



# GAA Health & Wellbeing Conference

## Ageing, Social Inclusion and Well-Being in the GAA

Prof. Eamon O'Shea

NUI Galway

# Overview

- Population ageing
- Contribution and capabilities
- Volunteering and older people
- Defining volunteerism
- Social inclusion and the GAA
- Vulnerability and social exclusion
- Inter-generational bounty
- An age-friendly club

# Population Ageing

- We are living 2 years longer every decade; for every 24 hours that we live, life expectancy is going up by 5 hours.
- Life expectancy at 65 has improved significantly
- Males can expect to live a further 18 years at age 65
- Females can expect to live a further 21 years at age 65

# Life Expectancy by Age -Males

| Life expectancy at age | 1993 | 2003 | 2013 | % change 1993-2013 |
|------------------------|------|------|------|--------------------|
| 0                      | 72.5 | 75.7 | 79.0 | 9.0                |
| 40                     | 34.5 | 37.5 | 40.3 | 16.8               |
| 65                     | 13.4 | 15.8 | 18.1 | 35.1               |
| 75                     | 7.8  | 9.2  | 10.9 | 39.7               |

# Life Expectancy by Age -Females

| Life expectancy at age | 1993 | 2003 | 2013 | % change 1993-2013 |
|------------------------|------|------|------|--------------------|
| 0                      | 78.1 | 80.7 | 83.1 | 6.4                |
| 40                     | 39.3 | 41.7 | 43.9 | 11.7               |
| 65                     | 17.0 | 19.1 | 20.8 | 22.4               |
| 75                     | 10.0 | 11.5 | 12.9 | 29.0               |

# Contribution and Capabilities

- Ageing is story of success in Ireland
- Vast majority of older people are healthy and well
- Spending power is strong
- Caring roles – key aspect of their contribution
- Financial and asset transfers to children
- Transfer of knowledge and wisdom
- Volunteering

# Volunteering

- 28% of people aged 65 years over volunteer - 174,000 people (CSO, QNHS, Q3 2013)
- Provided 41 million hours of volunteering in the last 12 months
- One quarter of male volunteers aged 65+ are engaged in volunteering for sporting organisations
- Broadening and deepening volunteering among older people is realistic goal

# Volunteering Among Older People Aged 50+ (TILDA Data)

- 16% volunteer weekly
- 12% volunteer monthly
- 18% volunteer yearly
- Yet, 54% of people over 50 reported never volunteering
- Those who never volunteer have a lower quality of life than those volunteering at least once a year



# Voluntary Activity, Education and Social Isolation - TILDA

- 20% people aged 65-74 do voluntary work at least once a week or more.
- Around 10% are engaged in high-intensity voluntary work.
- People aged 65-74 years more likely to volunteer frequently compared to people 50-64 years and 75 years and older
- Volunteering, is greatest among older adults with high levels of education.
- Quality of life increases with greater social integration.
- 6% of older women and 7% of older men are socially isolated.
- Older persons with poorer self-rated health are most likely to be socially isolated.

# Defining Volunteerism

- Reward structure
- Organisational setting
- Motivation
- Commitment
- Costs and benefits
- Beneficiaries

# Social Inclusion and the GAA

- Building on the existing organisation – club, clubhouse, pitch infrastructure – reaching out to the community
- Life Course relationship - building on existing and past connections
- Social networks and local Information flows in regard to social exclusion
- Identifying vulnerable individuals – reaching out
- Making new connections - creation of social hub
- Strengthening reciprocal relationships within and across generations

# Vulnerabilities and Social Exclusion

- Vulnerability audit – link to other community-based organisations – formal and informal
- Social isolation
- Loneliness
- Economic and social resources
- Access to services
- Transport networks
- Safety and security
- New arrivals

# Men and Losses

- Age-related losses found to affect men disproportionately
- Loss of economic power and role diminution
- Complex relationships between isolation, loneliness, health and depression
- Social network – breadth, depth and variability serve to protect people against isolation and loneliness
- Life Course events and transitions matter

# Inter-Generational Bounty

- Values
- Wisdom
- Belonging, connectivity and place
- Reciprocity
- Trust
- Confidence
- Creativity
- Resilience
- Social capital

# An Age-Friendly Club

- Look at the age distribution within the club
- Look at gender mix within the club
- Look at roles and responsibilities
- Establish age-related inter-generational club goals
- Look at internal communication strategies - autonomy vs paternalism
- Establish inter-generational community objectives that are dynamic not passive
- Learn from successes of other clubs e.g. walkways, training on ageism, integrated activities, shared decision-making
- Open-day for new older members – including lapsed members - *all my life's a circle initiative*

# Conclusion

- Population in Ireland is ageing; life expectancy is increasing from birth and from the age of 65
- Older people are an important resource for GAA clubs
- Enormous potential to enhance club and community
- Inter-generational dynamic activities important for stable and caring communities
- GAA also has role in social inclusion – engaging with socially isolated older people in particular
- Personhood and equality rather than paternalism and dependency
- A strong age-friendly, socially inclusive GAA club that is connected to the community is powerful force for good in urban and rural communities





# GAA Health & Wellbeing Conference

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The Social Initiative – The Importance of making your club Age  
Friendly

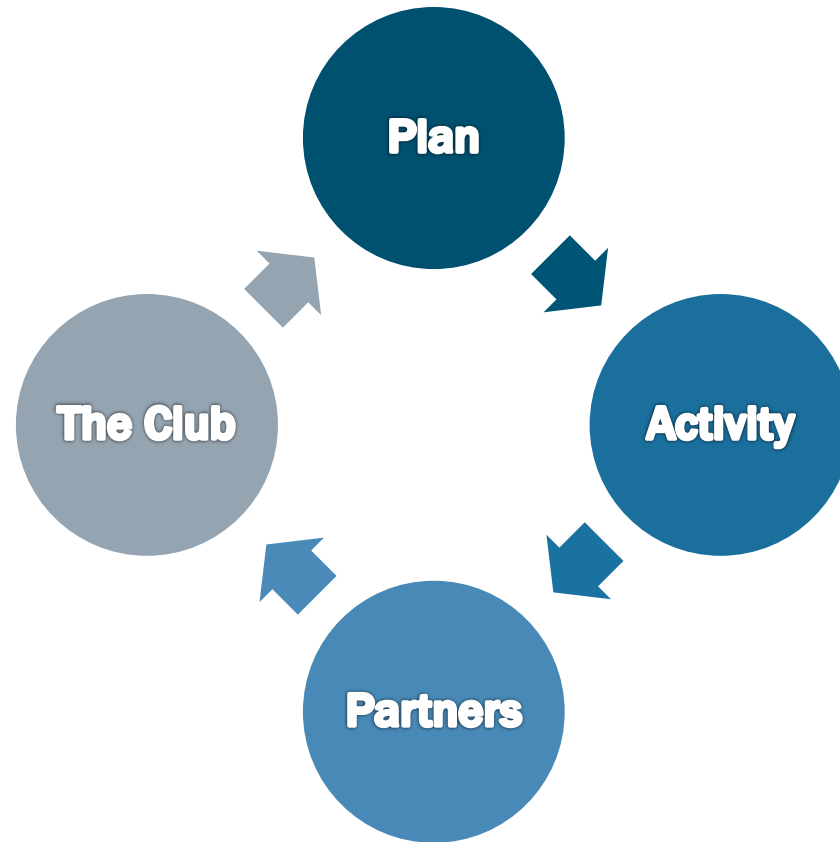
# Ballinderreen Feels Good: Social Initiative

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# Our Building Blocks

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# Plan:

- Formed a Healthy Club Project Team
- Target:
  - \* Non playing Members
  - \* Older members of the community (bridging the gap)
  - \* Those who are isolated
  - \* **Inclusive**
- Utilise:  
The Club Facilities ie: Walking Track, Community Centre, Acorn Centre



# Plan

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- Spoke to local people to see what might be of interest
  - Community Centre Community
  - Local Nursing Home
  - Brothers of Charity
  - Local National School
  - Senior Citizens Committee
  - Members of the local community
  - Public Health Nurse



# Advertisement

## Ballinderreen Healthy Club Project

Ballinderreen Healthy Club sets out to create a community where everyone can enjoy physical and mental health and wellbeing

### Ballinderreen Healthy Club Project

Ballinderreen GAA was recently selected as the only Galway club to take part in the GAA's National Healthy Club Project.

The purpose of the project is to:

- promote the health and wellbeing of GAA and Camogie club members and the wider community across the whole parish of Ballinderreen.
- A working group led by Mary Maloney will roll out community development projects that will include a walking group, and social events that will promote interaction between all age groups and all people across the community.
- The group will also help to deliver workshops to coaches and parents and a nutrition programme for playing members.

This is a brilliant opportunity for our club and community and we look forward to seeing you at our launch on May 8th - La na gClub!

### Walking club

We will be kicking off an 8 week walking course on May 12th, which will be run in conjunction with "Get Ireland Walking" This is open to everyone in the community who wishes to be active in a social setting (insurance fee will apply).

Contact Helena Murphy T: 087 226 4313  
Claire Burke T: 087 130 4114

## Ballinderreen Feels Good

### Lunch Club

We hope to have 'Ballinderreen Lunch Club' once a month. Meals will be provided at a reduced cost of €5. All dietary requirements catered for. This initiative will be organised in conjunction with the H.S.E. Ballinderreen Lunch Club will begin Friday 20/5/2016 at 1pm in Ballinderreen Community Centre. All members of community and friends welcome.

Contact Mary Helebert T: 087 944 4898 and  
Laura Sheehan T: 085 789 3385

### Blake Manor

Has welcomed the students of Ballinderreen N.S. who will be visiting the residents over the coming months for organized activities. We also plan to hold underage training sessions on the grounds of Blake Manor.

### Home Visits:

Would you like a member of our community to visit you once a week for an hour? Could you spare an hour to visit someone? We currently have 8 residents of Blake Manor who would love to have a visit from one of our social team. If you would like to get involved, call

Carmel Lane T: 086 320 3568 or  
Catherine Helebert T: 087 949 8010

### Meet and Sing

Have you been waiting for a sing song? Well, wait no more! Singers of all abilities and styles are welcome to a relaxed singsong starting 18th May Acorn Center 8pm. For further info talk to

Siobhan Morgan T: 087 950 3557  
Laura Cassidy T: 086 400 7811

### Film Night

Once a month from October there will be a film night in the Acorn Center. More details closer to the time.

## Ballinderreen Healthy Club Project

### November Cards

Would you like to play cards? We are looking for people to play social cards every Wed night from 7.30-8.30. Could you teach a teenager how to play whist or spot? For further information talk to:

Mary Maloney T: 085 721 9832  
Tom Costello T: 086 824 3731

### Calendar 2016

#### May 2016

- 8th** Launch of Healthy Club Project  
**11th** 6th class students visit to Blake Manor Nursing Home.  
**12th** Walking club starts (8 week program in conjunction with Get Ireland walking 7.30 to 8.30 at Ballinderreen GAA pitch.  
**14th** Ballinderreen Community Centre will hold a concert with Dermot Byrne, Steve Cooney and Pierre Schryer next Sat 14th May at 8pm. Adm €15.00 (€12.00 OAP/Student) on 085 1743916 or on [www.ballinderreen.com](http://www.ballinderreen.com) Early booking advised.  
**18th** Meet and Sing 8pm Acorn centre  
**20th** Community Lunch Club 1pm community centre €5 donation  
**22nd** 7:30 pm – Ballinderreen Community Centre will host a Sunday Evening Tea Dance with The Martin Forde Band. Waltz, Jive Foxtrot, Ceili & Old Time. Refreshments served. Adm €8.00.

#### June 2016

- 17th** Ballinderreen Lunch Club 1pm Community Centre

Check out our community facebook pages and Community Website for updates on events

[www.ballinderreen.com/communitycentre](http://www.ballinderreen.com/communitycentre)  
[www.facebook.com/ballinderreen.hurlingpro](https://www.facebook.com/ballinderreen.hurlingpro)  
[www.facebook.com/Ballinderreen-Camogie-Club](https://www.facebook.com/Ballinderreen-Camogie-Club)  
[www.facebook.com/Ballinderreen-Community-Centre](https://www.facebook.com/Ballinderreen-Community-Centre)

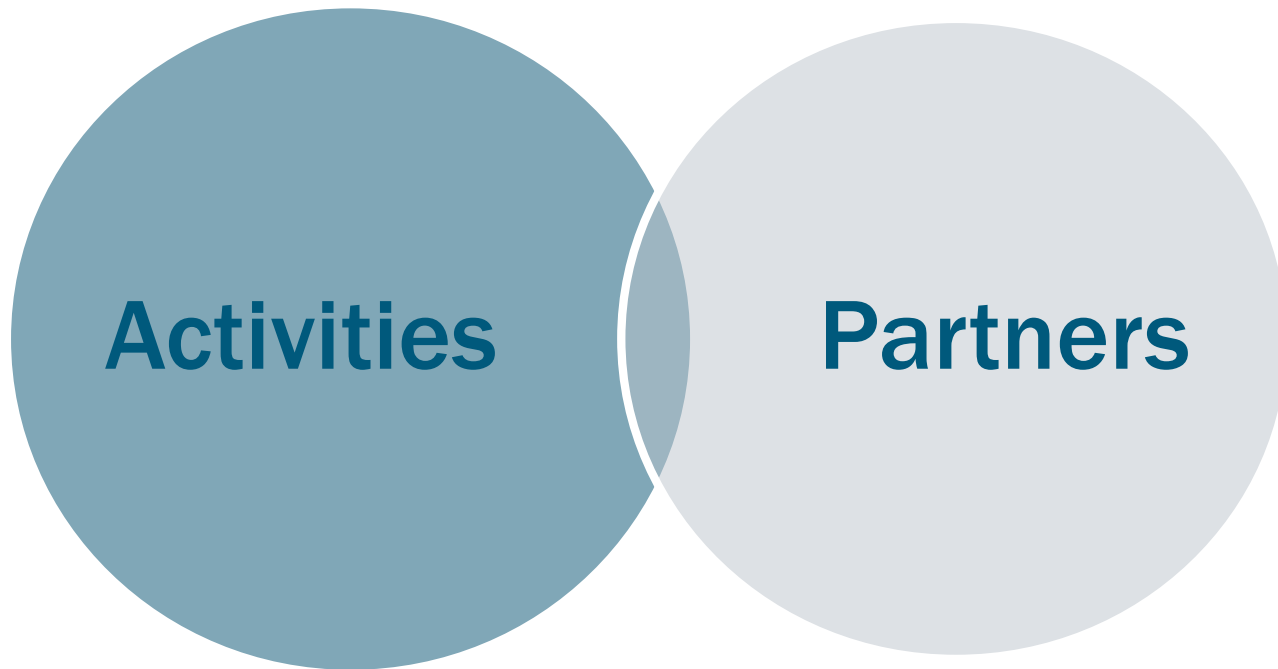


# Launch Day: Lá na gClub



# Ballinderreen Feels Good

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# Activity: Walking Club

# Partners:

Get Ireland  
Walking –  
Ran an 8  
week Walking  
Club





# Activity: Lunch Club

## Partners:

COPE and the HSE in connection with the Lunch Club and the Community Centre

Blake Manor Nursing Home

Locals – Volunteering



**BLAKE MANOR**  
NURSING HOME



**COPE Galway**

*Let's help together*



# Activity: Nursing Home Visits

# Partners

**Blake Manor  
Nursing Home**

**Ballinderreen  
National School**



**BLAKE MANOR**  
NURSING HOME



**Ballinderreen National  
School**



# Activity: Meet and Sing

## ACTIVITY: FILM NIGHT

'Life is like a box of chocolates.. You never know what you're going to get'



## FUTURE ACTIVITY: CARDS FOR NOVEMBER

Out of the Pub — Into the Club





# Partners

Parish Council: Giving  
us use of the Acorn  
Centre



# Club



# Facts and Figures

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- 30 new members
- 28 as a result of the walking club

**Club  
Registration**

- €600 total
- €560 generated as a result of walking club

**Membership**

- ALL AS A RESULT OF THE HEALTHY CLUB PROJECT

# Facts and Figures - Lunch Club

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- 5 months- 181 dinners supplied

**Meals  
Provided**

- €210  
(supplementing meals and tea/coffee)

**Cost**

- Cake Sale €355

**Fundraising**

# Facts and Figures

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**30**  
**Volunteers**

# Quotes...

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***“Very nice, very nice staff serving us, it is nice to get out and about for a couple of hours”***

***“Friendly lunch & very good food”***

***“Its good, it gives me a change to get out and meet local people”***

***“ I like to feel useful and drive two of my neighbours down’***

***“I like to meet and chat with friends”***

# Bridging the Gaps...

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# The Feel Good Factor is back in our Club

