



Club As A Hub

As part of the IRFU Spirit of Rugby programme, Irish Rugby wishes to engage a larger number of people in the game, on and off the pitch. Both physical and mental well-being is a key part of this programme, for players, but also for the wider community involved with the club.

In partnership with **LSP**, the IRFU devised a 'healthy clubs' pilot project that would encourage non-members to get active in the club, through walking groups and/or other physical activities within the 8 rugby clubs in Kildare. The programme would also take account of nutrition, mental health and ways to get involved in your local club. Initiatives such as the 21-day walking challenge or C25K could be incorporated into the project.

The participants have the option to socialise afterwards in the clubhouse perhaps during a healthy eating or mental health workshops. After an initial 10-week pilot programme within clubs, this could lead onto the participants doing other activities like Yoga, boot camps and Pilates on the club premises. If the rugby club isn't their venue of choice it is hoped LSP would be able to link them to other local activities to keep participants physical active. The clubs will be encouraged to engage with the participants to recruit new volunteers as many could have expertise of benefit to the club while recognising that volunteering is good for personal and social development of the participant.

If your club is interested in getting involved in this programme please get in touch with your provincial Spirit Officer below:

- Connacht - Luke Murphy - luke.murphy@connachtrugby.ie / 087 9023890
- Leinster - Stephen Gore - stephen.gore@leinsterrugby.ie / 086 6087943
- Munster - Emily O'Leary - emilyoleary@munsterrugby.ie / 086 6028090
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