

Gaelic Life Ulster Club

ALL-STARS

2023

Club of the Year
Carrduff GAC

CLG Cheathrú Aodha Dhuibh



NEWSLETTER

Spring Edition

Mar 2024 – May 2024

Irish Life

GAA
**Healthy
Clubs**



CLG Cheathrú Aodha Dhuibh

Activity Update : March 2024 to May 2024



Breandán Ó Sluáin
Cathaoirleach
Chairperson

Dia daoibh a chairde,

So just like that the season is in full swing and we've enjoyed plenty of outdoor social and playing activity already this year - a sample of which you'll find inside this season's newsletter.

There's not much more heart-warming than the sight of hundreds of nursery age children swarming across the pitch on weekend mornings, and I am delighted to see them here week after week and to welcome the many new families that they bring to our club. I know that those youngest members - and you their parents - will become deeply embedded within both our club and our community as the years go by.

The introduction of the 'GAA All Stars' programme - which began on a beautiful sunny May afternoon - has been equally encouraging and we are humbled to have welcomed more than 25 young people with additional needs onto this pilot programme which we eventually hope to establish permanently.

Thanks to all our volunteer coaches under the leadership of Health and Well-Being Officer, Maria Gray for making this ambition a reality for our club.

The month of May also saw our second Annual 'Darkness Into Light' walk to raise awareness about the importance of managing our mental health. Upwards of 150 participants from the community braved the 4.15am start to walk collectively 'into the sunrise'. It is a privilege to champion such a worthy cause. As a GAA club we are fortunate to be able to offer the sense of community that helps to strengthen both physical and mental well-being.

On a lighter note, we also enjoyed a hugely successful Lá na gClub day in April to celebrate the respective anniversaries of the GAA, LGFA and Camogie Association. The day was an opportunity to showcase our offer as a club, culminating in craic and laughter courtesy of Grimes and McKee's New Ireland act in the Parish Hall.

Many thanks to Claire Morris, Eamonn Mc Keever and their backroom teams who contributed to the success of the event.

Finally keep your eyes and ears open on 22nd and 29th June as our U15 Camógs and Ladies Footballers compete respectively in regional and All-Ireland Féiles. Go n-éirí an bóther leat!



Seniors

PLAYER ACTIVITY

Match Times*

Male Football
 Seniors Friday evenings
 Premier Reserves Saturday evenings
 Reserves Sunday afternoons

Senior & Junior Ladies Football
 Saturday evenings

Senior Hurling Sunday afternoons /
 Wednesday evenings
Reserves Monday evenings

Anyone wishing to sponsor a ball at a senior match please contact the relevant Head of Code

**subject to change from week to week – keep an eye on social media for details*



2024 Senior Season Commences - snapshots



LGFA – Division 1 Féile County Winners

PLAYER ACTIVITY

It's all eyes to the west on June 29th following the spectacular success of our U15 girls who won the Down Féile on May 6th and will now travel to Mayo to represent the County in the A division at the All-Ireland Competition.

A wonderful achievement already and a fantastic opportunity for the girls and their coaches. We're all behind you girls!



Strong support from their friends in the U16 team (below)



U15 LGFA
Division 1 Féile
winners – who
will compete at
the All- Ireland
Competition in
Mayo on
Saturday June
29th

Head Coach: Damian Horisk

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PLAYER ACTIVITY

Camogie – Division 3 Féile County Winners



Camógs make history!

Just one year ago Carryduff entered its first ever camogie Féile ...and here we are – entering a U15 regional Féile final at only our 2nd attempt.

Why not travel to Mullaghbane, Co. Armagh on Saturday 22nd June to watch them in action!



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Camogie and Hurling

PLAYER ACTIVITY

Our Hurlers & Camógs enjoyed a fabulous joint club event on 27th May



Hurlers
 May
 Blitz



Day of Sticks!
 Carryduff GAC was delighted to host primary school camogie on a beautiful sunny May day at Pairc Aodha Dhuibh



Handball

PLAYER ACTIVITY

We are hugely grateful to our Handball coaches **Niall McDonnell, Donnla Fisher and Plunkett Kelly** for their commitment to our young hanballers since the beginning of the season last August.



Sean Holland, Peadar Moohan, Sean Young and Aoife McGarry all represented Down in the Ulster championships

2024 Handball Féile teams



The 2023/24 Handball season ended on a high for our juvenile players with three teams competing in the Handball Féile - and one reaching the final where they unfortunately lost out to a strong Saval team.

The new Handball season will start in June. Keep an eye on social media for more details.



Aoife McGarry will forever hold the title of the first female to represent Carryduff GAC at County level in Handball

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Underage **PLAYER ACTIVITY**



Nursery Academy players & Mascot Duffy
 Our weekly Nursery Academy has recommenced and runs on Saturday and Sunday mornings for children in Primary 1 and at pre-school. Mascots Carry and Duffy are kept busy with the huge numbers in attendance!



2024 Minor Ladies footballers in their new Circet sponsored jerseys



Under 8.5 Camógs and Hurlers smile for the camera following a fun filled day at the Castlewellan Blitz



Under 16 footballers in action against Newry Shamrocks



U12 girls pose for a photo during a well-earned break following their match against St John's



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County News

In our previous newsletter you learned about which of our Club players are representing us at County level in:

- Football – Snr, U20, Minor
- LGFA – Snr, Minor, U16, U14
- Hurling – Snr, U20

Since then, the following age groups have also been confirmed!



Hurling County Reps

Minors (U17) (Pictured Above) - **Cillian Ennis, Tom Hickson, Fionn Dougan, Rory O'Donnell, Conor Gilmore, Aodan Young** (missing from photo)
U15s (not pictured) – **Sean Young, Ben Neal, Rory Keenan, Ethan Connolly**

PLAYER ACTIVITY



Camogie County Reps

U14s – (above left) **Caitriona Blaney, Cara Holland**,
(above right) **Fiona O'Neill, Evie Scott**



Football County Reps

U15s (above left) – **Rory McConnell, Sean Duffy**
U16s (above right) – **Joseph Kerr, Owen McHugh, Danny Knight**



County News

PLAYER ACTIVITY



Down Hurlers with Carryduff mascots Oran Keary and Ronan Graffin



Carryduff's Tom McCarroll (left) representing his club at U20 County level is joined in celebrations by his sister Ella and brother Ben following the team's Eirgid All-Ireland U20 Football B win on May 18th.
Down 1:10
Westmeath 0:10



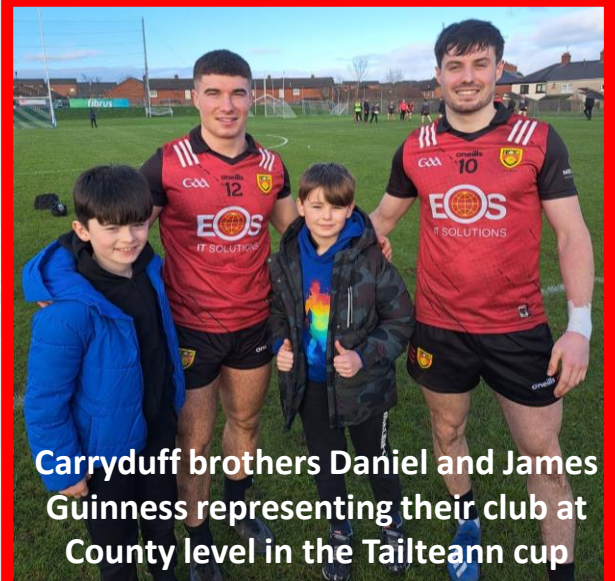
Carryduff Senior players **Roisin McKenna** and **Meghan Doherty** proudly displaying the silverware following Down's Intermediate provincial win in Clones on May 19th.
Down 2:09 Monaghan 0:14
 Good luck to both ladies and to **Aisling Cull** in the All-Ireland Intermediate Championship series.



Hurler **Lorcan Cooney**, a Panel member with the U20 All-Ireland B Richie McElligott Cup
Down 0:20 Roscommon 0:11



A number of our Minor girls help take Down to their win over Derry in the Minor Bronze final on May 4th. The girls are pictured here with some of their coaches
 Players: Cara Donnelly, Ciara McLornan, Caoimhe Lavery, Roisin McKenna, Maebh Napier, Eimear Napier and Ellie Sergeant



Carryduff brothers Daniel and James Guinness representing their club at County level in the Tailteann cup



Conor Cassidy represents Carryduff at Senior County level in the Joe McDonagh championship

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Training Times

Dads and Lads Football
- Saturday 5.30pm

Social Rounders
- Sunday 3.00pm

Dads and Lads Hurling
- Sunday 5pm

Gaelic for Mothers and Others G4MOs
- Monday 8.00pm

Camogie for Mothers and Others G4MOs
- Tuesday 8.15pm

Social Codes



G4M&Os

Gaelic for Mothers and Others – The first home game of the season against Naomh Pádraig GAC took place in early May with 7 brand new players. The team will participate in the Ulster Blitz on June 8th.

New players always welcome – training on Monday evenings 8-9pm, no experience necessary

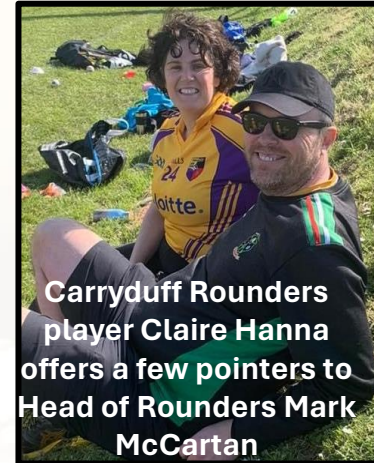


C4M&Os

If Camogie for Mothers and Others is more your thing (or even if you'd like to try both!)

New players always welcome – training on Tuesday evenings 8.15 – 9.30 pm, no experience necessary

PLAYER ACTIVITY



Carryduff Rounders player Claire Hanna offers a few pointers to Head of Rounders Mark McCartan



CARRYDUFF GAA

SOCIAL ROUNDERS

For Ladies and Gents over the age of 18

Everyone welcome, regardless of ability

SUNDAYS 3-4.30PM
@CARRYDUFF GAC

For more information, contact Emma on 07834763798



Rounders

Carryduff V Greencastle Wolfstones

On a rare sunny day in April an enthusiastic squad of 12 Rounders players lined out against Wolfstones for the first match of the season at home.

Across the 5 innings, there were huge triumphs for the Carryduff side on the field. Thanks to the quick hands and careful play by the Carryduff fielders, there was very little smooth progression for the visitors as they batted.

Carryduff played solidly with just one bad inning having a huge impact on the final score in what was otherwise a stellar performance by the team.

Overall, in a great show of batting and fielding strength, this was an excellent first outing of the year against fantastic opponents whom we look forward to welcoming back in the near future.

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Good News Stories – GAA accolades **MEMBER ACTIVITY**

Down U13 Player Development Programme

The LGFA's Player Development Programme or PDP is an inclusive programme for players in-between the County Team age bands that focuses on various stages of development, providing an opportunity for players to develop individually and to play with different teammates while also enabling coaches to monitor players' participation and development over its duration. Offered at U13, U15 and U17 levels this year's Carryduff participants are pictured to the right.



LGFA U13 PDP Carryduff Representatives 2024
Lara Mc Connell, Caoimhe Daly and Nina Eastwood



U16 players **Anna McArdle** (Aquinas) (above second from left) and **Owen McHugh** (right, front row centre) each received a (OLSPCK) 'Future Stars' award for Gaelic football from Queen's University



Aidan Caughey (left), OLSCPCK, receives the Antrim GAA Cup All Star for Year 8 schools' football



Liam Blaney – OLSCPCK Schools -All Star receives his award (pictured with his proud dad)



MEMBER ACTIVITY

Good News Stories – GAA accolades



Established member and former club coach, **Pat Maguire**, receiving a distinguished service award from Ulster University.



23 coaches received their certificates in 'Autism in Sport and Adaptive games in the GAA'. If you are interested in coaching this cohort please contact Maria Gray about upcoming training

Soccer



Fintan McArdle was selected to represent NI's U15 boys' soccer team

Good News Stories – other sporting accolades

Team NI - Netballers

Senior Footballer **Maria McCann (below)** represents NI on the Senior Netball team.

Meanwhile minor and U16 footballers **Caoimhe Lavery** and **Orlaigh McMahan (right)** are also representing NI at U17 level



Caoimhe



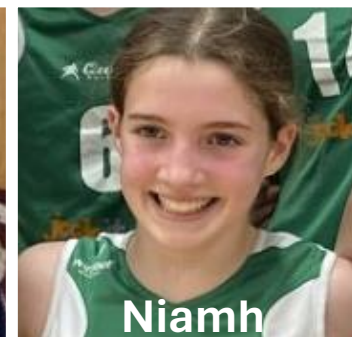
Orlaigh

MEMBER ACTIVITY

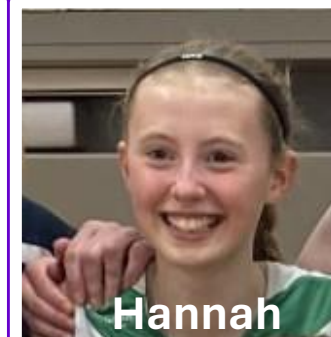
Team NI - Basketballers



Katie



Niamh



Hannah

Skiing



Sean

Ben

Members **Sean McCartan** and **Ben McCarroll** (continued their winning streak into 2024 achieving Gold and Silver respectively at the Special Olympics Slalom (skiing))



Maria

A number of our U14/U16 girls, **Katie Napier**, **Niamh Napier**, **Hannah Cassin** and **Caitríona Blaney** have been selected for the NI U15 Basketball team



Caitríona



Isa

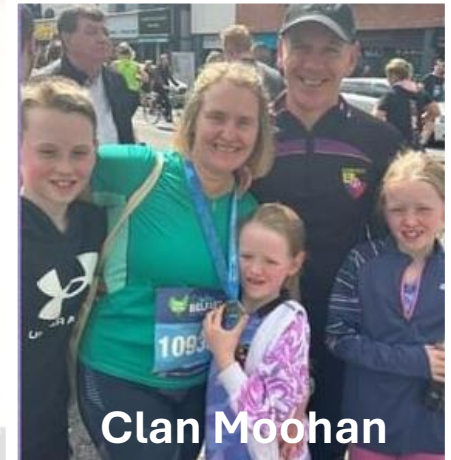
And another of our U16 footballers **Isa McCarron** (left wearing number 10 for her club Queen's), also a competitive runner, has been selected for the NI U17 Basketball team

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Many club members participated in the May Day Belfast City Marathon individually and in relay (right) with our Senior Ladies and their coaches raising an incredible £1,557 for the MS Society

Good News Stories – member activity

MEMBER ACTIVITY



Clan Moohan



Club Referee Rowan Lyons with member Seán Latimer



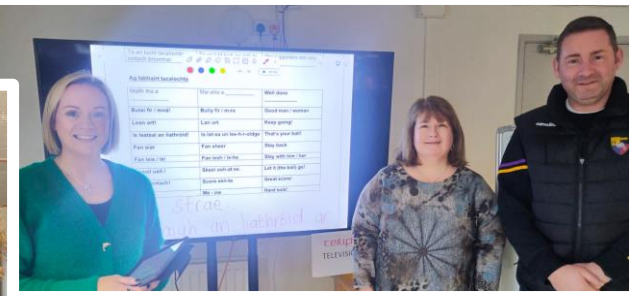
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Seachtain na Gaelige

CULTURE & LANGUAGE



Labhairt na Gaeilge • Speak Irish
 We have plenty of opportunities to learn some conversational Irish at the club.
 Our Chairperson and Head of Language & Culture, and several of our members took an opportunity to broaden their language skills at an in-depth morning of lessons, sponsored by Lisburn and Castlereagh City Council, and taught by Siobhán Mhic Giolla Cholaim
Keep an eye out for more lessons coming up!



‘Gael Tok’ at Parish Hall
 Fabulous Gael Tok Dance and Movement extravaganza
 Míle buíochas to **Suzanne Waring** and **Cáilín Nic an tSionnaigh** from Smidiríní Theatre Company for a fabulously fun workshop and to **Mícheal O’Coighligh** for the amazing choreography and energy!



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Con O'Neill History Tour

Sponsored through funding received from Lisburn and Castlereagh City Council, the history buffs within our membership

enjoyed a splendid Saturday afternoon learning more about our local area and the life and time of Con MacNeill Mac Brian Fertagh O'Neill, the last Gaelic Lord of Upper Clondeboye which stretched from Belfast to Bangor; Portavogie to Crossgar and Lisburn.

Thanks to Brian Irvine from Turás whose personality and knowledge made for such an enjoyable experience



Lá na gClub was a national day of celebration across the GAA family to champion our club and our communities and offering an opportunity to celebrate and thank our incredible volunteers, while welcoming members and newcomers to visit clubs for a fun-filled day out.

Lá na gClub

This special anniversary day which we celebrated on 20th April commemorated:

- The GAA's 140th anniversary
- The Camogie Association' 120th anniversary
- Handball's 100th anniversary
- LGFA's 50th anniversary

Piper Andy McGregor led a parade of hundreds onto our pitches where we showcased all our codes, competitive and social, culture and language, historical talks and activities for children. The event ended at the Parish Hall where the infamous Grimes and McKee duo entertained us all into the 'wee' hours. **Many thanks to all who helped make the day such a huge success.**



Check out
[our Lá na gClub parade online](#)





Delivering for you

NEWS

- The GAA’s new Club Compás certification demonstrates a club’s success in fostering a positive environment for players, members and the community more widely.
- Achievement signifies adherence to the core values and principles of the GAA, including respect, inclusivity, and integrity.
- Clubs must demonstrate their commitment to the highest standards of governance, administration, and coaching through a rigorous evaluation process.

Our work towards this accreditation represents a significant investment by your Executive Committee, and we have been fortunate to have been able to call on the expertise of our wider membership to help progress our certification.



**LEADING YOUR CLUB
TO THE NEXT LEVEL**

- Club Compás has been developed to:**
- **Encourage Club Planning** by providing Clubs with insights into their current performance and resources to guide action planning conversations among the Club Executive and Sub-committees.
 - **Improve Club Governance Standards** by increasing awareness and adoption of the key rules, policies and tasks relevant to all Clubs.
 - **Simplify Volunteer Workload** by streamlining the information and documentation Clubs are routinely asked to provide to Counties, Provinces, Central Council, and the GAA’s sister organisations.
 - **Support Evidence-Based Decisions** by gathering data on Club performance to inform planning and resourcing decisions and helping Clubs to benchmark their performance against other Clubs.
 - **Reward Clubs** by giving them valuable rewards in recognition of their commitment to good governance.

We intend to apply for evaluation as soon as the process opens later in the summer and hope to be back with good news at that stage.



Spring Clean-Up

Thanks to all the volunteers who turned out to get our premises in tip top shape for the new playing season. **It’s true what they say – it takes a village!**



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Coaching Pathway

Club Coaching Community of Practice (CoP)



This recently launched pilot has been designed to offer coaches support in developing players across the Gaelic Games *Player Pathway* ‘just in time, just for me’.

Within this new ‘Learning Space’, exciting initiatives such as the ‘Introduction to the Gaelic Games’ Coaching Course (a joint foundation level coaching opportunity recognized across the GAA, LGFA and Camogie Association), and Core Modules have been developed to support coaches on their coaching journey.

Coaches - watch out within your coaching groups for further details coming soon!

Carryduff GAC is delighted to have been chosen as **one of just 12 clubs nationally** to pilot this latest coach education offering, a peer facilitated Club Coaching Community of Practice (CoP).

As an informal opportunity, it supports clubs to take ownership of their own coach learning, encouraging groups of coaches to proactively share knowledge, experiences, good practice, and resources.



EC Members Claire Morris and Maria Gray accept the Healthy Clubs accreditation at Croke Park on behalf of Carryduff GAC in March 2024

Carryduff GAC has been selected to participate in Phase 6 of the Irish Life GAA Healthy Club Programme. This is an 18-month programme throughout which the club will be providing opportunities to develop the physical, social, emotional and psychological health of our members and the wider community.

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GAA for All - All Stars Pilot Programme

HEALTHY CLUBS

Our GAA All Stars Pilot Programme for children and adults with additional needs commenced on Saturday May 11th with 26 excited participants. The programme will run weekly until July 6th after which a more permanent programme will be established.



23 coaches have now been trained in Autism in Sport and Adaptive games in the GAA.

If you are interested in coaching this cohort please contact Maria Gray about upcoming training

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HEALTHY CLUBS



For the second consecutive year, we took part in the Pieta Darkness into Light walk on the morning of May 11th. Having spent much of the previous day preparing for the breakfast and setting up the lighting, it was an early start for our volunteers who were there even earlier than the first of the walkers who arrived at 4.15am.



Following a quick cuppa the 150+ strong crowd took to the path, completing up to 6 laps before the sun rose, each lap bringing them ever closer to the complimentary bacon baps that awaited them on completion – and the aroma of which no doubt kept them going!

It was a stunning morning, with the sky appearing to perform for the occasion just hours after the amazing aurora borealis (northern lights) had made a rare guest appearance across much of the Northern hemisphere. A special shout out to the U14 girls who kept the PJs on for the occasion, no doubt keen to roll back under the sheets after breakfast!

The £1200 proceeds were shared between mental health and suicide awareness organisations, Pieta and Papyrus.





HEALTHY CLUBS

LGFA Talk Programme

We are delighted that our Carryduff GAC was invited to be the County representative for the LGFA's Talk Programme. This wonderful initiative, delivered to our U14 footballers and camógs, aims to improve awareness of positive mental health in teenagers and remove the associated stigma. It demonstrates the positive impact sport can have on the lives of women and girls and offers advice and guidance on maintaining positive health and well-being and balancing sport with school and otherwise busy lives.

Thanks to the LGFA Project Team - Devina Collins, Regina Gallen, Maria Gray, Paula Lamont, Marius Mulligan, Suzanne Waring, Hilary White and Rhianna Wojcieszak
[#lgfataalk](#) [#postivementalhealth](#)



Coaching Development Officer **Orla Napier** and **Meghan Doherty**, welcome speakers **Síofra** and **Cáioleánn**

Female Athletes – Sports and Nutrition Seminar

23rd March 2024

A full house welcomed chartered physiotherapist **Síofra O'Mullan** (who works with Dunloy and Cargin clubs in Co. Antrim) and **Cáioleánn Conway**, a performance dietician to a highly engaging and informative talk for our female footballers and camógs addressing issues around improving their sporting performance, training and recovery, nutrition and the menstrual cycle



Gaelic Life Ulster Club

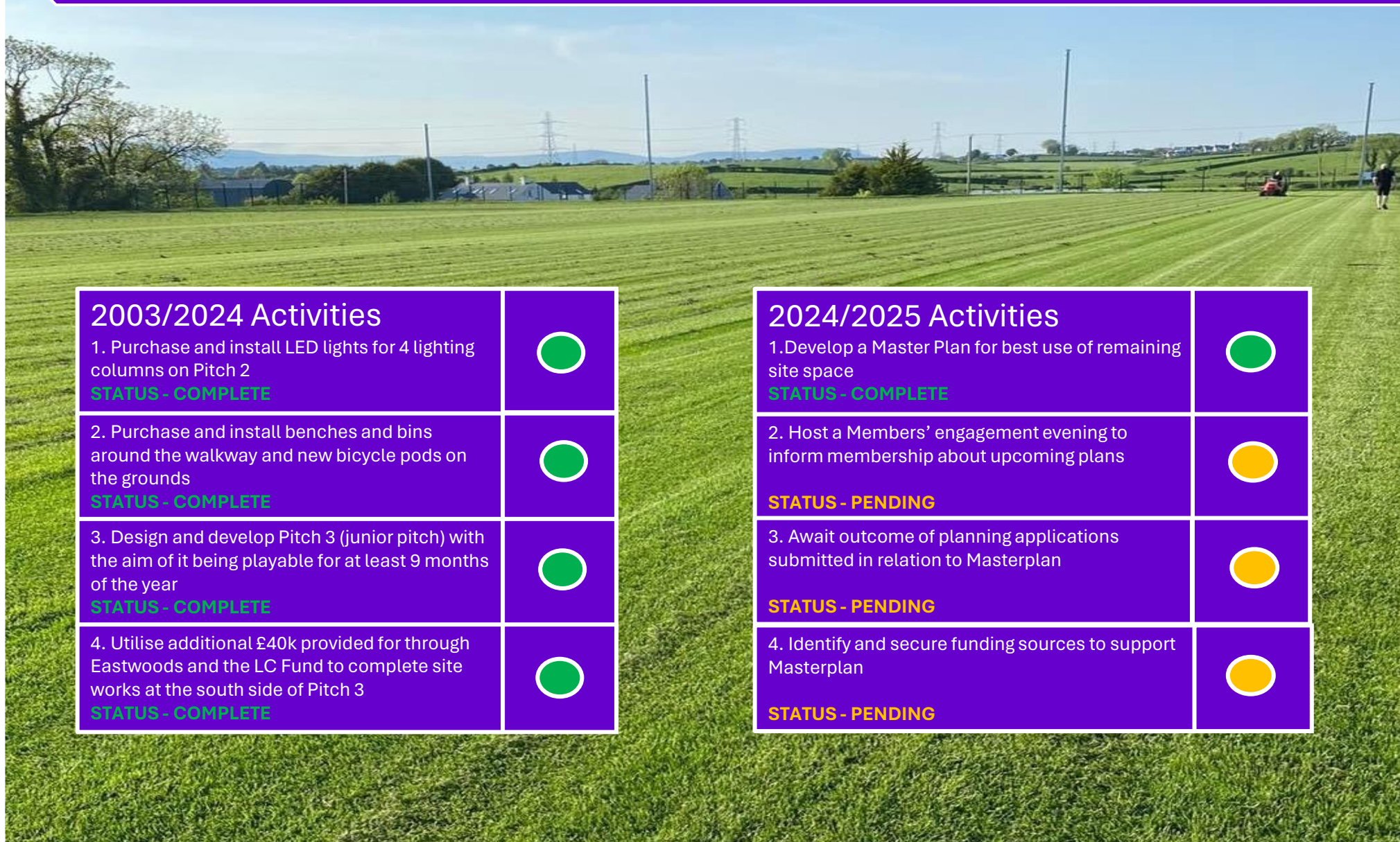
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Progress and Next Steps

DEVELOPMENT PLANS



2003/2024 Activities

1. Purchase and install LED lights for 4 lighting columns on Pitch 2

STATUS - COMPLETE



2. Purchase and install benches and bins around the walkway and new bicycle pods on the grounds

STATUS - COMPLETE



3. Design and develop Pitch 3 (junior pitch) with the aim of it being playable for at least 9 months of the year

STATUS - COMPLETE



4. Utilise additional £40k provided for through Eastwoods and the LC Fund to complete site works at the south side of Pitch 3

STATUS - COMPLETE



2024/2025 Activities

1. Develop a Master Plan for best use of remaining site space

STATUS - COMPLETE



2. Host a Members' engagement evening to inform membership about upcoming plans

STATUS - PENDING



3. Await outcome of planning applications submitted in relation to Masterplan

STATUS - PENDING



4. Identify and secure funding sources to support Masterplan

STATUS - PENDING



Chairperson Brendan Sloan

IN PROFILE



What is your background with the GAA?

I've been a member of the club from the age of 9 or 10. Back then we were nomads, we had no pitches, nowhere to call our own. I played football for the club for many years right up to adulthood. More recently I coach underage and I established camogie in the club in 2022, before becoming Chair in 2023.

What are the biggest challenges of the role?

Time! I suppose to some extent you can give as much or as little time as you choose, but to do things well I genuinely believe you need to give it your all – like anything in life to be successful you need to devote due care and attention, while not being afraid of making mistakes and learning from them. Above all though is the need to establish and maintain a sense of community. We need a dedicated volunteer base, and we are very fortunate to have that. What we do today offers the building blocks for what follows - in that way we are the foundation for our children's future.

What motivated you to run for Chair?

Like most sporting clubs coming out of the back end of the pandemic, I felt that Members had lost their sense of belonging and community. For me it's all about community, not just sporting achievement, we need to feel that we all belong to something, whatever our age or ability, and both on and off the field. We are a huge club on the periphery of the city but I wanted to create a 'rural' club feeling.

Can you describe an average day?

Obviously like all GAA volunteers across the country there is really no such thing as an average day! There is also no start time, no end time and no holiday time – just like being self-employed but without the income! No matter how proactively I plan ahead, there will always be something that arises that needs an immediate and unplanned reaction! Apart from the sense of pride I get from chairing a club at a relatively young age, and the from the on-field successes of all our teams, the role is also very diverse and rewarding. The off-field, social, health and community-based activities are significant in a club of this size. Aside from that there is an ever-increasing level of administration from county and national level, and it is a real team effort to stay on top of all of this while keeping the cogs turning on the day job. We have monthly Executive meetings but every single day I will also be in touch with 3 or 4 Committee colleagues about other issues. It is full-on and constant - so it's lucky that I have a very patient family!

NOTICE BOARD



Club Lotto

Many thanks to the hundreds of Club members who participate in our weekly Lotto Draw in the hope of winning up to £150 by matching 3 numbers, or of taking home the Jackpot – which currently stands at **£18,055!**

Since October 2023, the Club Lotto has generated £28,032 in ticket sales, half of which is used to help with running costs while the remainder goes into the prize pot. In that time match 3 winners have taken home £4,650

If you don't already play the Lotto, why not start today by scanning in the QR code above or clicking on the link below
https://www.klubfunder.com/Clubs/Carryduff_GAC/lotto

2024 Club Membership

The club currently has already exceeded its 2023 year-end total with 1,802 members registered as of June 4th. This represents a continuing upward trajectory - 8% above last year's figure and 28% above that of 2022, reflecting a growing local population but also a club with a strong and highly-respected reputation.

Application for Membership remains open all year - please visit our website for further information
<https://carryduffgac.com/2024-membership-is-open/>

Gym Membership

If you are 18+ and wish to join the gym please contact seanmcg10@googlemail.com

Membership options include

- i. £100 upfront annual payment or
- ii. £10 per month direct debit

Options can be found on [klubfunder](#)

Opening times 6am-midnight

You will receive a fob to enable entry at your own convenience within those hours.



Down Club Draw Winners

- March – Breda Woolsey £1,000
- March – Darren Rogers £1,000
- April - Deborah Neeson £200
- May – Kalum King £1,000

HOME FROM UNI?



CATEGORY 1D MEMBERSHIP
(STUDENT OUTSIDE ULSTER)
NOW OPEN

Grants and Fundraising Update

- LCCC's* Community Facilities Fund (repurposed grant) - £10k
- LCCC's Sports Accelerator Fund - £3k
- LCCC's Grand choice grants x 2 - £2k
- Cheltenham Tipster - senior Hurlers and Footballers - £4,180
- Our fundraising Committee raised £3,890 on Lá Na gClub Day

*Lisburn and Castlereagh City Council



WHAT'S COMING UP?

Wine Education and Tasting – click to buy tickets

Event	Date & Time	Location
Kids' Bingo (U10 girls footballers group only)	Friday 14 th June	Hub
Health Screening (see below)	Saturday 15 th June	Hub
Wine Education & Tasting (18+ only – ticket link to right)	Saturday 22 nd June (time TBC)	St Joseph's Parish Hall
Sunset Yoga Class (18+ only)	Saturday 29 th June 9-10pm (age 18+)	Pitches
Members Information Night – club development	TBC	TBC
Launch of Carryduff GAC Strategy & Prospectus	TBC	TBC
Official opening of Pitch 3	TBC	Pitch 3

Training Opportunities	Date & Time	Location
Safeguarding – GAA Online course	5 th June / 10 th June / 17 th June	Online (see notice below)
Introduction to Coaching Gaelic Games – All Stars	Saturday 6 th July	Pitches

HEALTH CHECK DAY

CARRYDUFF GAC

SATURDAY 15TH JUNE

CONTACT MICHAEL (QUALIFIED PHARMACIST) ON WHATS APP TO PRE BOOK A 15 MINUTE APPOINTMENT: 07730551221

Health Screening – pre-booking essential

- Open call to club members and wider community – Saturday 15 June
- Aimed primarily at those aged 35+ who are living busy lives and don't have time to access NHS services
- Cost is £35 which includes the following:
 - ✓ A full cholesterol profile (6 readings using a calibrated Roche diagnostic analyser)
 - ✓ Body Mass Index (BMI)
 - ✓ Blood pressure
 - ✓ Q risk assessment - risk of having a cardiac event in the next 10 years
 - ✓ Advice about where to seek further information based on individual results.

To book a slot - contact Michael on WhatsApp 07730551221

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WHAT'S COMING UP?



Seisiún Scéalaíochta

Storytelling session for the whole family. Bringing Irish stories to life with drama and art.

21ú Iúil 3-5 i.n @ Carryduff GAC
21st July 3-5pm
Saor in aisce/ Free of charge

Le tacaíocht ó



Click to register

Always wanted to learn Irish?
Register today for classes
All levels welcome

Volunteer Call – can you help?

We are always delighted to avail of the skills of members and encourage you to get in touch if you'd like to get involved. To join our Volunteer Heja Group, where we often post requests for help, please enter code WN-499547

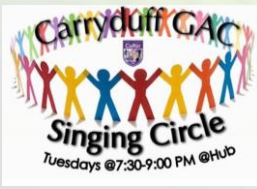
Alternatively contact Eamonn by email: schoolliaison@carryduffgac.com

Stay Safe & Secure


Anyone aged 16+ wishing to volunteer in any capacity at the club must ensure they have completed their Access NI police checks and the Safeguarding Level 1 course.

Please contact

childrensofficer.carryduff.down@gaa.ie



Singing Circle
Tuesdays @7:30-9:00 PM @Hub



BOOK CLUB

Singing Circle - Tuesday nights at the Hub
Book Club - Thursday nights at the Hub

Please note car park is NOT available on Sundays before 12.30pm – please park at parish hall

For more details about any of our events please contact clairecasey89@gmail.com

For more details about any of our training opportunities please contact orlanapier@yahoo.co.uk

Club Gear Update

The majority of gear has arrived in and is being distributed for all pre-orders.

Additional club gear will be available to purchase on Wednesday evenings beginning on June 12th at 6.30pm

Your patience is appreciated

Carryduff Way Charters

CARRYDUFF GAC SUPPORTERS CHARTER



Carryduff GAC Supporters are:

- Welcoming
- Inclusive
- Loud in our praises
- Gracious in our disappointments



We abide by our Club's values of Respect, Honesty, Effort and Inclusion

This means:

- ✓ We are gracious in defeat and respectful in winning
- ✓ We applaud good performances and effort from all teams, including our opponents
- ✓ We recognise coaches are volunteers and referees are human. We will give them the benefit of the doubt. Without either, there would be no games.
- ✓ We provide positive support to all our players, teams coaches and Club officials.

Adults, please remember you are role models for the children present

CARRYDUFF GAC PARENTS CHARTER



We abide by our Club's values of Respect, Honesty, Effort and Inclusion

This means:

- ✓ We recognise and praise effort, not just results
- ✓ We respect all coaches, officials, players and Club administrators
- ✓ We always encourage players to play by the rules
- ✓ We never admonish children for making a mistake or losing a game

Before finding fault, think "Have I volunteered yet?"



CARRYDUFF GAC JUVENILE PLAYERS CHARTER



Young Carryduff GAC players should:

- ✓ Take pride in representing Carryduff GAC
- ✓ Respect, support and encourage fellow teammates
- ✓ Play fairly and try their best
- ✓ Be gracious in defeat and modest in victory
- ✓ Respect and take due care of Club equipment
- ✓ Accept the decisions of referees
- ✓ Respect all coaches, officials and opponents
- ✓ Not use unacceptable language

Enjoy the game and be the best that YOU can be



Gaelic Life Ulster Club

ALL-STARS

2023

Club of the Year
Carryduff GAC

Committee Contacts

WHO'S WHO?

In our last newsletter you met our:

- 5 Heads of Code
- Coaching Officer
- Children's officer
- Volunteering and School Liaison Officer
- Health & Well Being Officer
- Events/Fundraising Officer and
- Players' Representative

Now meet the rest!



Chairperson
(& DLP)

Brendan Sloan

Chairperson.carryduff.down@gaa.ie

Secretary
(& Deputy DLP)

Sandra Hughes

Secretary.carryduff.down@gaa.ie



Treasurer

Conor O'Neill

Treasurer.carryduff.down@gaa.ie



Vice Chairperson
(& Head of Dev)

Sean McGeough

spmceough@yahoo.co.uk

Fixtures Secretary
(& club referee)

Eamon Rooney

Assistantsecretary.carryduff.down@gaa.ie



Registrar

Mark Hollywood

registrar@carryduff.gac.ie



Public Relations Officer

Philip Loughran

PRO.carryduff.down@gaa.ie

Culture & Language Officer

Ana Marie Magorrian

anamagorrian@msn.com



Assistant Registrar

Niall McCullagh

mccullagh_niall@hotmail.com



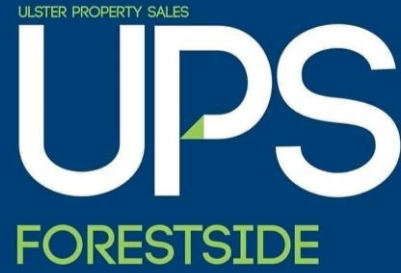


2024 EXECUTIVE COMMITTEE

	Role(s)	E-mail Address
Brendan Sloan	Chair / Designated Liaison Person - safeguarding	Chairperson.carryduff.down@gaa.ie
Sandra Hughes	Secretary	Secretary.carryduff.down@gaa.ie
Sean McGeough	Vice Chair / Head of Development	spmceough@yahoo.co.uk
Conor O'Neill	Treasurer / Head of Finance	Treasurer.carryduff.down@gaa.ie
Mark Hollywood	Registrar	Registrar.carryduff.down@gaa.ie
Philip Loughran	Public Relations Officer (PRO)	pro.carryduff.down@gaa.ie
Eamon Rooney	Assistant Secretary	assistantsecretary.carryduff.down@gaa.ie
Ronan Lawlor	Players' Representative	ronan.lawlor@gmail.com
Orla Napier	Coaching Officer	orlanapier@yahoo.co.uk
Hilary Whyte	Children's Officer	childrensofficer.carryduff.down@gaa.ie
AnaMarie Magorrian	Culture and Language Officer	anamagorrian@msn.com
Paul Dougan	Head of Male Football / Compliance and Insurance	malefootball@carryduffgac.com
Maria Gray	Head of Health & Well Being	healthandwellbeing@carryduffgac.com
Maeve Holland	Head of Camogie / County Rep Camogie	secretary.carryduff.down@camogie.ie
Stephen Magorrian	Head of Ladies Football / County Rep LGFA	carryduff.down@LGFA.ie
Mark McCartan	Head of Handball, Head of Rounders / County Rep GAA	mark.mccartan18@gmail.com
Ronan McCaughey	Head of Hurling	ronan.mccaughey@btinternet.com
Niall McCullagh	Assistant Registrar	mccullagh_niall@hotmail.com
Eamonn McKeever	Head of Volunteering / School Liaison Officer	schoolliaison@carryduffgac.com
Claire Morris	Head of Events and Fundraising	clairecasey89@gmail.com

OUR TEAM AND CLUB SPONSORS

Go raibh maith agaibh Please support those who support us
To sponsor a team please contact Brendan on 07710063925



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