity/Social Games eg. Walking initiatives/Dads & Lads
- 22% - Diversity & Inclusion eg. Adapted games for people with special needs
- 22% - MENTAL FITNESS EG. ONE GOOD COACH MODULE
- 17.1% - Healthy Eating eg. Providing a range of healthy options at training & events.

HOW WOULD YOU LIKE TO RECEIVE HEALTH RELATED MESSAGES?

- 51% - Social Media
- 29% - Email
- 27% - WhatsApp
- 22% - Regular Bulletin



You can view the full Community Consultation report here;

https://forms.office.com/Pages/AnalysisPage.aspx?AnalyzerToken=yGk50L6Oj7hwIeRODRIgQMkqWPhFF0T5&id=DQSIkWdsW0yxEjajBLZtrQAAAAAAAAAAAANAAc1wOjlUMVJGSU5JWDE3OVNFOFk5SzhNWk9ZSjRHTS4u

Check out the wonderful comments you left about our Club on Page 9 of this Newsletter!



We plan to reflect these community consultation results in our Healthy Club projects going forward.



Being well hydrated during physical activity is important for your body to be able to perform to the best of its ability. Drinking enough water will not only help prevent the effects of dehydration but can also shorten recovery times and ensure your body is working efficiently during exercise.

‘Equity, Diversity and Inclusion in the Club’ roadshow

The ‘Equity, Diversity and Inclusion in the Club’ roadshow visits Down in October.

The workshop will explore a range of different issues and ways we can be more welcoming and inclusive to ensure our clubs are a place where we all belong.

Ar aghaidh linn le chéile!

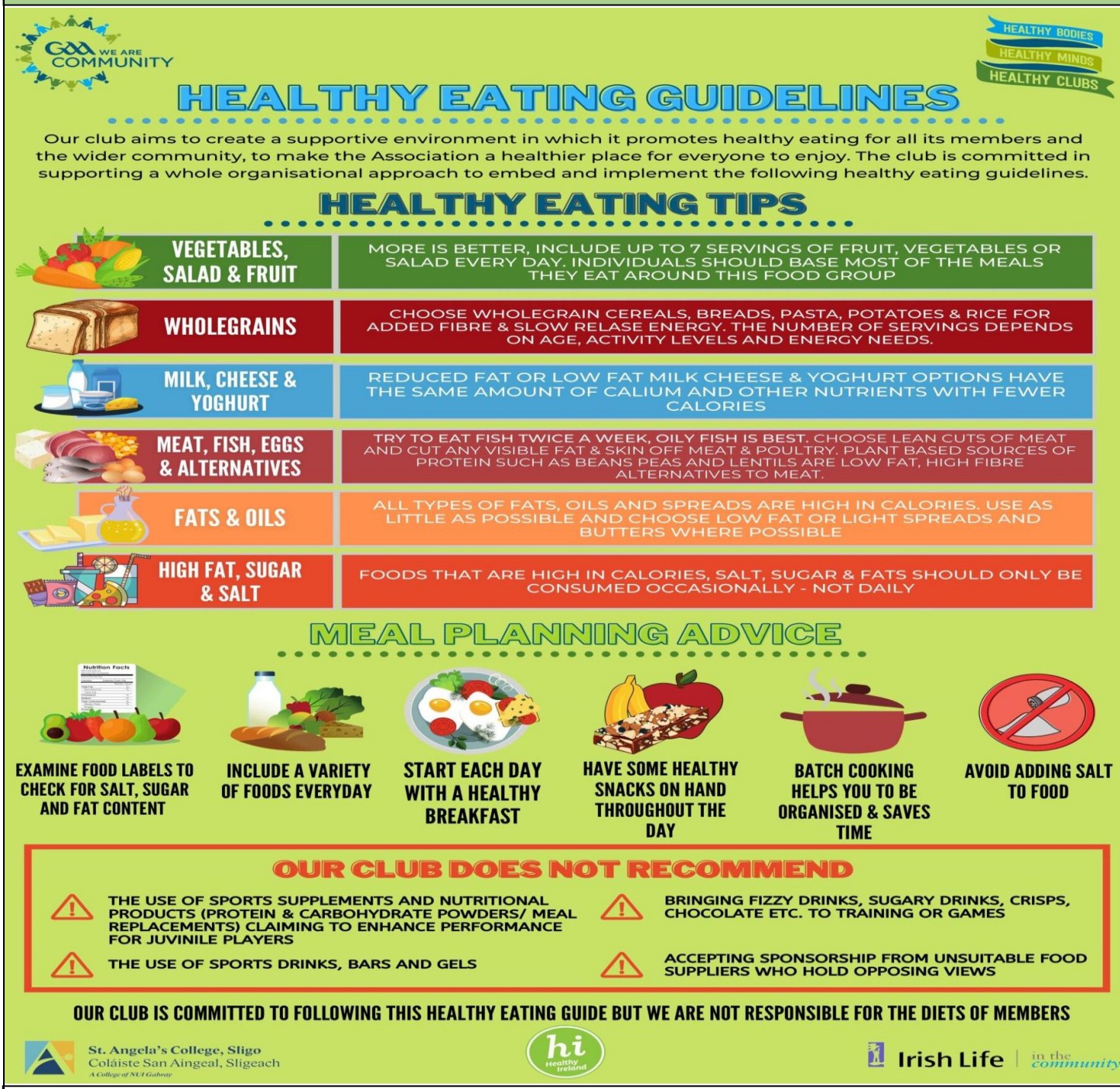
- RGU Downpatrick 19th October 7pm arrival 7:30pm start.

You can Register your place below

https://universe.com/.../equality-diversity-and-inclusion...



Healthy Club supports the GAA Healthy Eating Guidelines summarised in this handy infographic;



Check out page 8 of this newsletter for information on the healthy & nutritious GAA Recipes for Success initiative!

Irish Life GAA Healthy Clubs

Health is at the heart of every club

Irish Life

JULY 2026

Aghaderg GAC & Ballyvarley HC Substance Use Policy

Our Club has updated its Substance Use Policy with the aim of ensuring that all our members are kept safe from substance-related harm when involved in club activities.

Our objectives are:

- To promote the health and wellbeing of all club members.
- To develop a consistent approach to drug-related issues to be adopted by all club members.
- To develop procedures and protocols that address drug-related issues in the club.
- To establish clear procedures for managing specific incidents of suspected drug misuse.
- To provide onward referral to specialist services for members presenting with substance related issues.

The full policy can be viewed here;
Aghaderg GAC Substance Use Policy 2026.pdf

If you, or a family member, are experiencing problematic substance and/or alcohol usage you can access support through

extern

Extern is a community and voluntary organisation commissioned by public sector bodies and government departments from across the island of Ireland to provide services to support adults, young people, families and children.
Extern's Low Threshold projects support those experiencing problematic substance and alcohol usage, using a person-centred approach to assist individuals who wish to reduce their use.

Further information can be found at the following link;

Low Threshold Services | Extern

Contact (Southern Trust);

Extern, 53 Church Place, Lurgan BT66 6HD

Tel: 07822872468 Email: southernasm@extern.org

SAVE THE DATE!!

AGHADERG GAC & BALLYVARLEY HC HEALTHY CLUB
PARENTS' & COACHES' INFORMATION EVENING

Date: Sunday 2nd August
Time: 7:00 PM
Venue: Clubrooms

We are pleased to welcome the Banbridge Local Neighbourhood Policing Team to our club for an information session addressing major issues affecting our young people today.

Key Topics Covered:

Internet Safety – Protecting young people online, social media awareness, and managing digital footprints.

Vaping & Drugs – Identifying risks, spotting signs, and understanding current local trends.

Gender-Based Violence – Raising awareness, promoting respectful relationships, and fostering a safe environment.

Who Should Attend?

* Youth team coaches and mentors.
* Parents, guardians, and carers of youth players.

Our club is at the heart of the community. By working together with local policing teams, we can better protect our young players and build a safer environment both on and off the field.

Refreshments Provided.

BÍGÍ LINN – JOIN US!

Irish Life

GAA Healthy Clubs

Health is at the heart of every club

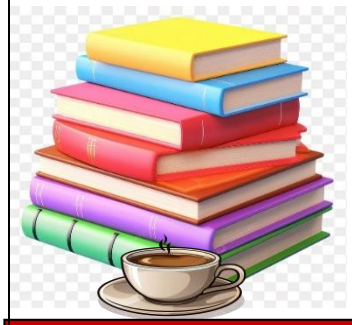
Irish Life

GAA We are Community

hi Healthy Ireland

JULY 2026

BOOK CLUB CORNER



BOOK CLUB.

We met up again in May and June and shared some more great reads!

Our May Book of the Month was;

"The Great Alone" by Kristin Hannah.



A gripping novel of family dynamics, heartbreak and hope which tugs at the heartstrings set against the beauty of the Alaskan wilderness…

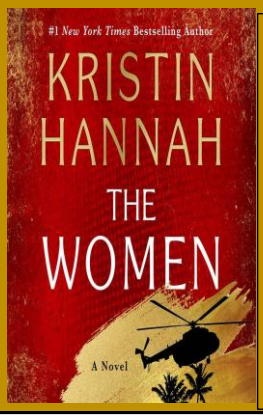
We gave it 4.5 stars

★★★★½

Genre; Historical Fiction. Our opinion – beautifully written, capturing the stark, dangerous beauty of the Alaskan Wilderness, where sometimes the greatest threat through the long dark Winter lies within your own home. Ultimately uplifting, a triumph of the spirit, coming of age novel. This was the first outing with this author, (who also penned the hit TV series "Firefly Lane"), for many of us in Book Club and we enjoyed it so much we've chosen another of Kristin Hannah's books, **"The Women"**, as our July Book of the Month!

July Book of the Month;

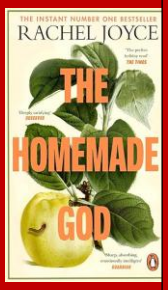
"The Women" by Kristin Hannah.



A sweeping story of epic love, heartbreaking loss, extraordinary bravery and the unbreakable bond of female friendship about the women who answered the call of the Vietnam War and had to fight to be remembered…

June Book of the Month was;

"The Homemade God" by Rachel Joyce.



A character-driven novel about four estranged siblings who reunite at their deceased father's Italian villa. The siblings must untangle mysteries, confront childhood trauma & navigate differing grief…

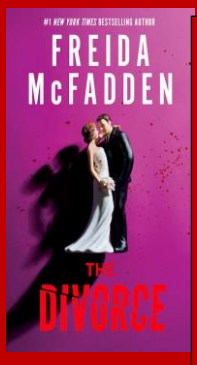
We gave it 2 stars

★★☆☆☆

Genre; Contemporary Fiction/Dysfunctional Family Drama.

WOW!! This one really polarised our opinions! Some of us struggled to engage with this character driven novel whilst others felt it was an astute & insightful study into the long-term damage & dysfunction a narcissistic parent can inflict on their children and inter sibling relationships, all set against the beautiful backdrop of Lake Orta in Italy. **LOVE IT or HATE IT!** A **MARMITE** of a book!!

August Book of the Month; "The Divorce" by Freida McFadden.



A psychological thriller, it follows Naomi, who is blindsided when her husband unexpectedly kicks her out, drains their accounts, and takes up with a younger woman. Instead of accepting defeat, Naomi fixates on his new girlfriend, leading to a dark, obsessive spiral….



Did you know that you can join libraries ni for free? Check out the following link;

Become a Libraries NI Member now for free

Register for free online at the above link and receive your membership number instantly. Then download the Libby App from the App store and enjoy instant access to thousands of not just traditional books but eBooks & Audiobooks, as well as eNewspapers & eMagazines!

All of our Book of The Month choices are available as ebooks or audio books to borrow for free or we have traditional copies you can borrow from our Book Club members at Healthy Club events.



BÍGÍ LINN – JOIN US!

GAA Recipes for Success is a Nutritional Toolkit to Support Healthy Living and Optimise Sports Performance.



We all want to maximise our health and our performance but with so many mixed messages out there about what we should eat and drink it's hard to know what's best. The GAA's Recipes for Success booklet is filled with tasty, healthy, performance enhancing recipes that are easy to make and aims to support GAA players and members in making the right choices.

Cooking for yourself is something you can only truly learn by doing. That's why the unique partnership behind Recipes for Success facilitates bringing teams together to enhance not only their nutritional knowledge but also their practical cookery skills, one of the most important life-skills any player can develop.

This unique collaboration is about bringing together expertise, including leading sports performance nutritionist Dr. Críonna Tobin, and an array of sectors to respond to an identified need in GAA clubs for both educational and practical programmes supporting healthy eating for sport.

The Recipes for Success toolkit is filled with tasty, healthy, performance enhancing recipes that are easy to make

You can check out this tasty and nutritious toolkit at the GAA Recipes for Success link here;

d2uyp6y6q4nibzu4kxmm.pdf **(GAA Recipes for Success)**

Our Healthy Club Project Team were again delighted to sample some more recipes from the **GAA Recipes for Success** Toolkit at their Team meetings.



Brown Bread Page 56 and Fruit & Nut Flapjacks Page 55.

You can find the simple, easy to follow recipes on the following pages of the **GAA Recipes for Success** toolkit:-

Brown Bread; Recipe on Page 56.

Fruit & Nut Flapjacks; Recipe on Page 55.

We loved the Brown Bread and the Flapjacks. The Flapjacks were also delicious crumbled over porridge or natural yoghurt as a tasty & nutritious homemade breakfast granola!

YUM!

"HOW OUR CLUB SUPPORTS OUR COMMUNITY"

What YOU said!

HEALTHY BODIES
HEALTHY MINDS
HEALTHY CLUBS

"An EXCELLENT SUPPORT SYSTEM. We love welcoming new members and encouraging everyone to get involved!"

SOCIAL CLUB FOR EVERYONE, WELCOMES ALL"

"Deeply engaged. The club actively brings people together from across the entire community."

"School links, Holiday Events"

"Wreath making Event"

"A true sense of **Belonging, Pride** and **Cultural Identity.**"

"A PLACE FOR THE COMMUNITY TO GATHER"

"OPPORTUNITY TO IMPROVE FITNESS REGARDLESS OF ABILITY"

"Brilliant at promoting local health & wellbeing for all ages."

"Working to make the community better, reaching out, encouraging youth to come play" Gaelic Games"

"FUNDRAISING EVENTS OVER MANY YEARS"

"OUR CLUB DOES EVERYTHING IT CAN TO SUPPORT AND INCLUDE EVERY CHILD IN PLAYING GAA"

"Social Walking Groups, Bringing Many New People Together"

GOOD AT ENGAGING THE OLDER POPULATION WITH FOOD/COFFEE MORNINGS.

"Inclusive Events"

"We have 4 Codes and compete at all ages through to Seniors"

UP THE DERG!!

Health is at the heart of every club

JULY 2026

Cardiac Risk Management:

The GAA advocates for a holistic and proactive approach to cardiac health for all its members, grounded in risk reduction, education, and emergency preparedness. To this end, the following is recommended for members;

1.Lifestyle and Long-Term Cardiac Wellbeing;

The GAA's Medical, Scientific and Welfare Committee recommends a continued emphasis on good nutrition choices, appropriate physical training, stress management, and other positive lifestyle behaviours in the context of maintaining positive cardiac health. The GAA has produced, and continues to update, educational resources and support programmes which help to promote everyday heart health.

2.Emergency Readiness;

Recognising that cardiac incidents can still occur despite best preventative measures, the GAA places equal priority on rapid response capability to include the ready availability of personnel trained in CPR and a functioning Automated External Defibrillator (AED).

Healthy Club are arranging certified CPR, Defibrillator and Anaphylaxis training with Kingsbridge Training Academy for our coaches in September. This will enable there to be a suitably trained coach in each Code at each age group from underage to senior. We're grateful to the club for funding this very important training and to ABC Council small Community Development Grant for their contribution.

3. Cardiac Screening;

As an additional method to identify potential risk, the GAA recommends that the most effective way to identify potential risk for players over the age of 14 is to undergo cardiac screening on one occasion. It is also advised that this process be repeated before the age of 25. This process involves;

- the completion of the GAA cardiac health questionnaire - available here;

  (Microsoft Word - Cumann L\372thchleas Gael cardiac screening protocol.doc)

- an ECG (electrocardiogram),
- and a physical examination conducted by a suitably qualified medical professional.

Players should contact their GP if experiencing any of the symptoms listed in the questionnaire, now or if they present in the future.

Further information can be found at the Cardiac Health Information Hub - https://learning.gaa.ie/cardiachealth)

SAVE THE DATE!

Healthy Club has arranged self-funded Cardiac screening at the club on Saturday 13th February 2027 with;

Healthy Hearts Healthy Lives

Further details to follow.

You can read more about Cardiac screening here;

https://healthyheartshealthylives.eu/wp-content/uploads/2024/03/HHHL-Patient-Information.pdf

Health is at the heart of every club

JULY 2026

Critical Incident Response Plan, CIRP;

A **CRITICAL INCIDENT** is defined as any event that is outside the range of usual human experiences. It is an event that causes an unusually intense stress reaction which has the emotional power to overwhelm an individual's usual ability to cope. It may impede peoples' coping mechanisms immediately or in the future following the event. It is normal to experience all kinds of unpleasant feelings, emotions and body sensations following a critical incident.

Examples of critical incidents may include;

- Death or serious injury on or off the playing field
- Exposure to the aftermath of a road traffic collision or other traumatic incident
- Close encounter with death
- Death by suspected suicide of a club member
- Personal loss or injury

Our Healthy Club Project Team members have recently undertaken training in Critical Incident Response and have updated our club's **Critical Incident Response Plan (CIRP).** Whilst we hope never to have to turn to our CIRP, preparing it in advance will better enable our club to deal with the challenges such situations may present.

Aghaderg GAC & Ballyvarley HC CIRP will aim to promote a sense of safety, calm, self-efficacy, connectedness and hope in the event of a critical incident, whilst keeping those directly impacted informed and at the centre of all decisions.

Our key objectives in responding to a critical incident will entail clearly defining roles and duties to ensure appropriate support is offered to all involved, any affected families/individuals are consulted, contact with support services is made quickly, accurate information only is provided and normal club activities are maintained as much as possible. Research has shown that getting back to club activities as soon as possible has a positive effect helping to restore a sense of calm and stability and, whilst training sessions may look a little different for a while with an emphasis more on togetherness rather than intense match training, just being at the club is important.

You can view the public version of our **Critical Incident Response Plan** here;

Aghaderg GAC & Ballyvarley hc

JIGSAW Young people's health in mind

LGFA PEIL na mBAN

Healthy Club is very aware of the selfless dedication and commitment of all our coaches, giving freely of their time to enrich the lives of our young people.

The GAA has partnered with many experts across multiple agencies to support them in this role and at Healthy Club we aim to signpost to this support.

The JIGSAW ONE GOOD COACH online workshop is aimed at One Good Adults who coach or train young people within the Gaelic Games. The workshop takes approximately 40 minutes to complete.

As a result of this workshop, participants will:

- **Have a greater understanding of mental health**
- **Have a greater understanding of their role as One Good Adult**
- **Have a greater awareness of how to promote and support young people's mental health in their role as coach.**
-

The link to this course is below;

One Good Coach - Gaelic Games and Jigsaw - Overview

JULY 2026

Helplines NI

listen. support. inform

Helplines NI is a membership–led organisation consisting of over 30 different helplines operating across Northern Ireland. The helplines provide a variety of vital support services including, information, advice, counselling, a listening ear and be-friending, and offer immediate support to those with a wide-range of health and wellbeing needs, often for those who are the most vulnerable in our community. Many of the services take place over the phone, but some can help via email, text and in some cases with live web-chat.

Not all helplines are free to call, so please check each website for more information.

Providing Advice to Those Who Need it advice ni 0800 915 4604 Monday to Friday 9am - 5pm advice@adviceni.net www.adviceni.net	**Advice and Advocacy Service** age NI 0808 808 7575 9am - 5pm Monday to Friday except Bank and Public Holidays www.ageni.org.uk/advice	**Advice Space** advice space 0300 1233 233 Monday to Friday 9am - 12.30pm Monday, Wednesday and Friday 1pm-4pm excluding public holidays https://advicespace.me	**Autism NI** AutismNI 028 9040 1729 Monday to Friday 9am - 5pm www.autismni.org	**Help for Asylum Seekers Boloh** Believe in children Barnardo's Northern Ireland 0800 151 2605 10am-8pm (weekdays), 10-3pm (Saturday) www.helpline.barnardos.org.uk	**Child Bereavement Service** Believe in children Barnardo's Northern Ireland 028 9066 8333 Monday 10am-1pm Tuesday 10am-1pm Friday 10am-12.30pm www.barnardos.org.uk	**Cancer Focus NI** Cancer Focus 0800 783 3339 Monday, Wednesday & Friday 9am - 1pm www.cancerfocusni.org	**Cara-Friend** Cara-Friend 0808 8000 390 Monday - Friday 2pm - 4pm, excluding public holidays Live online chat via Website www.cara-friend.org.uk
Carers NI carers NI 028 9043 9843 Monday to Thursday 10am - 4pm www.carersuk.org/northernireland	**CAUSE: Helpline** cause 0800 103 2833 Monday, Wednesday & Friday: 10am - 4pm Tuesday & Thursday: 12pm - 8pm www.cause.org.uk	**ChildLine** childline 0800 1111 24/7 365 days a year Online 1-2-1 & Email Service Available at www.childline.org.uk	**Free, Independent Debt Advice** CAP 0800 328 0006 Monday to Thursday 9.30am-5pm, Fridays 9.30am - 3.30pm www.capuk.org	**Peer Support for Bereaved Families** The Compassionate Friends 0345 123 2304 10am - 4pm & 7pm - 10pm 365 days per year www.tcf.org.uk	**The Consumer Council for Northern Ireland** 0800 121 6022 Monday to Friday 9am - 5pm (028) 902 51600 contact@consumercouncil.org.uk www.consumercouncil.org.uk	**Deafblind** DeafblindUK 0800 132 320 Monday to Thursday 9am - 5pm Fridays 9am - 4pm (except public holidays) www.deafblind.org.uk	**Domestic and Sexual Abuse Helpline** domestic and sexual abuse helpline 0808 802 1414 0808 802 1414 24/7 365 days a year help@dsahelpline.org Live online chat via website: www.dsahelpline.org
Headway Headway 0808 800 2244 Monday to Friday 9am-5pm excluding public holidays	**Age 60+ Abuse Helpline** Northern Ireland Hourglass 0808 808 8148 24/7 365 days a year	**Housing Rights** Housing Rights when everyone has a home 028 9024 5640 Monday to Friday 9.30am - 4.30pm	**Sexual Health Helpline** INFORMING CHOICES NI 028 9031 6100 Monday to Friday 9am - 5pm	**Kinship Care NI** Northern Ireland Kinship Care 0800 022 3129 Monday to Friday 9am - 5pm	**Labour Relations Agency** Labour Relations agency 03300 555 300 Monday to Friday 9am - 5pm excluding public holidays	**Free Independent Legal Advice** Law Centre NI 028 9024 4401 Monday to Friday 9.30am-1pm	**Crisis Telephone & Counselling Service** Lifeline 0808 808 8000 24/7 365 days a year