Health is at the heart of every club

October 2026

AGHADERG GAC & BALLYVARLEY HC HEALTHY CLUB NEWSLETTER

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

Cardiac Screening for Players over the age of 14 years;

Alongside the promotion of Heart Friendly Lifestyles and Emergency Preparedness, 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)

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

Healthy Hearts Healthy Lives

We will be releasing Cardiac Screening appointments in January. Please keep an eye on our Club Socials/WhatsApp Coaching Groups

You can read more about Cardiac screening here;

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

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.

AIB PROUD PARTNER GOAL MILE

Walk, jog or run a mile to raise funds for GOAL's Global humanitarian work supporting vulnerable families facing poverty, conflict and disease this Christmas. Funds support critical initiatives like therapeutic food supplies and emergency aid in regions including Gaza, Sudan and beyond. Let's give something back this festive season!!!

Registration will go live soon – keep an eye on Club Socials and WhatsApp Coaching Groups!!

BÍGÍ LINN – JOIN US !!!

Irish Life GAA Healthy Clubs

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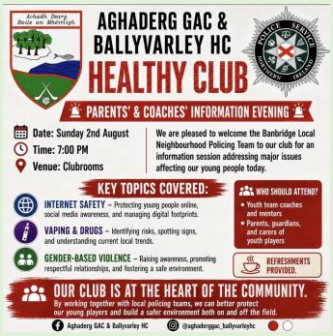
October 2026

Parents' Information Evening:

Healthy Club was delighted to host a Parents' Information Evening in association with Banbridge Local Neighbourhood Policing Team (BLNPT).



Key Topics Covered included;

- Internet Safety – Protecting young people online, social media awareness and managing digital footprints.
- Vaping & Drugs – Identifying risks, spotting signs and understanding current trends
- Gender Based Violence – Raising awareness, promoting respectful relationships and fostering a safe environment

Pictured below are Club Chairperson Gary Reilly, Healthy Club Officer Bernice Rea and Healthy Club Project Member Anne Haggart, along with Constable Liam Doherty and Sergeant Kevin Quinn of Banbridge Local Neighbourhood Policing Team.

We plan to host further information sessions for our young people and coaches.

GAELIC 4 MOTHERS & OTHERS;

Our Club is hoping to get our Aghaderg Gaelic for Mothers & Others up and running again!! Why not give yourself 1 hour a week dedicated to fun, friendship and craic?

G4MO is a non competitive recreational Ladies Gaelic Football programme that introduces or brings women aged 25 or over back to the sport in a fun, social and inclusive environment.

Here's some photos of our past teams;

Contact Sinead on 07738943181 if interested.

Bígí Linn – Join Us!

September Walking Group; We were pleased to host another Walking Group in September at the Boulevard.

With kind sponsorship from the ABC Borough Council Community Small Development Grant we were able to purchase torch beanies, pedometers and customised hi-vis vests. Now we can all still get those steps in safely during the darker months!!

CAMINO DE SANTIAGO
SANTIAGO-COMPOSTELA.NET

Cedar
Opportunity Choice Inclusion

A huge well done to our LGFA Coach Sinead McGrath on completing the Camino and raising over £3,200 for the Cedar Foundation to support adults and children with various disabilities, brain injury and autism throughout Northern Ireland.

Sinead walked 177,000 steps in 5 days covering a distance of over 130km!!

What a great role model for, and representative of, our Club!

!!! BOOK CLUB have moved to Banbridge Library courtesy of the LibrariesNI Out of Hours Service. Once you register for the Out of Hours Service you can use the library on a self-service basis even when it's closed! You can borrow and return books, read the daily newspapers and enjoy free online access and computer and printing facilities. Signing up is easy and free – contact Banbridge library and arrange a short 15 minute appointment to get all set up with a card and pin number.

The following short video explains the simple process. Now you and your family can get to the library at a time that suits – let's all embrace the joy of reading again!

Video | Facebook

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Read Every Day in November!

OUR HEALTHY CLUB BOOKCLUB HAS JOINED THE CANCER RESEARCH UK READ EVERY DAY IN NOVEMBER CHALLENGE TO RAISE FUNDS FOR THEIR VITAL RESEARCH INTO CANCER. YOU CAN DONATE AT THE FOLLOWING LINK;

https://fundraise.cancerresearchuk.org/team/aghaderg-healthy-club-book-club/members

Or why not join our Team Challenge at the following link and experience the many benefits of reading every day for Yourself and your Family, whilst raising money for a good cause;

https://fundraise.cancerresearchuk.org/team/aghaderg-healthy-club-book-club/join

BÍGÍ LINN – JOIN US !!!

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

October 2026

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

GAA WE ARE COMMUNITY

HEALTHY BODIES
HEALTHY MINDS
HEALTHY CLUBS

HEALTHY EATING GUIDELINES

Our club aims to create a supportive environment in which it promotes healthy eating for all its members and the wider community, to make the Association a healthier place for everyone to enjoy. The club is committed in supporting a whole organisational approach to embed and implement the following healthy eating guidelines.

HEALTHY EATING TIPS

VEGETABLES, SALAD & FRUIT	MORE IS BETTER, INCLUDE UP TO 7 SERVINGS OF FRUIT, VEGETABLES OR SALAD EVERY DAY. INDIVIDUALS SHOULD BASE MOST OF THE MEALS THEY EAT AROUND THIS FOOD GROUP
WHOLEGRAINS	CHOOSE WHOLEGRAIN CEREALS, BREADS, PASTA, POTATOES & RICE FOR ADDED FIBRE & SLOW RELASE ENERGY. THE NUMBER OF SERVINGS DEPENDS ON AGE, ACTIVITY LEVELS AND ENERGY NEEDS.
MILK, CHEESE & YOGHURT	REDUCED FAT OR LOW FAT MILK CHEESE & YOGHURT OPTIONS HAVE THE SAME AMOUNT OF CALIUM AND OTHER NUTRIENTS WITH FEWER CALORIES
MEAT, FISH, EGGS & ALTERNATIVES	TRY TO EAT FISH TWICE A WEEK, OILY FISH IS BEST. CHOOSE LEAN CUTS OF MEAT AND CUT ANY VISIBLE FAT & SKIN OFF MEAT & POULTRY. PLANT BASED SOURCES OF PROTEIN SUCH AS BEANS PEAS AND LENTILS ARE LOW FAT, HIGH FIBRE ALTERNATIVES TO MEAT.
FATS & OILS	ALL TYPES OF FATS, OILS AND SPREADS ARE HIGH IN CALORIES. USE AS LITTLE AS POSSIBLE AND CHOOSE LOW FAT OR LIGHT SPREADS AND BUTTERS WHERE POSSIBLE
HIGH FAT, SUGAR & SALT	FOODS THAT ARE HIGH IN CALORIES, SALT, SUGAR & FATS SHOULD ONLY BE CONSUMED OCCASIONALLY - NOT DAILY

MEAL PLANNING ADVICE

EXAMINE FOOD LABELS TO CHECK FOR SALT, SUGAR AND FAT CONTENT

INCLUDE A VARIETY OF FOODS EVERYDAY

START EACH DAY WITH A HEALTHY BREAKFAST

HAVE SOME HEALTHY SNACKS ON HAND THROUGHOUT THE DAY

BATCH COOKING HELPS YOU TO BE ORGANISED & SAVES TIME

AVOID ADDING SALT TO FOOD

OUR CLUB DOES NOT RECOMMEND

- THE USE OF SPORTS SUPPLEMENTS AND NUTRITIONAL PRODUCTS (PROTEIN & CARBOHYDRATE POWDERS/ MEAL REPLACEMENTS) CLAIMING TO ENHANCE PERFORMANCE FOR JUVINILE PLAYERS
- THE USE OF SPORTS DRINKS, BARS AND GELS
- BRINGING FIZZY DRINKS, SUGARY DRINKS, CRISPS, CHOCOLATE ETC. TO TRAINING OR GAMES
- ACCEPTING SPONSORSHIP FROM UNSUITABLE FOOD SUPPLIERS WHO HOLD OPPOSING VIEWS

OUR CLUB IS COMMITTED TO FOLLOWING THIS HEALTHY EATING GUIDE BUT WE ARE NOT RESPONSIBLE FOR THE DIETS OF MEMBERS

St. Angela's College, Sligo
Coláiste San Aingeal, Sligeach
A College of NUI Galway

hi Healthy Ireland

Irish Life | in the community

Check out page 10 of this newsletter for information on the healthy & nutritious GAA Recipes for Success initiative!

Irish Life GAA Healthy Clubs

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Irish Life

October 2026

GAA SMOKE FREE POLICY STATEMENT

(including electronic cigarettes & vaping)

Our Club initially became Smoke Free in 2020 displaying PHA Smoke Free signage throughout the Club grounds.

We have now Adopted The GAA Smoke Free Policy to cover The use of all electronic cigarettes & vaping products in addition to tobacco products on Club grounds. This policy will come into effect on 1/1/27. Why not use this opportunity to quit the habit for a healthier, happier 2027!!

For help to stop smoking watch the following video on available Community Pharmacy support;

https://vimeo.com/349407219?fl=pl&fe=cm

or contact your local SHSCT Community Clinic below;

Banbridge GP Surgery
1 Old Hospital Road
Banbridge BT32 3GN
United Kingdom

Email
stop.smoking@southerntrust.hscni.net

Telephone
028 3756 4400

Stop Smoking helping you to quit

Further information on Vaping, including information on Vaping and our Young People, can be found at the following link;
Vaping | HSC Public Health Agency

The full policy statement can be viewed here;
THE AGHADERG GAC & BALLYVARLEY HC GAA SMOKE FREE POLICY STATEMENT

CPR/Defibrillator/Anaphylaxis Training;

In September Healthy Club organised CPR, Defibrillator & Anaphylaxis training with Kingsbridge Training Academy for our Coaches.

This training was jointly funded by ABC Borough Council and our Club. We thank them both for supporting this vital training. Whilst we hope never to have to use these skills, in the event of an emergency, our coaches will be prepared.

Click on the link below and learn CPR with the British Heart Foundation so you can be better prepared too;

Learn CPR in 15 minutes for free | RevivR - BHF

British Heart Foundation FIGHT FOR EVERY HEARTBEAT bhf.org.uk

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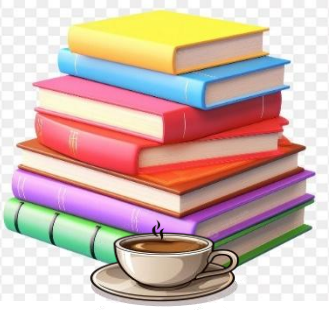
BOOK CLUB CORNER

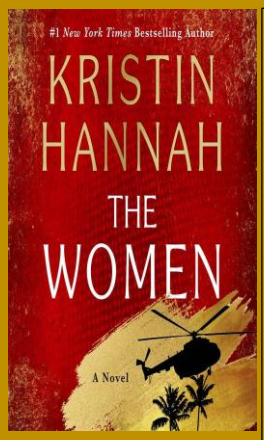


We met up again in August and October and shared some more great reads! We were delighted to meet in our new home – huge thanks to Marian and all at Banbridge Library for helping us enroll in the fabulous -

Out of Hours Service! Further information on this great resource can be found on page 3.

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…

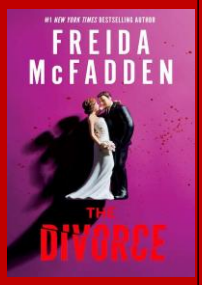
We gave it 3 stars

★★★★★

Genre; Historical Fiction. Our opinion – whilst an historically interesting novel told in essentially 2 halves covering the Vietnam War and then its aftermath, a few of us felt the author failed to satisfactorily address some of the radical generational shifts during those tumultuous times. We had great expectations following 'The Great Alone' but felt perhaps this novel by Kristin Hannah fell a little short.

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….

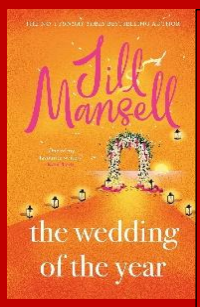
We gave it 2.5 stars

★★½★★

Genre; Psychological Thriller. Our opinion – although full of curve balls and shock reveals, some of us felt the story a little implausible in parts. Not the best outing for this usual queen of the psychological thriller plot twist!

September Book of the Month;

"The Wedding of the Year" by Jill Mansfield



It's set to be a perfect day – until the chauffeur is asked to keep driving the bride around the church. This wedding definitely isn't going as planned. An irresistible, romantic, heart warming new novel……

We gave it 2 stars

★★★★★

Genre; Romantic Comedy. Our opinion – inoffensive, undemanding, lighthearted escapism, one of the better written instances of this genre.

Irish Life GAA Healthy Clubs

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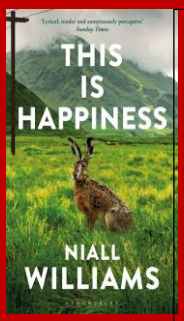
October 2026

October Books of the Month;

"This is Happiness" by Niall Williams



Set in the fictitious Co. Clare town of Faha, a tender portrait of a community – its idiosyncrasies and traditions, its paradoxes and kindnesses, its failures and triumphs – and a coming-of-age tale like no other. Luminous and lyrical, yet anchored by roots running deep into the earthy and everyday, it is about the power of stories…

We gave it 4.5 stars

★★★★½

Genre; Irish Literary Fiction/Coming-of-Age. Our opinion – Electricity is coming to Faha and what unfolds is a charming often humorous account, written in the Irish Storyteller's style, that speaks of a time and innocence lost. A slow burn of a book.

"The Language of Flowers" by Vanessa Diffenbaugh

A heartbreaking and redemptive novel about the meaning of flowers, the meaning of family, and the meaning of love…

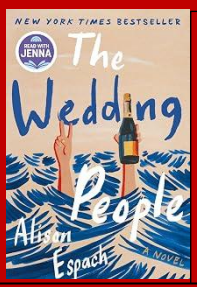
We gave it 4.5 stars

★★★★½

Genre; Contemporary Fiction. Wow! A beautifully written tale mapping the emotional growth of a young girl aging out of the American Foster Care System, exploring attachment disorders and childhood trauma, as she transitions to an independent adult discovering her purpose. The Victorians used the Language of Flowers to express emotions – for 18 year old Victoria Jones, her only connection to the world is through flowers and their meanings. This one hit all the feels and will stay with you for a long time!

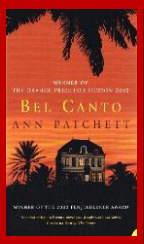
November Books of the Month;

"The Wedding People" by Alison Espach



Uproariously funny and devastatingly tender, an irresistible novel about love, friendship, dysfunctional families, and the unexpected paths that lead to happiness….

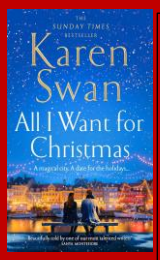
"Bel Canto" by Ann Patchett



Somewhere in South America, at the home of the country's vice president, a lavish birthday party is being held where a famous Opera Soprano is mesmerizing the international guests with her singing. It is a perfect evening—until a band of gun-wielding terrorists takes the entire party hostage. But what begins as a panicked, life-threatening scenario slowly evolves into something quite different, a moment of great beauty, as terrorists and hostages forge unexpected bonds and people from different continents become compatriots, intimate friends, and lovers…..

December Book of the Month;

"All I Want For Christmas" by Karen Swan



A Sunday Times bestselling cozy winter romance set in Copenhagen. The story follows art history PhD student Darcy Cotterell, who stays in Denmark over the holidays to research a newly discovered portrait and gets signed up for a dating app by her best friend Freja….

Don't forget to donate to our Cancer Research Fundraiser at the following link; https://fundraise.cancerresearchuk.org/team/aghaderg-healthy-club-book-club/members

Thank-you.

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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!

Let's Talk About Suicide is a free, online, suicide prevention training programme provided by the HSE National Office for Suicide Prevention (NOSP), that can help you to keep others safe from suicide. You can learn how to identify people who might be at risk of suicide, confidently ask them about it, and connect them with resources to help them stay safe.

Who is this programme for? Let's Talk About Suicide is suitable for anyone over the age of 18 years old, who wants to learn basic suicide prevention skills.

It is recommended that anyone recently bereaved, wait at least 12 months before completing this programme.

You do not need to complete any training before Let's Talk About Suicide – in fact, it is a helpful introduction to the topic for anyone considering completing more advanced training in the future. (For example the Safe Talk Training on the following Page 10 of this Newsletter).

What will I learn from this programme? Let's Talk About Suicide will help you to:

Recognise the signs that a person may be thinking about suicide.

- Confidently engage with them and speak openly about suicide.
- Let the person know what organisations and people can help.
- Practice self-care after having a conversation with a person having thoughts of suicide.

What can I expect in this programme?

Let's Talk About Suicide contains a mix of guided online content, video and interactive questions.

It takes (on average) between 60 and 90 minutes to complete. You can go through the programme at your own pace and pause and recommence the programme anytime.

You can access further information on the programme here;

https:// traininghub.nosp.ie

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

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. Recipes for Success aims to enhance not only our young players' nutritional knowledge but also their practical cookery skills, one of the most important life-skills any player can develop.

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

GAA Recipes for Success

Our Healthy Club Project Team were again delighted to provide healthy treats from the GAA Recipes for Success Toolkit at the Parents' information Evening in August with Banbridge Local Neighbourhood Policing Team.

We prepared Porridge Bread Page 57 topped with home grown tomatoes & basil, Easy Oatmeal Cinnamon & Raisin Biscuits and Energy Balls Page 60, dipped in chocolate for an extra treat!

YUM!

SAFE TALK TRAINING WORKSHOP

Would you like to feel more confident recognising when someone may be struggling with thoughts of suicide and knowing how to help?

FREE SafeTALK training workshop at Changing Lives NI, delivered by PIPS Hope and Support.

This training will help you recognise the signs, connect with someone who may be having thoughts of suicide, and guide them towards support. It also encourages open conversations and helps break down the stigma surrounding suicide.

Thursday 12th November
6:30pm – 9:30pm
Changing Lives NI, Riverside Shopping Mall, Gilford
Open to everyone aged 15+

You never know when the skills you learn could make a difference in someone's life.

To register your place, email changinglivesnimh@gmail.com

Let's keep talking, keep listening and keep looking out for one another.

Irish Life

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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.