

## Community Development & Healthy Club Sub Committee

### Report for AGM Nov 2021

Due to the Covid pandemic, healthy club operations were scaled back this year although we are in planning stage to get back into action in Jan 2022. Thanks to all those who have been involved in ongoing support of the Cumann Pheadair Naofa Healthy Club. Thanks to Roisin Keenan, Eilish Burns, Carrie Crawford, Marty Slevin, Mary and Michael Walsh, Aisling McGivern, and Anne McCormack to taking part in this important part of our club life.

### Healthy Club 2020-21

**First Aid training and Defib training-** Another 14 participants took part in our annual first aid training with 'Safe Hands' on Sat 11<sup>th</sup> Sept in St Marks. It is fantastic to see so many of our coaches and mentors from all sections of club take up the first aid training. The more people competent in defibrillation in the community in Warrenpoint the better for us all. We are most grateful to all who participated this year. There are four working defibrillators in our club sited in St Marks school, Moygannon, Milltown and in clubrooms Mary Street, all batteries and pads checked for another year.

**Operation Transformation 2021** was derailed due to covid however we ran a short 4-week taster program for month of Oct. Great to see familiar faces out on the Wednesday 7.30 'Walk and Talk' around the town with high vis and torches, and the Sunday morning walks in Kilbroney. Thanks to Marty Slevin for leading. Also successfully partnering up with Primal fitness again to offer Tuesday and Thursday circuit training in St marks. We are looking forward to starting the new year with OT bigger and better than ever.

**New Healthy Team Member** We would be delighted to have new members on the healthy club team if anyone is interested, please contact me. There is huge scope to introduce more projects to the club to improve the mental and physical health of our club and community. New people and ideas would be most welcome.

Cumann Pheadair Naofa  
Healthy Club Officer,  
Katrina Kernan

