On Monday 29th March the club hosted a workshop run by Jigsaw. Jigsaw is a youth mental health service and are reaching out to community groups in the Wicklow area to support young people with their mental health. Jigsaw’s aim is to influence change, strengthen communities and deliver services to young people in need.

The workshop was entitled “One Good Coach” and is based on Jigsaw’s One Good Adult approach. This 1-hour presentation is aimed at One Good Adults who coach or train young people in a wide variety of sports. A range of coaches from GAA, Camogie and LGFA in our club attended the workshop where Adam Burke spoke to us about the importance of being One Good Adult for a young person.

As a result of completing this workshop, our coaches ...

* Have a greater understanding of mental health
* Have a greater understanding of their role as One Good Adult
* Have a greater understanding of how to promote and support young people’s mental health in their role as Coach
* Have learned more about their local Jigsaw and how young people can access the service

For any information on Jigsaw’s services in Wicklow contact [adam.burke@jigsaw.ie](mailto:adam.burke@jigsaw.ie)