

Inclusivity is one of the core values of the IRFU. We want clubs to be as welcoming and inclusive to as many people as possible, especially those in its immediate reach, so that a club can be a local resource that supports health and well-being of its locality.

Walking tracks is a great way to open your facilities and offer wellbeing to the wider community. It can provide physical activity and mental wellbeing to members, their families and the wider community. Importantly, it can offer clubs a chance to engage new people from the community who may be future sponsors, volunteers and supporters of the club.

Leinster	Ulster	Munster	Connacht
1. Arklow 2. Athy 3. Edenderry 4. Mullingar 5. Naas 6. Navan 7. Portllington 8. Rathdrum 9. Roscrea 10. Stillorgan-Rathfarnham 11. Tullamore 12. Tullow County Carlow Rugby Football Club Enniscorthy Rugby Football Club Dundalk Rugby Club Portlaoise Rugby Club Ratoath RFC	Inishowen Co Cavan Rugby Football Club	1. Garryowen 2. Killarney 3. Kilrush 4. Youghal Bruff RFC Dunmanway Rugby Football Club Kilfeacle & District RFC Scariff Rugby Club Thomond RFC Young Munster RFC	1. Ballinasloe 2. Dunmore 3. Galway Corinthians 4. Gort Ballyhaunis RFC Castlebar Rugby Club Connemara RFC Loughrea rugby club Sligo Rugby

21 clubs were funded in 2025 and a further 17 are being developed in 2026, (clubs listed in bold). There will be funding in 2027 for additional clubs to come on board. Further information can be found here, [Health and Wellbeing | Irish Rugby](#) and/or email meadhbh.lewis@irfu.ie

IRFU is also working with Healthy Ireland to develop a 'Healthy Clubs' programme similar to that in place by the GAA, <https://learning.gaa.ie/healthyclub> This 'Healthy Club' project, will start in August 2026 and we have appointed a Health & Wellbeing Co-Ordinator to assist clubs in rolling out their plans.

We will be looking for clubs that want to make their club environment as healthy as possible and set a good example through policies and practice to their members and the wider community. Clubs are not expected to do everything themselves, rather build partnerships and connections in the community to promote healthy eating, physical activity, mental fitness, diversity & inclusion and awareness of substance use and misuse; activities that may already be in your club. Benefits reported by clubs involved in the GAA programme include, more members and volunteers, improved reputation in the community and greater involvement by the local community in GAA, such as taking their children to training and/or going to games.