



ROSCOMMON GAELS

Gaelforce News

WEEKENDING April 29th, 2020



Ní Neart
go cur
le Chéile

WIN

a **SUBARU**.ie

29th AUG 2020

GAA



LGFA
LADIES GAELIC FOOTBALL



Covid 19 – How are you all doing?

How is everyone? As we come close to May 5th, we are all awaiting to see what the Department of Public Health will recommend to our Government in terms of restrictions. Will restrictions remain in place? Or will they be eased in any way? All we can do is wait and see and continue to do what we have been doing.

The past 6+ weeks have no doubt been tough on everyone, tough on our elderly who have to cocoon and stay away from their loved ones, tough on our front line workers who have to work long hours, tough on our children who don't have school to go to (some may disagree with that one) and their training sessions to go to or meet friends and tough on the Mums and Dads who have had to re-adjust and work from home and home-school at the same time.

During this new normality, staying positive can sometimes be a struggle. Sometimes "today might not be a good day" and that is OK too. The challenge is to understand and know how to get back into a positive mindset so we can look after our families, communities and ourselves.

Promoting Positive Mental Health and Wellbeing is something we should all consciously be aware of during these times. Below is some information on how we can do this:

1. Connect
2. Be Active
3. Take Notice
4. Keep Learning
5. Give

Connect

- Social distancing is different to social isolation. We can do many things to stay connected with our friends and family even if we cannot see them in person.

- Emailing, calling, texting or even writing a letters are great ways to keep in touch. Set aside some time each day to catch up with an old friend or relative. Make a plan and set aside some time to chat. Make an effort to actively maintain social contact groups using Skype, Zoom, Text, Telecall or WhatsApp.
- The increased time spent at home can be challenging for some families but it can also be an opportunity to reconnect with our loved ones once again. Connecting with others can help us regain a sense of purpose and belonging. This is especially important when we are feeling more disconnected physically from family. Let's take this opportunity to have longer conversations and really listen to what they have to say. All these communication gestures can help us feel truly close and connected.

Be Active

- Get as much sunlight, fresh air and nature as you can, while maintaining a social distance. Keep a routine that involves walking, running, cycling or gardening. Spending time in green, natural space can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed
- A number of fitness instructors are generously offering free online short workouts to complete at the same time each day with the online community or in your own time. A number of GAA stars are on social media showing different skills and challenges. Take note of messages coming from coaches on different skills that children can be practicing.
- Stay active and purposeful by catching up on long deferred household tasks and use this time wisely. Get into the garden, rearrange furniture, clean, or redecorate!

Take Notice

- Being mindful of how we are feeling at this time is important. Noticing these feelings can help us to address them. If consuming and trying to process too much information is increasing stress levels, step back and limit the time spent reading or listening to news reports and social media. Decide to include a period of Digital Disconnection time in your day, this will help to regain a sense of perspective and give an opportunity for reflection.
- Be mindful of where you source your information from also; only use reputable Irish sources such as the **HSE** or **Government sources**.
- Taking a reflective moment to appreciate our immediate surroundings is beneficial. Taking notice can include spotting the changing seasons while on a walk, the birds, and trees. Taking notice of ourselves, our thoughts and feelings, and the world around us helps to aid orientation, improve mood and our sense of wellbeing. Take notice of the simple details of the day – the scent of coffee, a child's smile or a favourite song on the radio. When we stand in that moment, our brain gets an opportunity to process the pleasure, boosting our serotonin levels – the feel-good hormone that helps elevate mood and keeps us calm.
- If we are out of our usual routine, our sleep can be disrupted with intrusive concerns or changes in our usual life pattern. Be aware of your sleep patterns and the things that might help you get a good night's sleep. Aim to keep a good routine by going to bed and getting up at the same time each day. Aim to get between 6 and 8 hours sleep for adults, 8 – 10 hours for younger adults and 10-12 hours for children. If the uncertainty of the current situation is causing you to lose sleep, talk about your worries with friends and family rather than trying to cope alone.

Keep Learning

- We may find we have increased time in our day over the past weeks. We can use this as an opportunity to try something new we may never have done in the past.
- Signing up for short online courses or trying something as simple as cooking a new recipe can help us give us a sense of purpose and keep our mind active.
- Make time to learn something new like a card game, a breathing technique or learning a new word in a different language each day.
- Remember we all have our preferred coping mechanisms and it's helpful to try out some new options. Develop a varied diet of coping strategies to maintain good mental health and be generous – share your ideas with friends and family
- When we teach, we learn. Maybe you can help a young person in your family with their studies or support a student over the phone with their college assignment.

Give

- Giving back is an opportunity to provide people who need it with some of our unique skills, information or advice.
- We have seen an incredible and spontaneous increase in the number of community response groups offering services to the elderly or most vulnerable in our community. Volunteering your time with these services, if safe to do so, can help give you a sense of belonging. Offer your time, skills, expertise and availability – it makes a real difference and will help to channel any anxiety you may be feeling

- Giving can also include something as simple as making someone a cup of tea, or telling a joke.
- Give yourself the space and time to look after yourself. This could be making a healthy meal, doing something you enjoy, or taking 20 minutes to yourself if the house is crowded.
- Be kind to yourself and to those around you, we will need to be patient and together we will come through this challenging time.
- In Ireland, we still have an extraordinary sense of community and it's at difficult times that this spirit shines through. Many local groups and volunteers have stepped forward to give generously of their time and talents – let's celebrate this national trait!

You know yourself best, so try to recognise when you are not feeling yourself and find out what works best for you, REMEMBER: It's OK not to feel OK

Resources:

Mental Health Ireland

Alone

Samaritans

HSE

Yourmentalhealth.ie

New Date for WIN A SUBARU Draw

As you all know the Win A Subaru draw has been deferred due to Covid 19 Restrictions to **August 29th**. The Location has yet to be decided as to where the draw will take place. Keep an eye out for communications on this and all social media platforms.

May Bank Holiday Bonus Draw



Win A Subaru will hold a Bonus Bank Holiday Draw next weekend. One Lucky Winner will win 20 Free Entries to the Win A Subaru Draw on newly rescheduled date of August 29th. Keep an eye on Social Media for updates .

Don't forget, if you haven't purchased your entries yet log onto www.winasubaru.ie and purchase 1 for €20, 3 for €50, 7 for €100. Follow the fundraising campaign on Facebook, Twitter and Instagram and remember to #spreadtheword! **Win A Subaru Committee:** Gareth Carroll, Cahal Mahon, Tommy

Mulry, Oliver Moran, Aisling Neilan, Nicola Nerney, Orla Fleming, Declan Molloy.

Remember, **Drop Off Locations for Stubs:** McNeills Store or Fleming's SuperValu (Mark for Attn. of Orla) when out on essential trips to pick up supplies.

Roscommon Gaels Wins MacNamee Media Award 2019 Guess the Player?

The Club was delighted to have been announced as a winner of a 2019 MacNamee Award by the GAA. The GAA National Communication and Media Awards are named after the late Padraig MacNamee, former President of the GAA, Chairman of the GAA Commission (1969-1971) and member of the RTE authority. The awards are presented annually in recognition of outstanding contributions made by individuals and Associate units in the area of media and communications.

The Club has won the award titled "2019 Best New Media" for it's new initiative with the Roscommon Gaels All-Stars. The work completed on digital campaigns to raise awareness of the clubs works and through winning the TG4/Subaru competition.

We are very proud of this achievement and look forward to collecting the award at an event in Croke Park celebrating it in the future.



County Clubs Hurling Skills Challenge

On Monday April 13th the Coiste Iomána Hurling Skills Challenge commenced. This was an initiative driven by Roscommon Coiste Iomána and our own David Waldron who is Secretary. The aim of the event was to fill a void left for players, coaches and parents in light of no GAA Club activities been allowed.

Every day in age groups from U8's up to U18's players had to demonstrate a hurling skill of their choice. It had to be posted to either the PRO of each club or to their respective coaches. Each skill counted as an entry into a draw at the end of the week to win signed Jerseys by TJ Reid, Lee Chin, Joe Canning and Cian Lynch.

Roscommon Gaels had numerous entries posted on both Facebook and directly to coaches. Some of the posts showed some excellent creativity and skills that some of our youngest players hold.

Congratulations to Finn Killion, who won the U16-18 category and to Cathal Nerney who won the U8-U10 age category, and to Cian Mullery who won the Jersey signed by Cian Lynch.

(Screen shots of Cathal and Finn's Skills)



And there's more

Congratulations to Siofa Hession who gained some media attention for displaying her magnificent camogie skills last week. Siofra had journalists from the local newspaper chasing her down last week looking for an interview when a Tweet posted by Hurling Board Chairperson David Waldron showed her incredible skills.

Well done Siofra, and keep up the good work!



20 Questions Segment

Thanks to everyone who posted in the correct named player in the last edition. It was Richard Hughes, Senior Player and County Senior Player.



Can you guess this week's player? See the Answers below and send your answers in again to pro.roscommongaels.roscommon@gaa or answer on Facebook when posted.

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|-------------|---|----------|--------|
| 1. Age | 26 | Height | 6ft 1" |
| 2. Nickname | Squid | Position | Back |
| 3. Honours | All Ireland Schools B Title, National League (Div 2), 1 Minor Connacht Title, 2 U21 Connacht Medals, 2 Senior Connacht Medals | | |

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| 4. GAA Idol Growing Up | John Woggy Nolan |
| 5. Best Memory in Underage | All Ireland Schools B Title with CBS |
| 6. Best Memory in Adult Life | Connacht Final Win 2017 |
| 7. One bit of Advice to Underage Players | Don't take it too seriously and enjoy it. |
| 8. Hopes for Roscommon Gaels for the future | Get hands on Fahy Cup sooner rather than later |
| 9. Best thing about Roscommon Gales GAA Club | Great sense of community among all the members |
| 10. Most scored in one game | 1-3 |
| 11. Favourite present Roscommon Gaels player (excluding yourself) | Richard 'Flair' Hughes |
| 12. Quickest player in Roscommon Gaels | Cian Connolly |
| 13. Fittest and most skillful player in Roscommon Gaels | Fittest: James O'Gara
Most Skillful: Peter Gillooly |
| 14. Best Looking Roscomon Gaels Player | Mark Healy & Kevin O'Gara are fine lumps of men!! |
| 15. Vainest on the Team | Danny Mahon is still sporting an earring these days |
| 16. Joker on the Team | Scotty Oates or David O'Gara |
| 17. Mouldies or Studs / Socks Up or Down | Mouldies and Socks Down |
| 18. If you could transfer a player to your team who would it be | James McDermott
Nemo Rangers !!!! |
| 19. Salt & Vinegar or Cheese and Onion | Salt and Vinegar |
| 20. What do you do to Chill | Movie in with my girlfriend |

