

CHAIR REPORT

CRANAGH & AGHAGALLON CLUB

The Cranagh & Aghagallon Club is dedicated to the senior citizens of the area and is led by local volunteers. It enables our community to target rural isolation and loneliness. We look after the physical and mental well-being of our members through a varied programme of activities.

It is wonderful that our club has grown and continues to grow. We have now 25 members. New members are so welcome, and we continue to encourage others to join.

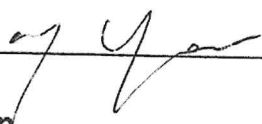
This is the range of activities that service users have enjoyed in 2023 until the beginning of Spring 2024.

- Making window boxes and planting of herbs
- Flower Arranging.
- Summer party with music and dance
- Health and Wellbeing sessions
- Christmas party with music and dance.
- Boccia and light exercise
- Yoga
- Poetry recitals
- Intergenerational Activity with local primary schools

The participants have benefited from friendly company and chat throughout the year.

Volunteers remain positive and enthusiastic, and they hope that more volunteers can be recruited. Deepest thanks to all those volunteers both on the committee and who assist on Tuesdays for the betterment of our local community. Their commitment and endeavour to support the community is invaluable.

Thanks also to the network of partnerships that help sustain us throughout the year, particularly the AOH, LCP, Southern Trust, ABC Council, Police Property Fund & Volunteer Bureau.



Mary Yarr
Chairperson