

# Minding Your Mental Health messaging for Waterford GAA Clubs

## PUBLIC NOTICE EVENT LICENCE APPLICATION

Pod Festivals Ltd. hereby gives notice to Waterford City & County Council of proposed All Together Now Music & Arts Camping Festival now due to take place 2nd, 3rd, 4th August 2024. This notice complies with the Department of Housing, Local Government and Heritage guidelines and Part XVI of the Planning and Development Act 2000 (as amended). The event will comprise of live music entertainment to be held at the Curraghmore House, Portlaw, Co Waterford with an anticipated attendance of c.27,000 tickets per day. Associated Camping / Campervan access and parking facilities will be made available from 2pm Thursday 1st August to 2pm Monday 5th August. The event licence application may be inspected at the offices of Waterford County Council, Planning Department, Menapia Building, The Mall, Waterford during office hours (Monday to Friday 9.30am – 1pm and 1pm to 4pm), for a 5 week period commencing from 12th April 2024. Submissions or observations may be made in writing to Waterford City & County Council planning dept, Menapia building, The Mall Waterford on or before 4pm Friday 3rd May 2024. Signed: Pod Festivals Ltd. Date 9/04/2024



(from left to right): Eoin Morrissey (Healthy Waterford Coordinator in Waterford City and County Council); Agnes McDermott (Health and Wellbeing Officer, Waterford GAA); Sean McCarthy (Waterford GAA Health Wellbeing Committee); Tadhg de Búrca (Waterford senior hurling team), JJ Taylor (Waterford City and County Council); John Hanlon (Brickey Rangers GAA club Healthy Club Officer and Samaritans, Waterford and South East); Davy Fitzgerald (Waterford senior hurling team manager); Ger Fogarty (Waterford senior hurling team management) and Jamie Barron (Waterford senior hurling team), Tish Holton (Autism Friendly Waterford); Tracy Nugent (HSE Regional Suicide Resource Office and lead for 'Connecting for Life') and Michelle Murtagh (Mount Sion GAA club Healthy Club Officer).



Tramore, Co. Waterford during Storm Kathleen.



The "Connecting for Life" team in HSE/South East Community Healthcare is delighted to welcome the launch of a signage initiative across GAA clubs in Co. Waterford, in which ways that you can mind your mental health and the promotion of HSE funded services are available if you need to access support.

The signage was developed in collaboration with Healthy Waterford, Mental Health Ireland and the Waterford GAA Health and Wellbeing Committee.

Speaking of the initiative at the launch, Agnes McDermott, of Waterford GAA Health and Wellbeing Committee said that each of the 51 clubs across Waterford City and County will receive a sign with clear mental health messaging and information on the key supports available. The signage will also be displayed in the two county grounds, Walsh Park in the city and the Fraher Field in Dungarvan, as well as in the SETU Sports Arena in

Carriganore, Waterford.

Gina Delaney of Mental Health Ireland says that the signage provides details of the 'Five Ways to Wellbeing', which are five simple actions we can practice each day to maintain or improve our mental health and wellbeing. Having the signage in GAA Clubs across the county, Gina says, will act as a visible reminder to all and will have a broader impact on community wellbeing.

Healthy Waterford Coordinator in Waterford City and County Council Eoin Morrissey says that this is not just a sign in each GAA Club, it is a mental wellbeing conversation starter and a symbol of a greater openness around the importance of looking after our mental health.

Signs will be distributed to the Waterford GAA Clubs over the coming weeks. This initiative was jointly funded by the HSE under 'Connecting for Life' and by Healthy Waterford under Waterford City and County Council.