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## What is the LGFA TALK Project?

The LGFA TALK Project is a 6-week club-based initiative aimed at increasing the awareness of positive mental health in young members aged 13-18 years and removing the stigma associated with the subject area. The project will only be rolled out for club in the 6 counties in Northern Ireland.

## What are the Aims of the Project?

The aims are as follows:

- To transform the club into a hub for positive youth mental health in the community
- To remove the stigma attached to discussing mental health amongst young members and their peers, mentors and parents
- To increase awareness of the impact of positive mental health on young members
- To provide tools for the project team to successfully implement the project in their club

## What will a Club have to do to be Accredited?

Clubs will be awarded with the status of a 'Positive Talk Club' once they have attended all education days, completed the 6-week project and can showcase the activities and events they have undertaken during that time.

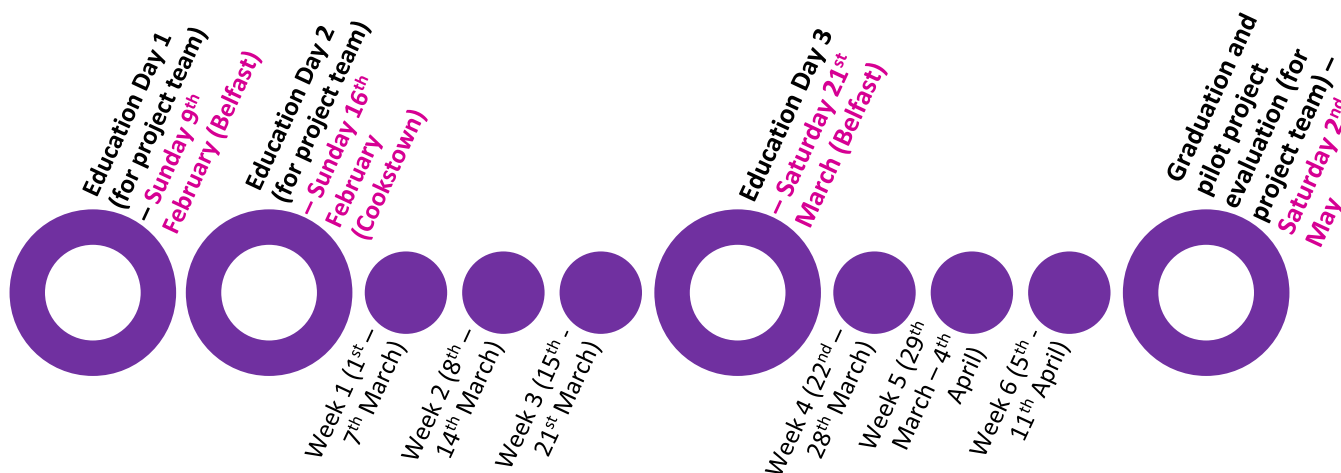


## What does the Project Involve for Clubs?

The steps to be coming a 'Positive Talk Club' are below:

|   |  |
|---|--|
| 1.<br>Appoint Project Team & Lead                         | <ul style="list-style-type: none"> <li>•Role of project team provided</li> <li>•Essential to consult with club executive</li> </ul>  |
| 2.<br>Attend TALK Education Day 1 and 2                   | <ul style="list-style-type: none"> <li>•Training provided by Northern Ireland Youth Forum (NIYF)</li> <li>•Minimum of 5 members of project team must attend</li> </ul>   |
| 3.<br>Create 6 Week Action Plan of Activities for Project | <ul style="list-style-type: none"> <li>•Utilise tools provided in training to discuss next steps</li> <li>•Identify resources and people required to execute project</li> </ul>  |
| 4.<br>Communicate Club Involvement to Members             | <ul style="list-style-type: none"> <li>•Launch project locally in your club to create awareness</li> <li>•Provide outline of activities that will take place and why</li> </ul>  |
| 5.<br>Roll Out Week 1-3                                   | <ul style="list-style-type: none"> <li>•Identify priority areas for your club</li> <li>•Organise maximum of 2 activities/events weekly</li> </ul>  |
| 6.<br>Attend TALK Education Day 3                         | <ul style="list-style-type: none"> <li>•Mid-point forum for discussion led by NIYF</li> <li>•Further education provided for remaining weeks</li> </ul>   |
| 7.<br>Roll Out Week 4-6                                   | <ul style="list-style-type: none"> <li>•Identify priority areas for your club</li> <li>•Organise maximum of 2 activities/events weekly</li> </ul>  |
| 8.<br>Evaluate & Reflect on Project                       | <ul style="list-style-type: none"> <li>•Complete brief impact report on activities undertaken from perspective of club, mentors, youth players and parents</li> <li>•What work well and what didn't? Future learnings for project</li> </ul> |
| GRADUATION  | <ul style="list-style-type: none"> <li>•Steering group will attend final graduation day</li> <li>•will also complete group evaluation of the project</li> </ul>  |

What was the Pilot Timeline for the Project? Please note this will be updated for 2022



*The aim is that clubs will continue with this messaging at all times but this project starts the conversations and activities.*

### What are the Benefits of Being Involved?

The benefits are as follows:

- Exclusive access to LGFA TALK Project Resources
- Expert education provided to project team through the Northern Ireland Youth Forum
- Increased awareness of positive Youth Mental Health in your club
- Opportunity to share learnings and experiences with like-minded clubs across Northern Ireland
- Better engagement with youth members in your club
- Changes in attitudes towards mental health
- Chance to set a positive example and make an ever-lasting impact on your young members
- Sense of achievement as a club
- Recognition as a leader in in this area by LGFA

## What Supports will be Made Available?

- LGFA TALK Project resources
- Education from Northern Ireland Youth Forum facilitators
- Your club Project Team and your club executive
- Project Teams from other clubs involved through GAA E-Learning Portal forum
- Access to advice and guidance when required through LGFA development staff

## What will the Evaluation Involve?

The Project Team Leader, or designated member of project team, will capture feedback from team and stakeholders and document this weekly following activities through the GAA E-Learning Portal. This will be a simplified process and will assist with assessing the impact of the project in clubs.

The Project Leader, or designated member, will also be required to upload evidence of activities taking place on a weekly basis to ensure they achieve their 'LGFA Positive Talk Club' status. Templates will be provided for all aspects.

The final piece of evaluation will take place with all project teams on graduation day led by a facilitator from the Northern Ireland Youth Forum.

## Will there a lot of Work Involved?

This will completely depend on your club and their priorities but the key to success will be the Project Team identified. We would encourage clubs not to do too much but rather identify the goals they would like to achieve and limit these to ensure the project can have a positive long-lasting impact on the club. The greater the awareness of the project in your club the more people that will be willing to get involved to help.

## Will it Cost Much to Run the Project?

Access to the Project is free of charge with the education and online resources funded by the LGFA. Additional costings will depend on the club but the majority of potential activities and actions that can be carried out through the project can be organised without any spend. Involvement in such a positive initiative may also open doors for grant or local investment opportunities.

## What is the Role of Project Team?

The overall responsibility of the LGFA TALK Project Team is to transform their club into a hub for positive youth mental health in their community. The group will meet every 1-2 weeks during the 10-week span of the project.

### Structure of Project Team

- A minimum of 6 and a maximum of 10 members
- *Essential members are:* Member of the Club Executive, Club Children's Officer, Female Member aged 17 – 21 years and a Mentor from one of Under 14 to Under 18 teams
- *Suggested additional members:* Parent, teacher, other mentors from teams above, adult player or members with an interest in the area of youth mental health
- At least 5 members of project team must attend the education days but ideally the full team should attend

### Commitment of Project Team

- To ensure communication is open at all times with the Club Executive of and engage them in the Youth Connect Project
- To appoint a Project Leader and this person will steer the project in the club and be the link with the executive
- To attend the Education Days provided and final Graduation and Evaluation Day
- To work towards achievement of the LGFA TALK Project criteria and implement plan and activities to achieve this
- To engage with youth members and their mentors plus parents in the club during the 6-week project roll-out
- To review participation in the LGFA TALK Project after the 10 week period

### Please note:

The terms of reference for the LGFA TALK Project Team are subject to change and may be updated

## How Can You Get Involved?

In 2021, the project was piloted with 6 clubs – one from each county and these were identified by the LGFA Development Team with the County Executives.

This year you can nominate your club through the link provided.



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