



[Donoughmorehealthyclub@gmail.com](mailto:Donoughmorehealthyclub@gmail.com)

Donoughmore GAA Healthy Club was set up to become a hub for health and wellbeing in our Community. It was established under the National Healthy Clubs initiative during January 2023.

Many Clubs and Organisations within our Community have come on board to embrace this project.

The Official Launch day was held on May 1<sup>st</sup> 2023



**OUR MISSION-** To bring the whole Community together no matter who or what we are to make us more inclusive.

## HEALTHY CLUB COMMITTEE

Bernie Honohan Chairperson, Denis Guiry, Gillian Golden, Maeve Barrett, Tomas Golden, Stephen Golden, Anna Voicu.

Want to get Involved?

Chairperson : Bernie Honohan 087 2215267  
Email: [Donoughmorehealthyclub@gmail.com](mailto:Donoughmorehealthyclub@gmail.com)

We now hold Foundation level status by setting up and running the initiatives listed below.

Our next goal is to achieve silver status.

Completed Walkway with a Tarmac surface and lighting.

All playing areas accessible for People with walking difficulties & wheelchair users.

Talk by Gerry Hussey (Sports & Performance Psychologist)

Wheelchair accessible toilet.

Eircode displayed

“Ireland lights up”

“Every Step Counts”

“Darkness into Light”.

Walking club every Monday & Thursday night

First Aid/Defibrillator Training

Implemented Policies: Smoking/Vaping, Gambling, Substance Use, Health Eating, All Inclusive, Critical Incident Plan.

Road Safety signage displayed.

R-turn bin to promote Recycling

“Community Cleanup day”

Cardiac screening

Retired members Club.

“Movember ahead of the game”  
“Memorial Walk”  
Oisin’s campaign “Every drop counts”  
Reaching out to the sick of the Parish  
Donoughmore Rockets (camp for children with additional needs)



Darkness into light



Community Clean Up Day



Ireland Lights up



Donoughmore Rockets