

SEPTEMBER 2021



Naomh Pádraig GAC



PAGE 1 – CHAIRPERSONS MESSAGE

PAGE 2 – LOTTO NEWS

PAGE 3,4,5,6 –HEALTH & WELLBEING UPDATE

PAGE 7 – SUMMER CAMP UPDATE

PAGE 8 – FINANCE UPDATE

**PAGE 9, 10 – DEVELOPMENT SURVEY RESULTS
UPDATE**

**PAGE 11, 12,13 – COMMUNITY & SOCIAL ST
PATS**



**Draynes
Farm**
The best
of freshness.



CHAIRPERSON'S MESSAGE



The club has lost a great supporter with the sudden death of Davy Crewe, who had been involved with the club for over 50 years, as a player, supporter, and side-line analyst. His family are in our thoughts and prayers.



On a more positive note, the colour run in conjunction with The Hillsborough boys has been rearranged for Saturday 4th September, let's all get out and show our support for this fun event.

Congratulations to our Senior Ladies, who recorded another win on Sunday, in a close contest with Antrim Town. The Under 20s team still continue to impress with their recent victory over Lamh Dhearg which sees them joint top of the league and now they are now preparing for their Championship campaign as are a lot of our teams this month and I want to wish them all good luck once again.

It is great to see the fantastic numbers on Saturday mornings/afternoons, a big thank you to our coaches, stewards, and shop staff.

As summer draws to an end and a new school year begins, we wish our underage teams the best of luck in their studies. Let's watch out for one and other and stay safe!

Peter Burns

LOTTO NEWS



'AUGUST DRAW' '100 Club' draw made during the weekend at the Finance Sub Committee meeting.

1. £100 Siobhan Quinn ☆

2. £25 Tom McGarrity ☆

Special welcome to our new members! Thank you all for the continued support.

Anyone interest in joining please contact Seainin Loughlin on 07515060127

Congratulations to our winners and many thanks for your continued support.

Naomh Pádraig Abú.



Winners of the ballot for the LGFA TG4 All Ireland Final Tickets

- Christina & Roberta Campbell
- Stephanie O'Neill & Peter Casey
- Toraigh Mallon.





HEALTH & WELLBEING UPDATE

NATIONAL LOTTERY GRANT NEWS!



We are delighted to announce we have just heard that we have been **successful** in the application for the **National Lottery Community fund** grant for **£10K**. We should receive the grant in the next few weeks and will update regularly on our progress.

The project name is **'Health & Wellbeing local community recovery from Covid19'**.

The main areas for the funding application were centred around:

- A wellbeing hub /outdoor space and providing somewhere for our members to connect.
- Health & Wellbeing initiatives;
- Inclusion days;
- Youth leadership.

YOUNG LEADERS PROGRAMME COMPLETION



8 of our young people have now completed the Young Leaders Programme. This month they

completed a canoeing two-day expedition challenge on the River Blackwater. At the end of the two days was a celebration BBQ and presentation.



Thanks to Ulster GAA for running such an amazing programme! Well done all! 🌟

We hope there will be more of these opportunities in the future to our young people. *We already know they are using their leadership skills in the club within the underage groups and these age groups are really enjoying them volunteering too!*



Here are some quotes from the young people.

I really enjoying taking part in the Young Leaders Programme especially the expedition with my friends canoeing. There was also lots of educational information on different topics. I would recommend it to anyone who is thinking about it!

I would highly recommend the Young Leadership Programme to others. On completion of the 9 week course I achieved:

- GAA Foundation Coaching Award
- GAA Safeguarding Award
- Volunteer Now Youth Impact Award
- Ulster GAA Young Leaders Award;
- And awaiting Duke of Edinburgh Bronze Award

I'd also like to thank St. Patricks for highlighting this opportunity for us.

FIRST AID & DEFIBRILLATOR TRAINING

On **Sunday 12th September** we will have **30** of our coaches & mentors trained in First Aid and Defibrillator training. We will be able to train at least 1 or more in each of our 19 teams. This is brilliant news for our club and our extended community!

WORLD SUICIDE PREVENTION DAY FRIDAY 10TH SEPTEMBER – VIGIL AT PITCH



World Suicide Prevention Day Creating Hope Through Action

September 10

We are organising a **vigil** on the evening of Friday 10th September @Kirkwoods at 8.30PM. [Please SIGN UP HERE!](#)



We will have tea lights for you to hold and we will walk a few laps of the pitch, also bring a torch ✨ if you can. After we will have a cup of tea or coffee ☕ together. We will also have a **donation** jar to raise money for our local mental health charity **Emerge Counselling**.

WORLD SUICIDE PREVENTION DAY

We are holding a candle lit vigil @Kirkwoods on Friday 10th September arrive 8.30PM starts shortly after.

Tea & Coffee afterwards. We will have a donation jar to raise money for Emerge Counselling Lisburn.

www.iasp.info/wspd

Logos: International Association for Suicide Prevention (IASP), Kirkwood Lisburn, Emerge (Be Your True Self, Live & Thrive), and DO NATION.

For more information on WSPD please visit this website

<https://www.iasp.info/wspd2021/> If you cannot come to the vigil at the pitch, please lit a candle in near a window at 8PM.





WORLD SUICIDE PREVENTION DAY 2021 TAKE TIME TO REACH OUT

Taking time to reach out to someone in your community – A family member, friend, colleague or even a stranger – Could change the course of another's life.

You can help give someone hope by showing that you care. All of us can play a role, no matter how small. We may never know what we do that makes a difference. We all can reach in and ask somebody. You do not need to tell them what to do or have solutions, but simply making the time and space to listen to someone about their experiences of distress or suicidal thoughts can help. Small talk can save lives and create a sense of connection and hope in somebody who may be struggling.



Look out for those who are not coping

Warning signs of suicide include: hopelessness, rage, uncontrolled anger, seeking revenge, acting reckless or engaging in risky activities – seemingly without thinking, feeling trapped like there's no way out, increased alcohol or drug use, withdrawing from friends, family & society, anxiety, agitation, unable to sleep or sleeping all the time and dramatic mood changes.



You don't need to have all the answers

People are often reluctant to intervene, for many reasons, including a fear of not knowing what to say. It is important to remember, there is no specific formula. Individuals in distress are often not looking for specific advice. Empathy, compassion, genuine concern, knowledge of resources and a desire to help are key to preventing a tragedy.



Individuals who have survived a suicide attempt have much to teach us about how the words and actions of others can be important, and those who have come through an episode of severe suicidal thinking often say that they were not looking for specific advice, but that compassion and empathy from others helped to turn things around for them and point them towards recovery.

Don't be afraid to ask someone if they are suicidal

Another factor that prevents individuals from intervening is the worry of making the situation worse. This hesitance is understandable as suicide is a difficult issue to address, accompanied by a myth that suggests talking about it may instigate vulnerable individuals to contemplate the idea or trigger the act. Evidence suggests that this is not the case. The offer of support and a listening ear are more likely to reduce distress, as opposed to exacerbating it.



The listening ear of someone with compassion, empathy and a lack of judgement can help restore hope. We can check in with them, ask them how they are doing and encourage them to tell their story. This small gesture goes a long way.

Take time to notice what is going on with you, your family, your friends and your colleagues. By stepping closer and reaching in we can be aware of those around us who need help.

Take time to reach out and start a conversation if you notice something is different. By stepping closer and reaching in we can encourage those with suicidal thoughts to reach out.

Take time to find out what help is available for both you and others. By stepping closer and reaching in we can support those in need by sitting in their pain.

Every action can connect someone to life and the help they want. To prevent suicide requires us to become a beacon of light to those in pain.

YOU CAN be the light *



SUMMER CAMP UPDATE



Summer was fun-filled with plenty GAA activity for the children of Lisburn. We hosted a Cúl camp in July with 80 children attending and 2 club camps across July and August with 150 children in attendance over both weeks. Every child received a football and St Pats water bottle on completion of the club camps. Thank you to our coordinators, coaches, volunteers, parents and most importantly all the children who made the camps so enjoyable. Thanks👍 to Yummy's for providing the tasty BBQ! 🍔🍌



FINANCE UPDATE



Some fantastic news this month!

We were successful in securing a national lottery grant of £10k for a number of well-being initiatives. Finance will work with the health and well-being sub-committee to determine spending plans.



Naomh Pádraig also secured £1,500 funding from DfC / Cooperation Ireland in conjunction with Hillsborough Boys, with each club to receive £750.





CLUB DEVELOPMENT SURVEY FINDINGS



Thank you all for your survey responses. The survey findings have identified 7 key areas which we highlight. The management committee intends to implement structures to enhance opportunity within these areas of development. As the club aspires to grow and develop in all identified areas, we welcome anyone that can help.

As we strive forward it is important to recognise all those that commit to the club, and for this I am grateful. As we move forward, parents, coaches, volunteers, members, together we will develop our club and community and provide opportunity for the future and our newsletter will inform you of our progress.

Peter Burns - Club Chairman

- In total there was **76** responses, approximately 15% of the overall membership. (Response rate would be higher if u14 and younger members were not included)
- **33%** of the respondents were female and **67%** male.
- The majority respondents were of age **31-50**.
- The majority respondents were associated with the younger age groups within the club.
- **67%** of respondents said that they have been asked to take a role within the club. **43%** stated they had no interest in taking a role.

COMMUNITY & SOCIAL ST PATS



SPORTS PARTNERSHIPS

The fun day 🍗 and colour run 🏃🏃🏃 has been **rescheduled** for **Saturday 4th September** with HILLSBOROUGH JFC at Laurel Hill Pitches.

1PM – 3PM Fun day with BBQ, Bouncy castles, Tuck Shop 🍌

3.30PM Colour run



Please have your sponsorship form and money back by 2nd September through PayPal via stpatslotto@gmail.com or you can bring it on the day and we will collect at the registration desk.

We will announce the person who raised the most money on the day of the colour run and they will get their prize!

Checkout the arrangements for the day here <https://hillsboroughboys.com/colour-run-fun-day-2021/>



KIT RECYCLER

Reduce / Reuse and Recycle ♻️



👉 We held a kit recycling event on Saturday 21st August. It was a huge success and proceeds donated will go to our First Aid training in September! 👉 Any further donations please email wellbeing.stpatsgac@gmail.com we hope to run this event regularly.

STPATS25K

The C25K participants have been so dedicated this last few weeks and on Saturday 11th September they will do their C25K graduation run at the Wallace Park Run. We would love everyone to get out to support them.



BELFAST MARATHON RELAY SUNDAY 3RD OCTOBER



We currently have 2 teams signed up to take part in the relay part of the Belfast Marathon. They plan to raise money for the local mental health charity Emerge Counselling. More details follow on how to support them. 🏃🏃



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NAOMH PÁDRAIG GOES GREEN

We completed the first of a series of environmentally focused events planned for the next 6 months.



This was followed by a celebration of pizzas and drinks as a reward for all the hard work!



Big thanks to all

those involved and a shout out to Live Here Love Here for the grant and Four Star Pizza and Maine Soft Drinks for donating the treats!



Keep an eye out for any future events and sign up for our Eco Group here:

<https://stpatsgac.com/eco>

