



BUILDING BETTER COMMUNITIES ULSTER GAA

Réamhamharc ar CLG Uladh
An Introduction to Ulster GAA
www.ulster.gaa.ie



What is the GAA?

The GAA is the world's largest volunteer sporting, cultural and community organisation with over 1.2 million members of 3,000 clubs located in 54 countries across the world. The GAA promotes the indigenous sports of the island of Ireland namely Hurling, Gaelic Football, Camogie, Handball and Rounders in addition to the promotion of Irish Culture, Language and Pastimes. The GAA is an amateur sporting body governed by volunteers. The Ard Chomhairle (Central Council) of the GAA comprises delegates from GAA units across the world and oversees the governance and policy direction of the GAA.



**BUILDING BETTER
COMMUNITIES
ULSTER GAA**

We are the GAA Video

<https://www.youtube.com/watch?v=DzCwf8T2o-0>



**BUILDING BETTER
COMMUNITIES
ULSTER GAA**



We are more than a Sporting and Cultural Association, we are a grassroots volunteer driven movement focused on making the communities which we serve better places.



250,000

Members of the GAA in Ulster

15,000

In 2014 15,000 GAA members took part in Ulster GAA Health and Wellbeing initiatives.



400

Delegates attend the Ulster GAA Club and Community Conference annually.

28,000

Children were coached as part of the Foundation and Key-stage I Schools programme in 2014.

42%

of volunteering on the island of Ireland comes from the GAA.

500

Delegates attended the O'Neills Ulster GAA Coaching and Games Conference Annually.

240,000

Approx. 240,000 spectators in total attended major Ulster GAA controlled fixtures in 2013/2014.

90,000

Active players of Gaelic Games

85%

As a grassroots community based not for profit organisation, Ulster GAA reinvests approx 85% of its income to grassroots development at County and Club level.

30,000



The Ulster GAA web-site receives approximately 30,000 hits per month

65,000

page views per month approximately



137,000

Over 137,000 spectators attended the Ulster Football & Hurling Championships in 2014.

60%

of sports attendances on the island of Ireland comes from the GAA.

75%

of GAA spectators regularly socialise after a sports event.

46,000

Spectators approximately, attended the 2015 Bank of Ireland McKenna Cup.

45,000

Approximately 45,000 spectators attended the 2014 Ulster GAA Club Championship.

20,000

The Ulster GAA monthly e-newsletter is circulated to over 20,000 readers.

6,000

Ulster GAA email system is linked to over 8000 active volunteer officials at Club and County level.

25,000

In 2013/2014 approximately 25,000 Participants attended courses organised as part of the Ulster GAA Coach and Volunteer Development Programme.



25,000

In 2014 approximately 25,000 games were organised and played within the Province of Ulster.

39,000

Twitter followers



24,000

Facebook followers



29

Clubs got Coaching Packs



58

Schools got Coaching Packs



2000

Participants



SECONDARY SCHOOLS ONE WALL HANDBALL

20

SCHOOLS



TWO ANNUAL
BOYS EVENTS

ONE ANNUAL
GIRLS EVENT



Approximately
200
players per year



DID YOU KNOW?



Dental kits distributed



Higher level students involved in the Drink, Drugs and Sausage Rolls



Adult Health Advice books distributed



Healthy Breakfast Clubs in schools



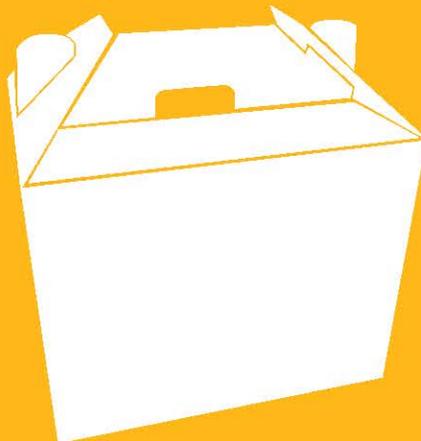
Volunteers at first ever Ulster GAA Health Conference



Clubs engaged in 'Heads Up' Mental and Emotional Wellbeing Programme



Healthy Hamper packs in schools (in both English & Gaelige)



Young people engaged in 'Stand Out From the Crowd' programme



County Health and Wellbeing Committees established

DISABILITY PROGRAM

DID YOU KNOW?



4 DISABILITY HUBS

Belfast
Craigavon
Derry &
Enniskillen

1 PROVINCIAL
WHEELCHAIR
HURLING TEAM




All-Ireland B
Winners 2014

**HALF
TIME
GAMES**



8 Annual mixed
ability event
to include
able bodied
participants

Teams

70
Participants

10 disability schools
received coaching
during term time
and assistance
to run summer
activity camps

Approximately 250
participants per year

10 Community Groups
Approximately 200 players per year



UNEMPLOYMENT SCHEME

DID YOU KNOW?

30

Coaches recruited via jobs & benefits



107

Coaches recruited via club & community



12,806

Participant opportunities created by coaches in unemployed programme

689 individual Sports and Governance qualifications obtained



Blitz Belfast

Refereeing & Scorekeeping

2015



Sports First Aid
HSENI Approved



Ulster GAA FOR ALL Disability Inclusion Workshop



GAA Basic Referee Course



AWARD 1 CHILDREN
Gaelic Football



Ulster Gaelic Start & Fundamentals Workshop



Foundation Handball



GAA Safeguarding Children in Sport

22 Clubs from MDM areas **500 Players**

48110 TEAMS GAMES **100 Mentors**



OUR MISSION

The GAA is a community based volunteer organisation promoting Gaelic Games, Culture and participation.

OUR VISION

The Vision of Ulster GAA is to foster and grow the GAA across Ulster, strengthening its position as the Province's leading amateur, sporting, cultural, community and volunteer movement. Ulster GAA is unequivocally value-driven.

THE CORE THEMES THAT GUIDE OUR VALUES AND UNDERPIN OUR DAY-TO-DAY WORK ARE:

Community
Volunteerism
Place & Identity
Inclusion
Excellence



BUILDING BETTER
COMMUNITIES
ULSTER GAA

9
54
584
3,000
250,000
1,200,000

GAA IN ULSTER HAVE
9 COUNTY COMMITTEES

GAA HAS CLUBS IN
54 LOCATIONS
ACROSS THE WORLD

GAA IN ULSTER OVERSEES
& SUPPORTS 584 CLUBS

THERE ARE 3,000
GAA CLUBS IN THE WORLD

GAA IN ULSTER HAVE
250,000 MEMBERS

GAA HAVE
OVER 1.2 MILLION
MEMBERS WORLDWIDE



OUR GOVERNANCE ÁR RIALACHAS

Governance and Strategic Development is a core pillar to all the activities of Ulster GAA. We currently hold a level of full assurance by Sport NI and produce fully audited accounts at the end of each financial year to outline to our members where their money is spent.

Ulster GAA reinvests approximately 84-85% of its annual income on an ongoing basis back to Club, County and Community Projects

EXPENDITURE 2012:



CONTRIBUTING TO ECONOMIC DEVELOPMENT AG CUR LE FORBAIRT GHEILLEAGRACH

- The GAA reinvests 84% to 85% of its income back to Club, County and Community Projects. Since 2006 over €60 million has been invested in GAA infrastructure projects across Ulster sustaining approximately 1,000 much needed jobs in the construction industry.
- The major Ulster GAA Competitions (Senior Championships, McKenna Cup, Under 21 Championships, and Ulster Club Championships) attract total average spectator attendances of approximately 250,000 per year worth around €25 / €30 million in economic benefit to the local economy.
- The Casement Park redevelopment project will generate significant jobs in the construction industry and contribute approximately €10-15 / €12-18 million to the City of Belfast in economic footfall once operational.
- Ulster GAA supports the direct and indirect (through County GAA Committees) employment of nearly 100 people in partnership with Public funding sources.
- The ERSI Dublin report on Sports Volunteering indicated that 42% of all community volunteering on the island of Ireland comes from the GAA.
- Ulster GAA's 250,000 volunteer members make a significant annual contribution to the social economy in areas of community development and cohesion, sports participation, health and wellness and youth development through their contribution to their local place.

Ulster GAA- Our Clubs



Ulster GAA- Our Challenge

- Community Health
- Female Participation
- Volunteerism
- Economic Development
- Social Capital
- Community Development and Cohesion
- Anti-Social Behavior
- Shared Future & Reconciliation



ULSTER GAA

C L U B ★ ★ ★
M A I T H

Developing the Club
Bettering the Community





DEFIBRILLATOR GUIDELINES



Live To Play

Road Safety Awareness

DRINK, DRUGS & SAUSAGE ROLLS

HEALTH AND WELLNESS PROGRAMME

In association with **squashball**

Mental Health and Emotional Wellbeing Awareness



Healthy Hamper

HEAPS UP

See the Signs



BUILDING BETTER COMMUNITIES
ULSTER GAA

The screenshot shows a web browser window with the URL ulster.gaa.ie. The browser tabs include "How to take a screenshot on your Mac - Apple Support" and "Cumann Lúthchleas Gael Uladh". The website header features the Ulster GAA logo on the left, the text "Cumann Lúthchleas Gael Uladh" and "Ulster GAA" in the center, and a search bar on the right labeled "Search Ulster.gaa.ie:". Below the header is a dark navigation bar with links: Home, Fixtures & Results, News, Health (highlighted), Council, Media, Coaching, Club & Community, County, Culture, and Contact. A secondary navigation bar contains: OVERVIEW, HEALTH & WELLNESS NEWS, PROGRAMMES, CLUB RESOURCES, GALLERY, and CONTACTS. The main content area has a blue background with the heading "ULSTER GAA HEALTH IS WEALTH". Below this is a paragraph: "Within this Microsite you will find information on the **Health & Wellness Initiatives** currently offered by Ulster GAA. Clubs can also find resources on policies within our **Club Resources Section**. For further information please visit the **Contacts page**." Two orange buttons are present: "OUR PROGRAMMES" and "RESOURCES FOR CLUBS". On the right, a "Latest News" section lists three items, each with a photo and a date: "GAA Clubs Promote Health & Wellbeing" (March 4th 2015), "Antrim GAA host Health & Wellbeing Conference" (February 23rd 2015), and "Derry GAA Health & Wellbeing Committee Launched" (February 23rd 2015).



STAND OUT FROM THE CROWD FOR THE RIGHT REASONS

ULSTER GAA HEALTH & WELLBEING PROGRAMME



PREPARE WELL BY EATING AND DRINKING THE RIGHT THINGS:

ALL THE FOODS YOU EAT SHOULD HELP YOUR PERFORMANCE. THINK:

- ENERGY** Carbohydrates provide energy to the exercising muscles - include some complex carbs in every meal (bread, cereals, potatoes, pasta and rice)
- PROTECT** Fruit and vegetables protect and maintain a healthy immune system - eat at least 5 a day from a range of sources to get the vitamins and minerals your body needs
- REPAIR** Protein is essential to help build, maintain and repair muscles - you can meet your needs by eating meat, poultry, fish, eggs, milk and cheese

MAIN MEAL 2 - 4 HOURS BEFORE THROW IN:	1 HOUR BEFORE	DURING	DURING
Include complex carbs, lean protein, little/no fat and a drink (eg water)	Simple carbs: ripe bananas, jaffa cakes and drink eg water.	Take on fluids as often as possible.	Refuel within 30 minutes with sandwich, milk, yoghurt drink or cereal bar.

FOLLOW UP WITH A PROPER MEAL WITHIN 2 HOURS OF EXERCISE AND REHYDRATE BY DRINKING FLUIDS

**TRAIN HARD
PREPARE WELL
WIN OR LOSE
WITH HONOUR**

THE EFFECTS OF ALCOHOL AND OTHER DRUGS ON YOUR PERFORMANCE:

- They will **increase** your risk of: Cramp, injury and dehydration
- They will **decrease** your endurance, reactions, mineral stores, aerobic performance, speed & strength
- They can also affect your heart rhythms, affect your ability to recover from exercise and cause you gain weight.

IN SHORT, IF YOU WANT TO BE THE BEST YOU CAN BE, YOU'LL ACHIEVE IT WITHOUT DRUGS & ALCOHOL.

NO MATTER HOW MUCH TRAINING YOU'VE PUT IN, DRINKING ALCOHOL UP TO 72 HOURS BEFORE A MATCH WILL TAKE THE EDGE OFF YOUR PERFORMANCE

IF YOU NEED HELP OR SUPPORT...

If you feel you need further advice or support, or if you are concerned about either yourself or a friend or family member, open up to someone you trust. You can talk to a coach or someone in your Club community. They may not have all the answers but they will be able to direct you to the right person to give you the help you need. You may feel scared at the prospect of speaking to someone but be brave and take the first step to getting the support that's needed.

For more information on available support you can also visit:
www.ulster.gaa.ie/headsup OR www.gaa.ie



**BUILDING BETTER COMMUNITIES
ULSTER GAA**

DRINK, DRUGS & SAUSAGE ROLLS

HEALTH AND WELLNESS PROGRAMME

In association with **squareball**

Drink **Move**
STRESS
Drugs
eat



UUSU
UNIVERSITY OF ULSTER STUDENTS' UNION
SOCIETIES
www.uusuu.com

AN CLUANN GAELACH
Ollscoil Uladh
Coláiste Mhícheál

Ní neart go cur le chéile!



An Ghaeilge!

facebook
cumann
contact
ingest

IS TÍRKE PUIL NA VÍSCÉ
FACHGANN FÓDING FÓY AGAR
if éasca sa chomhaltas an uile
YOUNG MAN
YOUNG WOMAN
YOUNG MAN
YOUNG WOMAN

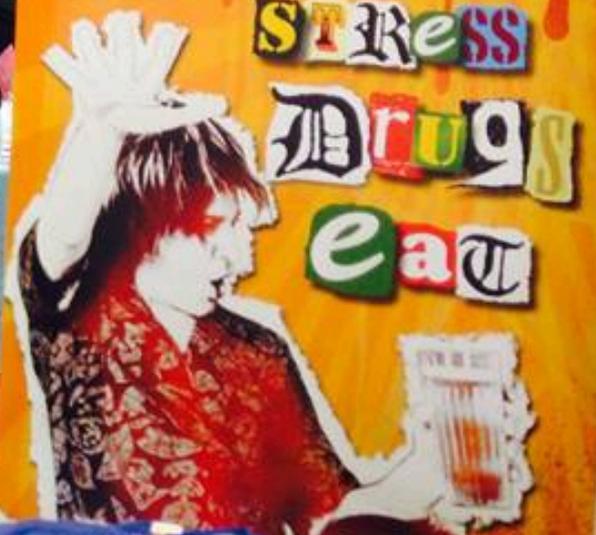


DRINK, DRUGS & SAUSAGE ROLLS

HEALTH AND WELLNESS PROGRAMME

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Drink **Move**
STRESS
Drugs
eat



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UDENT



BUILDING BETTER COMMUNITIES
ULSTER GAA











Armagh Cúchulainns San Francisco 2009

Belfast Cúchulainns USA Tour 2008





Working

groups

community

Links with the PSNI

In April 2009 Central Council
Coordinator to act on behalf of

Anti Sectarian and Anti





BETTER
TIES
A

Thank You

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