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good

CIUB

2022

Jigsaw Research and Evaluation Team

August 2022



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## Contents

Introduction .....	2
One Good Club 2022 .....	2
One Good Club 2022 Evaluation .....	3
Results.....	3
1. Promoting Mental Health.....	3
2. Awareness of Jigsaw.....	5
3. Community Collaboration .....	6
4. Experience of One Good Club .....	7
Conclusion.....	9



## Introduction

### One Good Club 2022

Lidl's One Good Club initiative was delivered in association with the Ladies Gaelic Football Association (LGFA) and Jigsaw. The initiative ran for 10 weeks between May and July 2022, and 26 LGFA clubs across all 26 counties in the Republic of Ireland took part.

The aims of the One Good Club initiative were to:

- Increase awareness of mental health across the LGFA community
- Increase club knowledge on how to promote youth mental health through the '5-a-day for Mental Health' framework
- Enable clubs to respond more effectively to the mental health needs of members
- Increase awareness of local Jigsaw services
- Build improved links with local communities
- Create an improved culture around mental health in clubs.

The '5-a-day for Mental Health' framework was used to structure the One Good Club initiative. Activities were held under five themes (as shown in Figure 1): **Connect, Give, Take Notice, Keep Learning, and Get Active**. Two weeks were dedicated to each theme.

Figure 1. The '5-a-day for mental health' framework themes



These activities were coordinated by either a local club coordinator or committee in the club, and aimed to promote positive wellbeing among club members.

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## One Good Club 2022 Evaluation

Club coordinators were asked to complete a survey before starting the initiative, and again after it had finished. 20 coordinators responded to the pre-programme survey, and 22 responded to the post-programme survey. Coordinators were mostly club secretaries or club chairpersons.

Some questions, such as those around activities and confidence relating to promoting mental health, were asked at both points in order to make comparisons. Questions around experience of and reflections on the initiative were only asked in the post-programme survey.

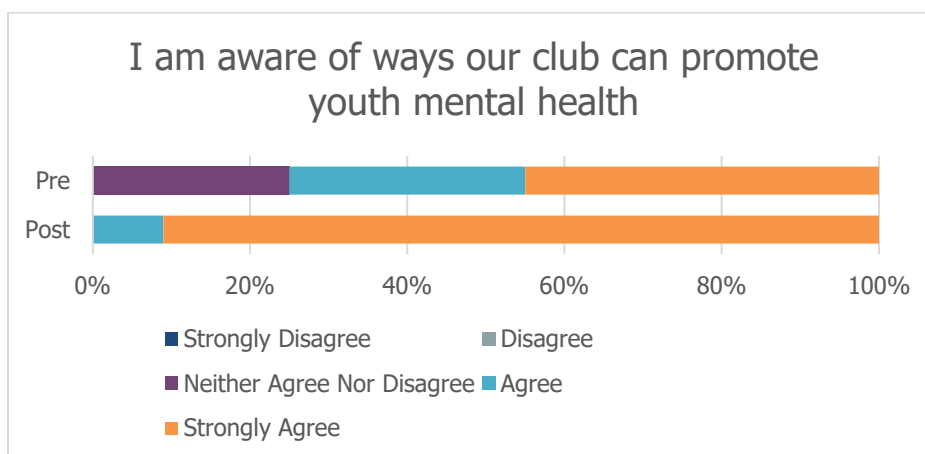
Survey data were analysed by the Jigsaw Research and Evaluation team, and findings are summarised in this report.

## Results

### 1. Promoting Mental Health

Survey findings indicate increased levels of awareness and confidence regarding promoting mental health. The proportion of respondents reporting they agreed or strongly agreed with the statement "I am aware of ways our club can promote youth mental health" increased from 75% before the initiative to 100% after the initiative.

**Figure 2.** Awareness of ways to promote mental health

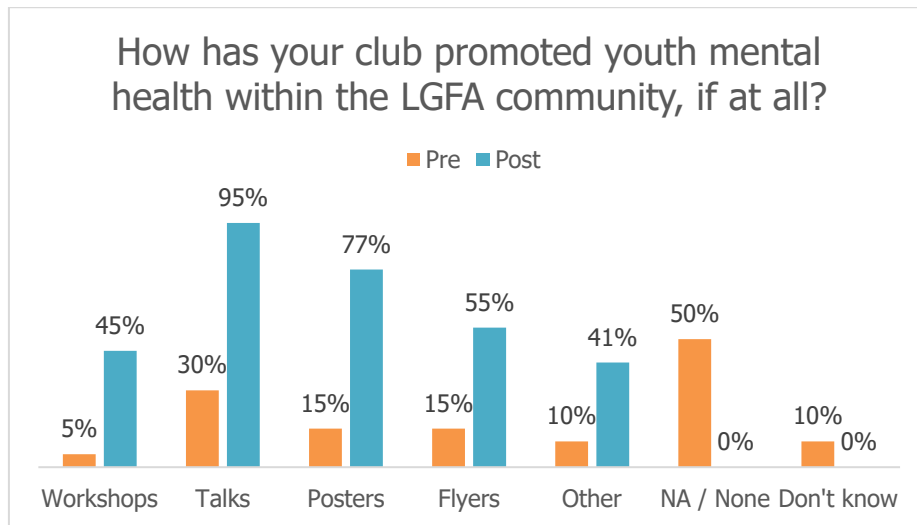


Respondents were asked to indicate how, if at all, their club had promoted mental health within the LGFA community. As shown in Figure 3, **the proportion of clubs indicating they had done some form of mental health promotion increased from 40% to 100%** throughout the initiative, with rates of specific activities greatly increasing also. 'Other' activities described by clubs included a colour fun run, activities on social media, and encouraging players to speak about their days in a 'peak and pit' activity.

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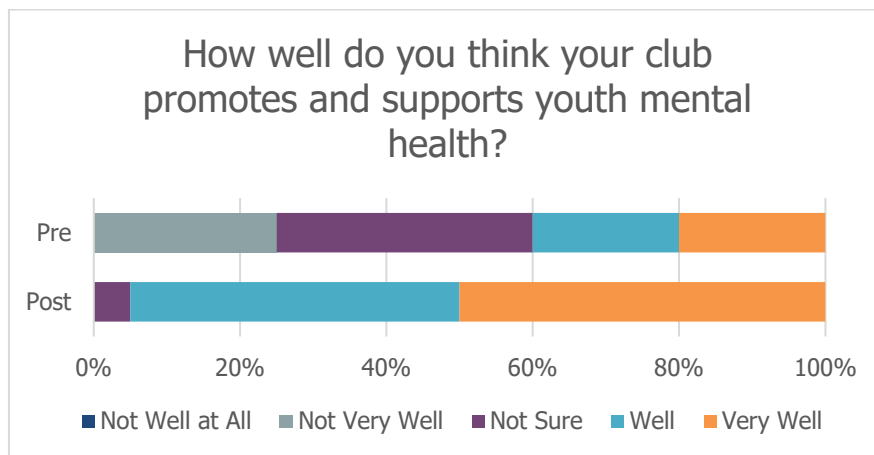


**Figure 3.** Activity type



In the pre-programme survey, 40% of respondents reported they thought their club promoted mental health ‘well’ or ‘very well’, with 25% reporting their club promoted mental health ‘not very well’. By the post-programme survey, 95% reported thinking their club promoted mental health ‘well’ or ‘very well’, and none reported their club did so ‘not very well’.

**Figure 4.** Rating of club’s youth mental health promotion

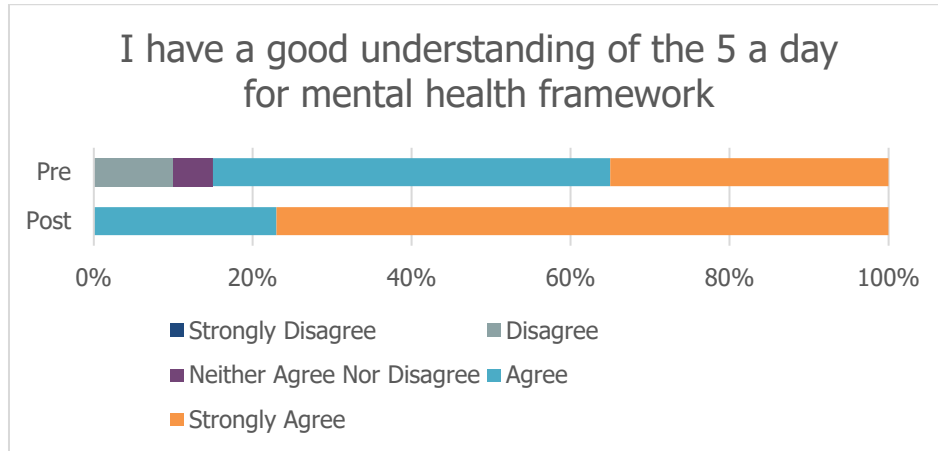


In the pre-programme survey, 85% of respondents agreed or strongly agreed with the statement, “I have a good understanding of the ‘5-a-day for Mental Health’ framework”, and 10% disagreed. By the post-programme survey, 100% agreed or strongly agreed, 77% of whom strongly agreed.

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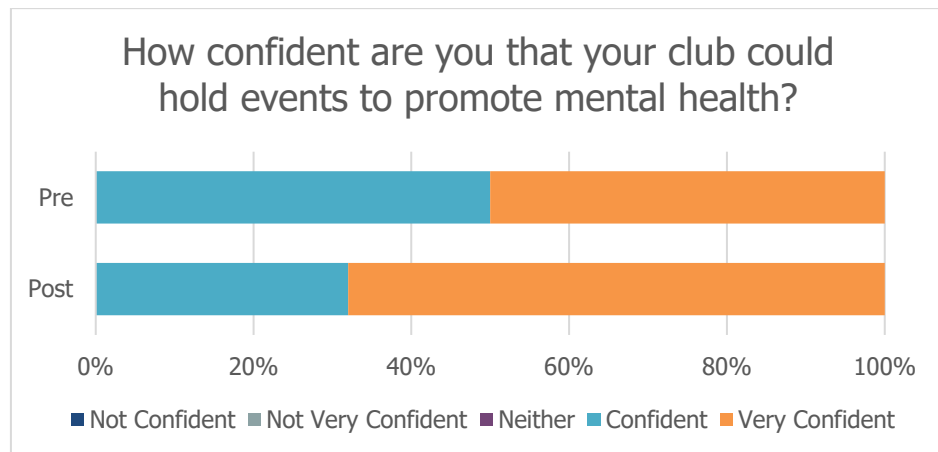


**Figure 5.** Understanding of the 5-a-day framework



In addition, the proportion of respondents reporting feeling ‘very confident’ that their club could hold events to support mental health increased from 50% in the pre-programme survey to 68% in the post-programme survey.

**Figure 6.** Confidence in club’s ability to hold mental health events



## 2. Awareness of Jigsaw

Awareness of Jigsaw was high prior to the programme being delivered, with 85% reporting they were aware of support services offered. This figure increased further to 95% by the end of the programme.

In both surveys, those who reported being aware of services offered by Jigsaw were asked to specify what they knew. Prior to the programme being delivered, most of these responses referred to familiarity with local Jigsaw service hubs, or to Jigsaw providing support for young people’s mental health in a general way.

After the programme, a greater number of responses made reference to specific Jigsaw services such as brief interventions, schools programmes, and online support. Several

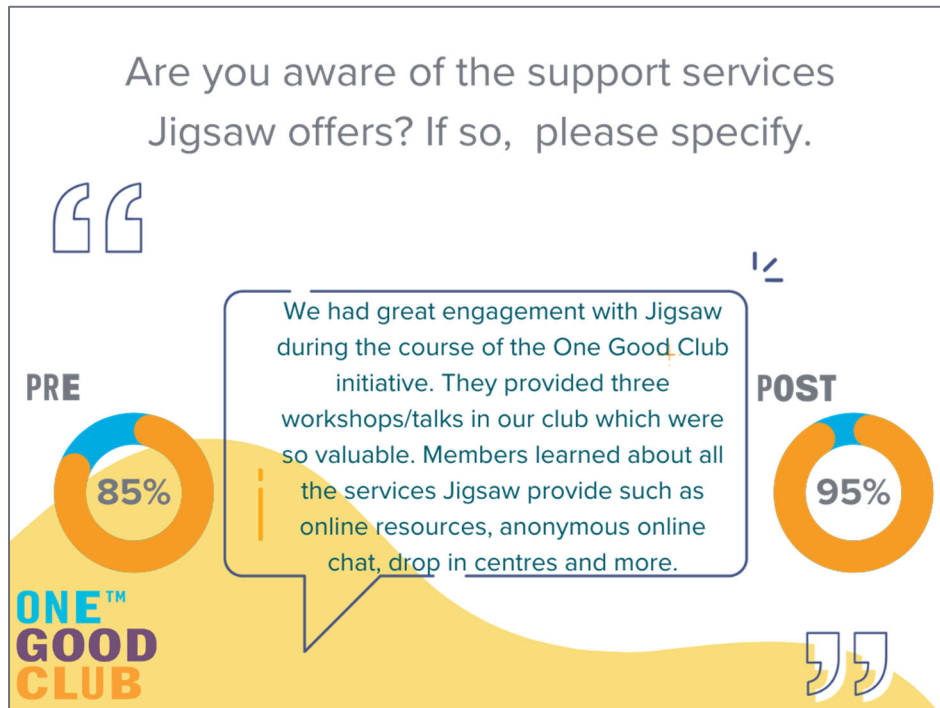
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referred to receiving support from Jigsaw during the programme and some named individuals with whom they had collaborated.

These findings indicate OGC was successful in improving awareness of Jigsaw's service offering, both in terms of general awareness and detailed knowledge of what supports and services are available.

**Figure 7.** Awareness of Jigsaw support services



### 3. Community Collaboration

The One Good Club initiative appears to have been successful in promoting collaboration within communities, as 86% of respondents reported having worked with other organisations in the community on activities during the initiative. 47% of these reported never having worked with any of these organisations before, while a further 47% reported having worked with some, but not all of them.

The range of organisations with which the OGC clubs had collaborated was wide and varied, and included local Tidy Towns groups, men's GAA clubs, local schools, Gardaí, local charities and businesses, and the Ukrainian Appeal.

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Figure 8. Types of community group collaborated with



#### 4. Experience of One Good Club

In the post-programme survey, respondents were asked several questions about their experiences of the OGC initiative.

##### What do you feel worked well about the initiative?

Many comments related to **teamwork and engagement** which happened as a result of the OGC initiative, both within the club and with the wider community. Several coordinators highlighted the **structure and themed activities** that made up the initiative, while some also noted the **support received from Jigsaw** during the programme.

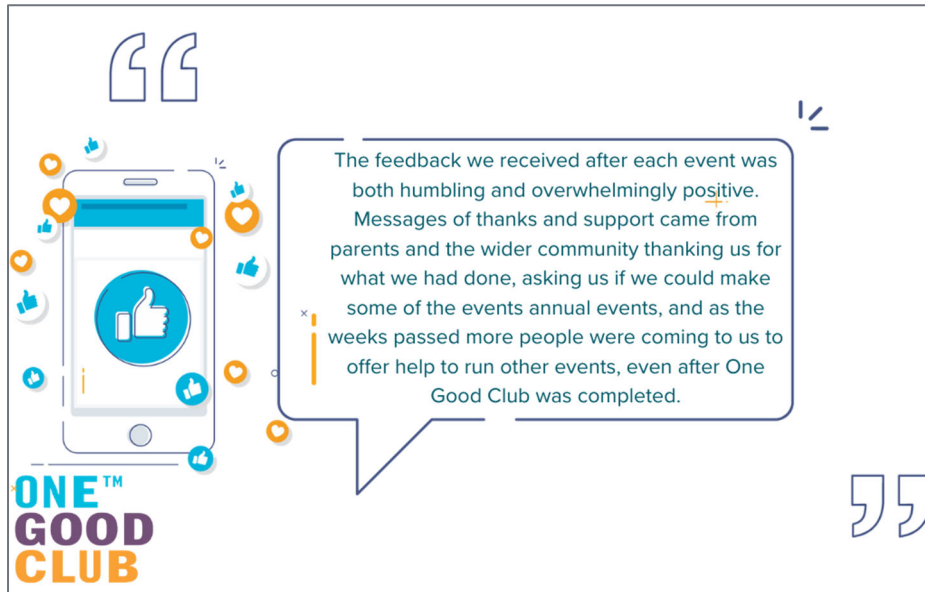
##### From your experience, did club members/those involved enjoy taking part in the One Good Club initiative?

All respondents (100%) believed that club members and those involved enjoyed being part of the OGC initiative. Comments elaborating on this related to the **enthusiasm and engagement** they had seen in those who had been involved, the **level of positive feedback** they had received, and generally highlighting positive aspects of the initiative.

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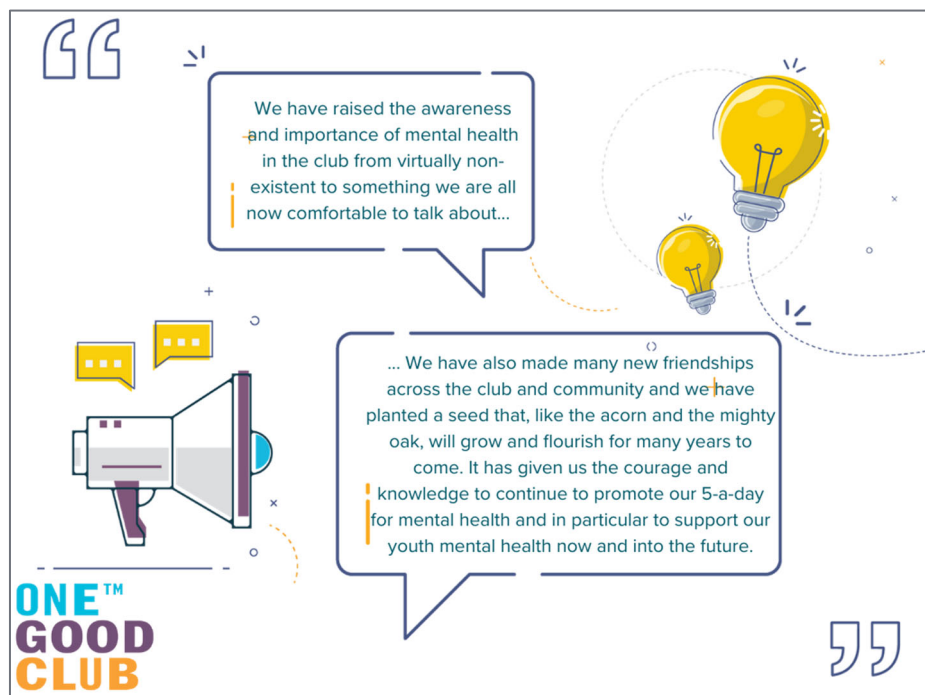
**Figure 9.** Comment on why members/others involved had enjoyed the One Good Club initiative



**How has your club benefited from taking part in the One Good Club initiative?**

The two key benefits highlighted by coordinators were **building connections within the community**, and **improved mental health knowledge and skills** in the club. Others reflected on their overall **enjoyment of the initiative**, and several noted their **future plans** for activities relating to mental health.

**Figure 10.** Respondent on how their club had benefited from the One Good Club initiative



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### Help us make the programme better - Is there anything about the initiative you would change?

The most common comments from coordinators related to the **length and timing** of the initiative. Several felt that it was too short, suggesting having more than two weeks per theme would allow for more planning. Relatedly, some noted that the time of year was challenging with summer holidays and busy periods for matches.

### Are there any other comments you would like to share about One Good Club?

Most coordinators took this opportunity to express **gratitude and general positivity** about the initiative, note their **intentions to implement lessons** from the initiative in future, and **recommend OGC to other clubs**.

Figure 11. Additional comments about the One Good Club initiative



## Conclusion

Data from the evaluation surveys indicate that the One Good Club initiative 2022 was successful in meeting its aims as stated in the introduction. As well as demonstrable improvements in areas such as awareness and confidence in promoting mental health, respondents expressed having enjoyed, appreciated, and benefited from the initiative in wide-ranging ways.

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