



# COISTE CHONTAE AONTROMA

CUMANN LUTHCHLEAS GAEL

## Antrim Health and Wellbeing Conference

*'Is Fearr Sláinte Ná Ór'*

Saturday 21<sup>st</sup> February 2015 @ Dunsilly Hotel, Antrim

Time	Event	Personnel
8.30 – 9.45 10.00 – 10.20	<b>REGISTRATION AND STALL EVENT</b> <b>CONFERENCE OPENING</b>  County Chairman's Address  Address from Chairman of the National Health and Wellbeing committee	<b>Barney Herron</b> (County Health and Wellbeing chairman) <b>Jim Murray</b> (County Chairman) <b>Ciaran Mc Laughlin</b> (Chair National Health + Wellbeing Committee)
10.20 - 10.40	<b>KEYNOTE ADDRESS</b> <b>COPING WITH CRITICAL EVENTS</b>	<b>Dr Niall Muldoon</b> (psychologist with GPA counselling service)
10.45- 11.55	<b>HEALTH AND WELLBEING TRAINING PROGRAMME</b> A workshop which will give the appropriate training for all club health + wellbeing officers and other members which is being rolled out nationally to every county. This will form an essential element for all Club Maith applications .	<b>Emmett Haughian</b> (Health and Wellbeing Officer @ Croke Park)
11.55 – 12.10	<b>TEA/COFFEE</b>	
12.10 – 12.35	<b>THE BIGGEST LOSER</b> This workshop looks at the success of Ruairí Óg Cushendall and their winter community programme which used weight loss as a vehicle to address the issues which affect rural communities over the closed GAA season.	<b>Martin Magee</b> (Secretary Ruairí Og Cushendall)  <b>Ciara Mooney</b> (Coordinator ROBL)
12.35– 13.00	<b>Sláinte ár bpáistí a chur chun cinn.</b> A workshop focusing on the significance of developing the physical, social and emotional health of young children at the earliest possible opportunity using the GAA fundamentals programme.	<b>Jim Brady</b> (Vice Chairman All Saints Ballymena)  <b>Paul Buchanan</b> (PRO Lámh Dhearg Hannahstown)
13.00 – 13.25	<b>COPING WITH CRISES IN THE CLUB.</b> Educating participants on the process and the role of the club in the period immediately after a critical event and as time moves on. Also a chance to look at how to access and utilise the range of statutory, voluntary, community and GAA resources that are available throughout the country.	<b>Dr Niall Muldoon.</b> (Psychologist)  <b>Chris Lynch</b> (Mental Performance and Lifestyle Coach)
13.25	<b>PLENARY AND CONFERENCE CLOSE</b>	Ciaran Mc Laughlin Dr Niall Muldoon Jim Murray Barney Herron Emmett Haughian