

## **Healthy Club and Community Sub Committee**

### **Report for AGM Oct 2020**

Thanks to all those who have been involved in the Cumann Pheadair Naofa Healthy Club team this year, Roisin Keenan, Eilish Burns, Carrie Crawford, Carmel Mc Grath, Mary and Michael Walsh, Aisling McGivern and Anne McCormack to helping in this important part of our club life.

### **Healthy Club 2019-2020**

**First Aid training and Defib training-** 16 participants took part in our annual first aid training with 'Safe Hands' on 18<sup>th</sup> Jan 2020. As a club we are committed to ensuring all our coaches and mentors have good quality first aid training with an emphasis on management of concussion training and use of defibrillators.

### **Warrenpoint Operation Transformation 2020**

It was the 3<sup>rd</sup> year for Warrenpoint Operation Transformation. OT got bigger and better in 2020 and was a tremendous success for the club and local community. This year 94 participants registered to take part in an 8-week bumper timetable of activities including Pilates, Couch to 5K, Progressive running, Irish dancing and Swimming training. Once again, the highlight of the program was the annual RTE Operation Transformation 5k run/walk in Phoenix park on 22<sup>nd</sup> Feb. First time participant in Operation Transformation Gerry Carey was awarded the most inspirational person of the club programme because of his outstanding resilience and determination to complete the 5k in the Phoenix Park, a few years after his serious accident. We will never forget the comradery and happiness that day to see Jerry cross the finish line with all the Warrenpoint team with him.

Great friendships were made, and new exercise regimes were started with St Marks gym often full to capacity on Monday and Thursday evenings. When we look back now it is with incredulity that Covid 19 wasn't even on the horizon over those first weeks in 2020. Operation transformation finished with a great celebration in the clubrooms on 7<sup>th</sup> March probably the last party many us will see for a while. Many participants commented that the good habits of new exercise habits and healthy eating sustained them as March brought us a new world of lockdown and change of routine brought in by the pandemic. Thanks to all who gave their unwavering support to Warrenpoint Operation Transformation over the winter, Ross McGarry, Brendan Rice, Dermot Matters, Jerome Johnston, Marty Slevin and his Goats walking group, Michael Walsh Pharmacy, Aisling McGivern , Conrad Madden and all the Healthy Club team and OT leaders who kept the motivation going over the winter.

### **Irish Life Walking Challenge**

We were pleased to be able to participate as a club in the Irish Life GAA walking challenge which pitted clubs and provinces against each other nationally to see which GAA club could record the most steps in the month of June. While the technology proved frustrating at times the idea was a great motivator and Cumann Pheadair Naofa held its own in the Ulster challenge led by Declan Ryan, Ann Rice and Fay Carr who clocked up record steps in the lovely June weather. The club was pleased to be placed in the awards for the Irish Life walking challenge and win a £500 O Neills voucher for the club.

Healthy Club Officer, Katrina Kernan

