



Owen Roe O'Neill's SAC
Leckpatrick



OIFIGEACH SLÁINTE AGUS FOLLÁINE / HEALTH AND WELL-BEING OFFICER

GAA Clubs are in an ideal position to help players, members and others in the community improve their health and wellbeing with only a little extra effort required! Clubs are already promoting exercise through our games but a broader approach would go a long way in helping improve the health and wellbeing of those off the pitch as well as those on it.

- Act as a member of the Club's Committee
- The Health and Well-being Officer should promote the Club's Health & Wellbeing Policy so that everybody knows it's a core part of the Club's business
- Oversees the Club's Health and Wellness agenda.
- Provide information, education and opportunities to address a range of health issues, using both the skills of Club members and other health professionals in the community.
- Raise awareness of health issues that affect all members of the Club such as men's health; women's health; cancer awareness; blood pressure awareness; drug awareness; dealing with stress; healthy eating; weight control; the dangers of drugs and alcohol; cardiac screening and stopping smoking.
- Rolls out GAA drug and alcohol policies within the Club.
- Contributes at County level as appropriate

