

Cumann Pheadair Naofa

Health and Well-Being Sub Section Report.

A busy year for the Club's Health and Well Being Initiative, which included a number of hugely successful events:

Healthy Clubs Programme 2024.

- **Saturday 27 January 2024. First Aid/CPR/Defib Training** in St Mark's High School, Warrenpoint. Extremely beneficial Workshop delivered by and attended by 15 participants from all Sections.
- **Saturday 10 February 2024. Community Safety and Crime Prevention Talk** in the Clubrooms, Mary Street Warrenpoint. Extremely informative talk delivered by PCSP Officer and Crime Prevention Officer for Newry, Mourne and Down District Council.
- **Thursday 20 June 2024. Dementia Awareness Workshop** in the Clubrooms, Mary Street Warrenpoint. Extremely informative workshop, delivered by Roisin Coulter, Healthy Club Officer, Ballygalget GAC in association with the Alzheimer's Society.
- **Gaelic 4 Mothers & Others** – continuous/recurring.
- **GAA for All**- continuous/reoccurring.
- **Reaching Out to the Community.** Also, our members continue to reach out to local groups and organisations e.g. voluntary musical entertainment for the residents of local nursing homes.
- **Weekly Fitness Exercise Training Programme**, in the Clubrooms, Mary Street Warrenpoint. Leader, Brendan Rice.
- **'Getting Jiggy' Irish Dancing Fitness Class.** Instructor, Aine McGarry. Sessions from Wednesday 17 January 2024.

A number of events have already been organised for 2025. Details to follow.

P Rooney.

Health and Well-Being Officer.

26/11/2024.