St. Sylvester’s healthy club report 2019

The year to date has been extremely successful.

First & foremost, we have been awarded the Healthy club official recognition presented to us at an official Croke Park ceremony in October.

We were presented with a plaque & flag which can be hung in our clubhouse.

Head office recognised our committee/ launch night as being most successful & have used us as a case study for other clubs hoping to join the plan.

To achieve this recognition, we have worked on different projects throughout the year:

Walking group:

A very successful monthly walking group attracting different & new members each month organised by Stephen Macdonagh.

February: “Aware” life skills programme

The gaa selected St. Sylvester’s to role our a series of talks in conjunction with aware.

March & September: Healthy eating workshops.

Maria Hughes, Dietician, presented 2 talks on Diet for good health.

March: Exam stress control workshop

For the 2nd year running, Clinical psychologist, Dr. Alison Rooney presented this workshop which was opened up to students in all the local secondary schools.

May: Darkness into light breakfast

We opened up the clubhouse for our 2nd breakfast to all participants of the walk in Malahide castle, we catered for 350 walkers

September: Critical incident response plan.

We presented the club with this plan establishing clear guidelines & contact details in the case of a critical incident.

We would like to thank all who have helped us throughout the year, especially the Executive committee, David Potts & Gina Lillis & their teams, Malahide lions club for their donation & all who have donated to & promoted our events especially Elaine Rooney & Enjoy Malahide.

We look forward to a very prosperous & healthy 2020!

Kind regards

Sarahann