

## **St. Laurence's GAA club receives grant in recognition of their role in the GAA's Community Response to Covid 19. The funding is made available through the GAA's Healthy Club project in partnership with Irish Life.**

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St. Laurence's GAA club have been participating in the GAA's Healthy Club project for the past number of years and have mainly focused on hosting the Blood Bank Clinic, participating in Operation Transformation and Ireland Lights Up; raising awareness for benefits of general health to name but a few!

However, the club's focus changed in the midst of the Covid 19 pandemic and their role as a community support system came to the fore, helping people when they needed it the most. Although the games took a back seat, the GAA community did not.

We decided to participate in the Irish Life Steps Challenge to encourage all members of our local community to get out walking, running and become more active in general during the lockdown. It was fantastic to see people from the community of all ages out and about using the walking track to get their steps in. We had over 120 participants taking part in the challenge and tracked over 32,000km-a fantastic achievement for our club; we ranked 11 in all of Leinster!

The Healthy Club Project is supported by Healthy Ireland, the HSE, the National Office for Suicide Prevention and Irish Life. The award-winning project aims to transform clubs into hubs for health in their communities. The GAA already makes a significant contribution to the health of the population through the promotion and provision of Gaelic Games. Participating Healthy Clubs seek to expand their positive influence beyond the playing field by implement policies, partnerships, and programmes designed to support the physical, emotional, and social wellbeing of their communities.



# **GAA Healthy Club Project**

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