

HEALTHY CLUB SURVEY RESULTS 2021



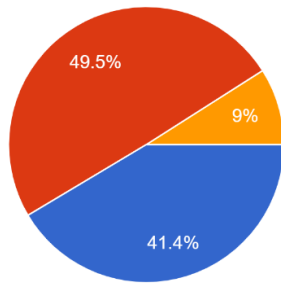
Galbally Pearses GAA
Parsaigh An Ghalbhaile

Please Note – Some of the questions in the survey asked you to be as descriptive as possible, this has really helped us as a club understand what our community wants and needs to become a healthy club. We have rounded these responses up and put them in a chart format so that it can be easily read.

Justina Mulgrew – Health and Wellbeing Officer

Your connection to the club

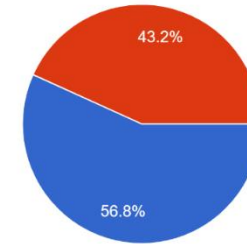
111 responses



- Playing Member
- Non-Playing Member
- Non Member

Gender of respondent

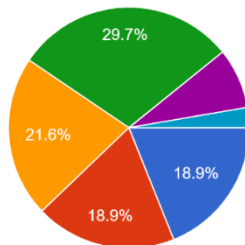
111 responses



- Female
- Male
- Prefer not to say

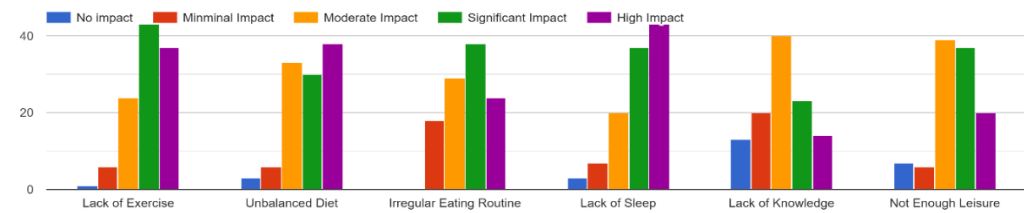
Age Group of Respondent

111 responses



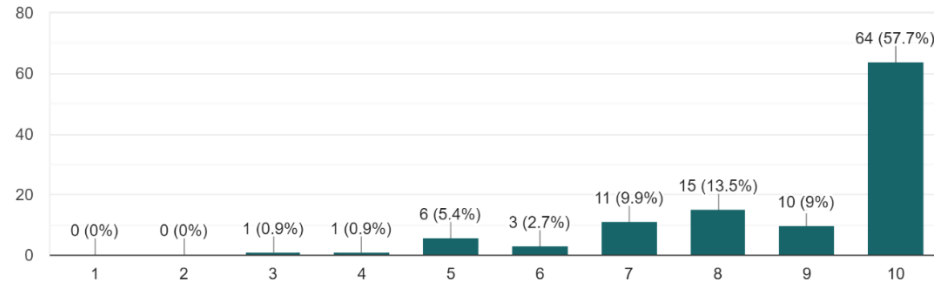
- 18 or Under
- 19-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 or older

How much do the following factors negatively influence your wellbeing?



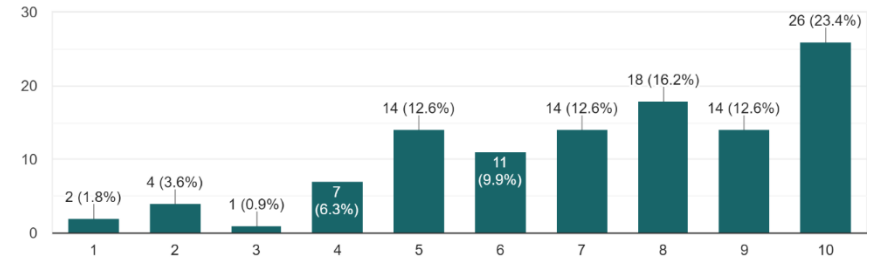
How Welcoming do you feel the club is?

111 responses



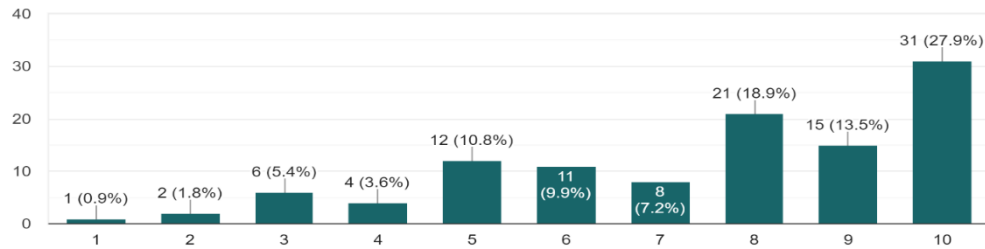
How much do you think the club contributes to the positive health and wellbeing of a non-playing member?

111 responses



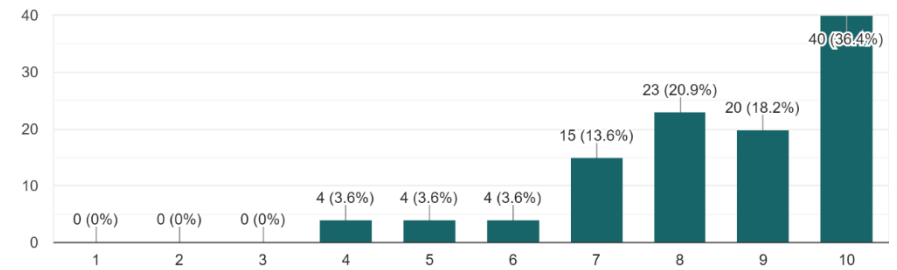
How much do you think the club contributes to the positive health and wellbeing of the wider community?

111 responses

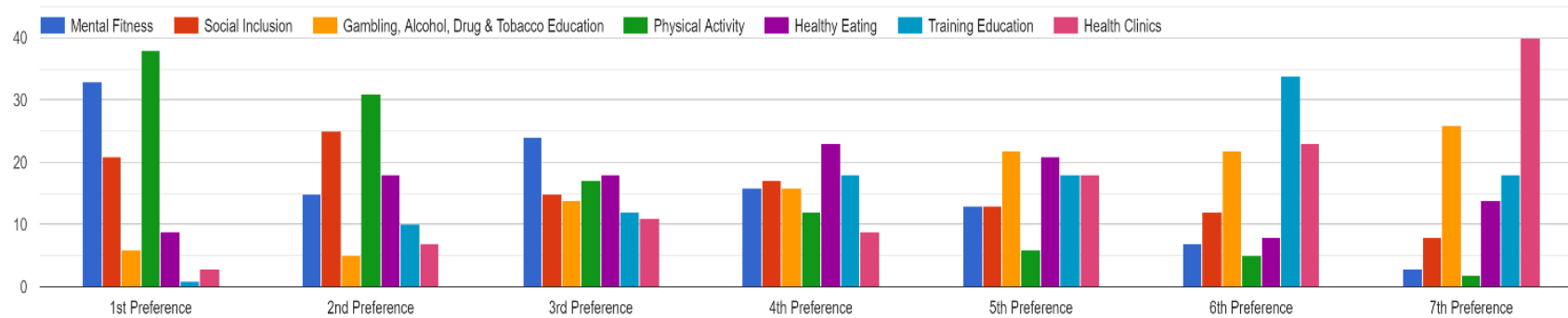


How much do you think the club contributes to the positive health and wellbeing of a playing member?

110 responses



Which areas of focus would you prefer in our club? (Scroll to the right to choose all 7 preferences)



38 People said Physical Activity was their first preference

33 People said Mental fitness was their first preference

21 People said Social Inclusion was their first preference

9 People said Healthy Eating was their first preference

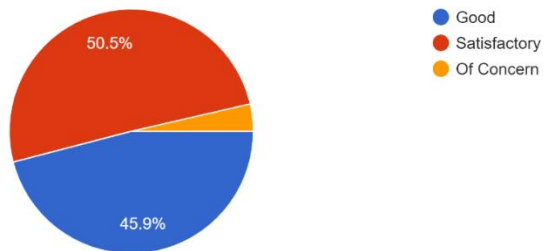
6 People said Gambling, Alcohol, Drug and Tobacco Education was their first preference

3 People said Health Clinics was their first preference

1 Person said Training Education was their first preference

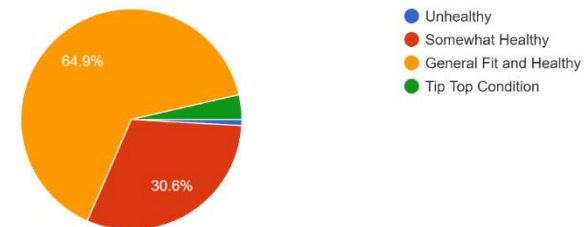
How would you rate your overall level of mental wellbeing?

111 responses



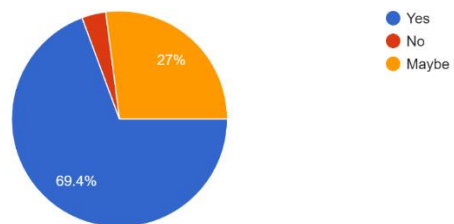
How would you rate your overall health and wellbeing?

111 responses



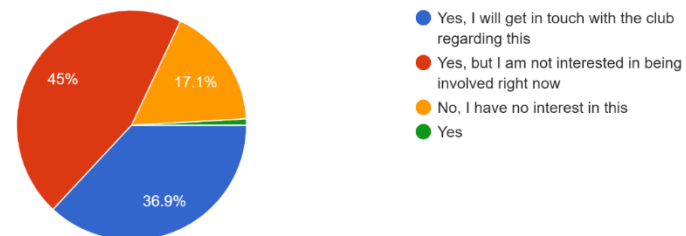
If our club was to organise events for health and wellbeing would you attend?

111 responses



Do you feel like you have interest and knowledge in health and wellbeing and would you be interested in helping our club improve on this?

111 responses



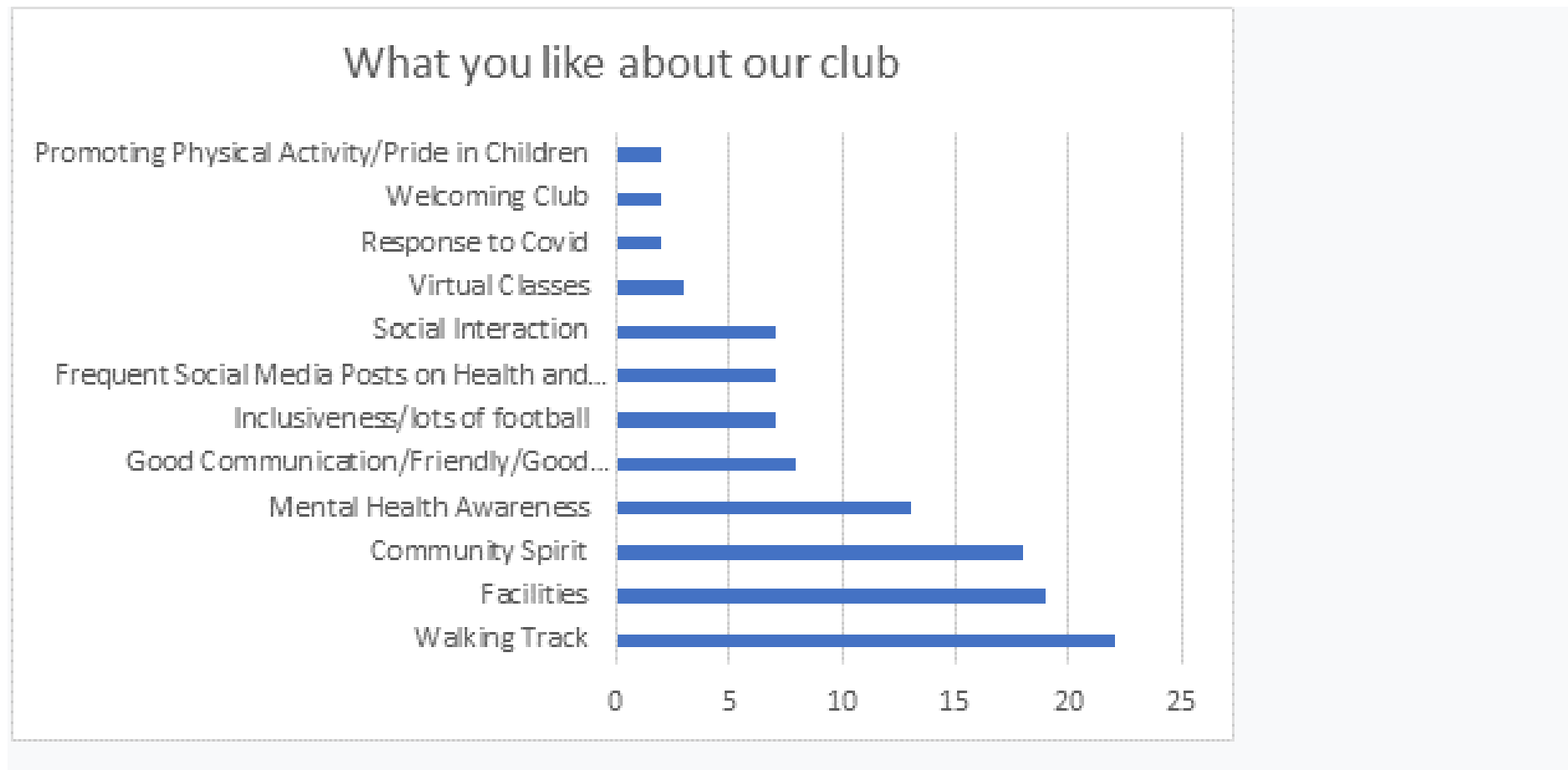
What would you like to see our club provide in areas of health and wellbeing? (please be as descriptive as possible)

Please Note – all answers that were provided by respondents are being used by our healthy club committee to become a better and healthier club, we tied all the results altogether to put into a chart format which can be easily read.



Can you include what you do like about what our club offers already?

Please Note – all answers that were provided by respondents are being used by our healthy club committee to become a better and healthier club, we tied all the results altogether to put into a chart format which can be easily read.



Positive Quotes

The closeness and inclusion of the club.
Also the interest in the underage groups and the time spend on preparing them to be at their best in the future.

The club facebook page is great for health and well-being, felt great comfort in the world mental health day posts. Feeling of togetherness & peoples honesty that day was incredible- we have a brilliant club.

Best club by far always there to support and listen to their members, and keeping them up to date with the ongoing, always a very active club keeping there members informed and entertained.

I like how the club are trying to highlight mental health issues...its a difficult subject... even when u reach out to people and offer that support, those who need it may not be brave/feeling well enough to grab it.

I think our club sets the bar really high when it comes to helping, everyone is always willing to help each other and living in an area like Galbally means you will always have friends for life.

The support that is given to the overall community in good times and bad.

Great team building for players. Great facilities. Walking track. The virtual support and entertainment during lockdown. The daily lent tasks were brilliant. Mindfulness quotes.