



# Ulster GAA

# FACT SHEET

## ACTIVE COMMUNITIES PROGRAMME

We in the GAA believe that every-one should be given the opportunity to take part in Gaelic Games no matter what their ability.

Through the Active Communities Programme we are offering your club the opportunity to reach out to the wider community by offering coaching for those with disabilities.

All our coaches have been trained in adapting our games and activities to suit a wide range of ability levels, so no matter how much or how little your members can do, we can get them involved.

### GAA For All What we can offer your club



The Active Communities Coaches can help your club set up a 'GAA for All' club where they will deliver up to six FREE coaching sessions for those with disabilities

- They will introduce these new participants to the basic skills of Gaelic Games and help them develop their agility, balance and co-ordination so that they feel a sense of self achievement
- Your club volunteers will be given the opportunity to be involved in the coaching programme, and can be trained in the skills and knowledge they need to be able to continue coaching Gaelic Games after our coaches have gone.



### Contact Details

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Gaelic4Mothers is a National Ladies Gaelic initiative which is giving mums across the country the opportunity to pull on their boots and get involved in playing the game. The programme has grown from strength to strength since it's inception two years ago with many clubs across Ulster now taking part in it.

Originally set up as a six week programme, most of the clubs who get it up and running find that the mums are enjoying it so much that they don't want it to stop after six weeks. Not only are the mums having a great time, but they also feel more part of the club and get involved in the club's activities and events.

**Active Communities Coaches Can Be Contacted through your Local Council OR  
Please contact Sheena Tally using the above contact details for further information**



# ACTIVE COMMUNITIES PROGRAMME

## What Can We Offer Your Club?

- The Active Communities coaches can come in to your club and help set up this six week programme for the mums from your area. They will deliver the coaching sessions and set up structures to allow your club to continue it on
- The mums will then be invited to take part in regionally organised Gaelic4Mothers blitzes where they can represent your club in a fun and non-competitive blitz
- The knock on effect of the Gaelic4Mothers programme is that clubs are getting more members, supporters and helpers for their clubs.

## What Is The AC Programme?

Active Communities is a programme that aims to increase participation in sport and physical recreation in communities. Active Communities seeks to increase participation among under represented groups including women and girls, older people and people with a disability. Active Communities is funded by Sport Northern Ireland.

## How Is Ulster GAA Linked To The Project?

Each of the different council consortia areas listed have GAA specific coaches who are working in the Council area to increase participation in Gaelic Games. Ulster GAA works diversely across all codes, ages and abilities and give direction and support to these coaches.

## What Can The Programme Do For Your Club?

The Active Communities Coaches can be accessed by clubs, schools, community groups and special needs groups with the aim of creating opportunities for women and girls, older people and people with a disability. They can help you to make your club inclusive to all members of the GAA family.

## Contacts

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  - Cormac Venney (Down)**  
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- Ulster GAA Active Communities Co-ordinator:**
- Sheena Tally** 077951 60979  
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## Over 50's In Your Club

Research proves that older people who exercise regularly can carry out every day tasks with greater ease. With this in mind the Active Communities Coaches are keen to help your club reach out to those who fall into the over 50's category so that your club can offer activities suitable for this age-group.

## What Can We Offer Your Club?

- The Active Communities coaches can help your club set up an Over 50's club who meet regularly to take part in some sort of physical activity
- Depending on the level of ability and the ages of those taking part, our Active Communities coaches can deliver a six week block of activities. These activities could include simple in-door games that involve some of the skills of Gaelic Games, Rounders/Handball session, Veterans indoor 7-a-side or even setting up a walking/exercise club.
- Each club will be different and the coaches will tailor the sessions to work with you.

## Club Coaching Support

The Active Communities coaches can also offer coaching support to your club in the areas of Ladies Football or Camogie. If you are not already offering all codes in your club then why not ask our Active Communities Coaches to help you get started.