

## Cumann Tomás Ó Lorcáin

### Tommy Larkins GAA Club

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## APPLICATION HEALTHY CLUB ACTIVITY GRANT 2018

Tommy Larkin's GAA Club in association with the Pieta House Wren Run headed by Roderick Whyte, Martin Rourke and their Team led a fantastic event on a crisp and bright morning on 26<sup>th</sup> December 2017. This was followed by music and dancing at the Clubhouse Grounds while runners and walkers availed of the refreshments organised by the Pieta House Team.

On the 6<sup>th</sup> January 2018 the annual Fit4Life Programme commenced with this year's leader Mary Kelly. Almost 100 participants took part every Saturday at the Walking Track with more advanced runners going to the nearby wood led by senior members of the Tommy Larkin's Club. A specially designated area at the Clubhouse grounds was allocated to the children. They participated in organised games in a fun environment with their supervisors thereby allowing parents to participate in the Fit4Life programme while their children were taken care of.

To support the Fit4Life initiative the upgraded lighting at the Walking Track was switched on nightly from 5pm to 10.30p.m. to enable the Community walk in a safe environment during the winter months.

The Fit4Life programme culminated with attendance from Croí West of Ireland Cardiac Foundation in association with Galway County Council attending the Clubhouse.

On the 10<sup>th</sup> March the Croi team evaluated hearth health/blood pressure monitoring/BMI/waist circumference and were assisted by Dr Martin Rourke from the Club. A follow up presentation on 22<sup>nd</sup> March dealt with Diet/Nutrition/Food Labelling/Physical Activity/Mindfulness and General Health. Both events were open to the Community, were very well attended and had very positive feedback.

A Child Protection in Sports Awareness Workshop was hosted in January with a large attendance on the night.

In February a further three Members of the Club successfully completed and are now Certified with Award One in Hurling Coaching.

Throughout the Winter the Club held Progressive 25 every Monday night.

In May the Club hosted Kildare in the Annual Féile competitions with a fantastic weekend here at the Club. The event hosted by club had fantastic support from parents and the general community and many compliments were paid to the club for the wonderful weekend the visiting club enjoyed. A welcome evening tea on the Friday followed by a BBQ on the Saturday night ensured a fantastic time for everyone.

In July our very successful annual Cúl Camp had over 100 participants in an exciting week for all our upcoming G.A.A. stars.

On 22<sup>nd</sup> August the Club Annual Fun Day had its largest attendance to date. The Juvenile Committee organised fun games e.g. Tommy Larkin's Fittest Family and had a specially designated play area for the very young children. Juvenile and Senior matches were held with special guests Castlegar who played Tommy Larkins in the County Final of '71 which was won by Tommy Larkins then and again this year. This was a significant event for the Club who celebrate their 50<sup>th</sup> Anniversary this year.

Further events are planned with a Mass and BBQ on Saturday 29<sup>th</sup> September. This will be followed in October by a Race Night organised by the Club Senior members and the year will culminate with a Dinner Dance on Saturday 17<sup>th</sup> November when the Club will launch their 50<sup>th</sup> Anniversary Booklet.

The final event of the year will be a presentation in December by Justin Campbell and Iggy Clarke on Health and Wellbeing and will be a fitting end to what has been a positively healthy year at the Club.

Angela Sheil  
HCO