

Waterford Sports Partnership 2016/17 Club Development Seminar Series

Sharing knowledge between sports and promoting positive change

Waterford Sports Partnership presents

Minding your Mental Health Seminar for All Sports

This seminar focuses on what clubs can do to create a positive club ethos that provides a strong support network for positive mental health for all members.

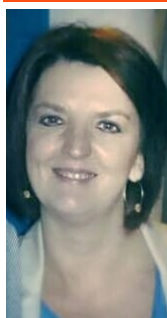
Monday 10th October | 6.30 to 9pm

WIT Sports Arena | Carriganore | Waterford

What will the Workshop cover?

Tracy Nugent from the HSE will deliver an interactive presentation on the "Little Things" campaign, highlighting small changes clubs and organisations can do to increase positive mental health. Dan Shanahan will speak about how the management team of the Waterford Senior Hurlers have created unity and positivity within the camp. Aoife Lane will speak about how the GAA's Health and Wellbeing resource can be implemented in your club to support positive mental health. Finally, Dungarvan GAA and Waterford City RFC will deliver club testimonies about how they have provided support for club members in the aftermath of local tragedies. This seminar will be of benefit to all clubs, organisations and individuals in providing information on how to achieve a supportive environment for all members.

SEMINAR SPEAKERS



TRACY NUGENT a native of County Waterford, is HSE Resource Officer for Suicide Prevention with responsibility for Waterford, Wexford, Carlow, Kilkenny and South Tipperary. Tracy has also worked in the areas of adult education, community development and substance misuse over the past fifteen years. She is a member of the Waterford GAA Health and Wellbeing committee in her capacity as Resource Officer and is responsible for the 'little things campaign' in Waterford.



AOIFE LANE is Head of the Department of Health, Sport and Exercise Science in WIT. She is a member of the Waterford and National GAA Health and Wellbeing Committees, who are working to ensure health promotion is embraced at all levels of the Association, right down to grassroots clubs. Aoife is a native of Galway where her club Ballinderreen are part of the GAA Healthy Club Project, running in 60 clubs nationwide.



DAN SHANAHAN a Lismore native, is someone who needs no introduction. One of Waterford's greatest hurlers, Dan won four Munster medals, one national hurling league medal and was on the Waterford Senior Hurling team that reached the All Ireland final in 2008. Dan made a total of 52 championship appearances for the Deise and is Waterford's all time leading goal scorer. Dan retired from inter-county hurling in 2010 having won three all star awards and the title of 'Hurler of the Year' in 2007. Since 2013, Dan has been a key member of Derek McGrath's management team with the Waterford Senior Hurlers and is instrumental in creating a positive team ethos within the current squad, who won the 2015 National Hurling league and reached the All Ireland semi finals in 2016.

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or call Peter Jones, Sports Development Officer on 0761 10 2191



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