



This year saw Naomh Mairtin accepted into the phase 3 of the GAA Healthy club project. We are one of only four clubs in Louth that are currently in the project. The Healthy Club project aims to help GAA clubs explore how they support the holistic health of their members and the communities they serve. In our first year we have tried to open the club up more to the whole community, seeking to not only have our members involved in activities but any and all from the community.

We started in January with a 10 week operation transformation style fitness & fun group , the walking track was lit up on Monday & Wednesday evenings and we had a fitness class on Saturday mornings. Over 60 people registered for this.

This was followed on by a couch to 5k, with the much appreciated help from Dunleer AC members. It ended up with many of the people involved doing the Dunleer 4 mile road race on the 15th of July





In June we had our official launch which we also used as a day to check in with the whole community. We invited all the different groups and organisations operating in the parish along in the hope of building alliances & friendships between us all so that we can better work together. We also had the Irish heart foundation on site giving free health checks. It was a very enjoyable day.



Naomh Mairtin C.P.G. Health & Wellbeing Launch

Every Community Group/Organisation invited to Participate.

Everyone in the parish invited to come along and meet the various groups/organisations that are active in our Parish.



Sat June 9th - 2018
1pm - 5pm
Naomh Mairtin Pavilion

Free Mobile Health Check Van
in attendance on the day
(Irish Heart Foundation)



Our official Launch





In November to coincide with Naomh Mairtin's decision to become a smoke free club we ran a smoking cessation talk.

GAA Healthy Club Project
gaa.ie/community #GAAHealth FIND OUT MORE

In conjunction with
NAOMH MAIRTIN becoming a 'SMOKE FREE CLUB'

Smoking Cessation Talk & FREE individual Carbon Monoxide Monitoring on the night.

Thursday 22nd November 2018 7pm – 8pm
Naomh Mairtin Clubrooms

Talk will be given by Jane Shields, Smoking Cessation
HSE Clinical Nurse Specialist
Louth Hospital Group

All Community Invited
There will be an opportunity to avail of one to one support in Our Lady Of Lourdes Hospital for those hoping to give up smoking.
Tea & Coffee Available

Healthy Minds...
Healthy Bodies...
HEALTHY CLUBS

Naomh Mairtin C.P.C.


No Smoking

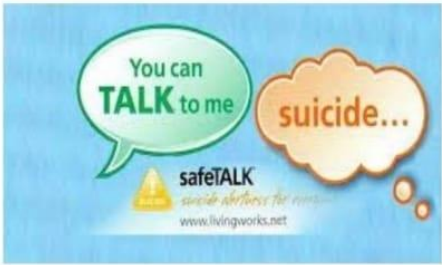
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive





This month we held safe talk training, which saw 10 people trained. This was very worthwhile and something we hope to run again in the future.





NAOMH MAIRTIN




FREE SAFETALK TRAINING (Suicide alertness for everyone)

SATURDAY 8TH DECEMBER 2018
10AM – 1PM

VENUE: NAOMH MAIRTIN CLUBROOMS

Notes: over age 18, minimum number of people for the workshop is 15 and maximum 24
Training open to all Club Members and Members of Monasterboice Community
Book your place ASAP by texting John 086 8244075 or Linda 086 1936349.

HSE will deliver the training
Tea & Coffee Available

Since Last October the walking track has been lit on a Monday evening for people wishing to use it, this has finished for the Christmas Break but will return as Operation Transformation mid January on Thursday evenings (Details below).



In the coming year we are planning a wide variety of differing events, starting in January with Operation Transformation & Ireland lights up. Registration on the night, Thursday 17th January @ 6.45



Also in January we have a talk on substance abuse awareness. It's on in the Monasterboice inn on Friday the 25th @ 8pm.

Titled "Substance abuse in your Family & Community, Can you guard against it", it will be given by Geraldine Hartnett, a very experienced lady in the field of drug use/abuse. Geraldine has many years experience working with adolescents and families affected by substance abuse. She is travelling up from Kilkenny to give this talk and we are indeed very fortunate to have her.

We intend to start an activity group in the Spring culminating in May hopefully with a Hell & Back challenge. The focus will be on participation rather than time.



Wishing you all a happy and healthy Christmas & New Year

The Health & Well Being Committee





Some more images from the year



