

THE OFFICIAL VOICE OF THE NORTHERN IRELAND FEDERATION OF CLUBS

Club Review

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Minutes of the Executive Meeting

Held in the premises of Oasis Retail Services, on Wednesday 13th June 2018

The Chairman, John Davidson, opened the meeting by inviting the Secretary, Harry Beckinsale, to read the minutes of the previous meeting, which were passed as a true record by Gerry Gallagher and Joe Patterson.

Gerry asked about our knowledge, if any, concerning the PSNI visiting clubs and public houses. The Chairman confirmed that information indicates that this is a task force process, which is unrelated to normal PSNI policing.

The Chairman continued to provide examples of issues which the PSNI appear to be objecting to.

The ensuing conversation included social media, which was correctly highlighted by Brian McCartney, as something which did not exist when the Clubs Order was structured. Nevertheless, a club can fall foul of the law through no fault of their own, due to unknowns innocently uploading information. If the information promotes activity in contravention of the clubs order, then of course, this can lead to difficulties.

Clubs are advised to, as far as is possible, avoid the use of social media.

One area which has presented problems is a club not having the required visitors book signed.

The Chairman spoke on behalf of the Executive Committee in congratulating the Federation Treasurer, David Larmour, on being awarded a BEM in Her Majesty the Queen's Birthday Honours list. The award is in recognition of David's service to boxing and his work in the community.

The Treasurer provided a detailed financial report, which was subsequently passed as a true record by Jim Hanna and Gerry Gallagher.

This was the final meeting before the summer break, although the helplines will undoubtedly continue to be busy in resolving issues.

The Secretary informed the committee of a recent award to Gillian Creevy, Chief Executive of the Cancer Fund for Children. The said award by CO3 was for 'Inspirational Leader of the Year'. The Chairman was delighted to learn of this, and will forward a letter of congratulations on behalf of the Federation's Executive Committee.

In closing, the Chairman thanked Oasis for hosting the meeting and for the excellent hospitality provided.

Harry Beckinsale
Secretary
N.I. Federation of Clubs



Executive Committee members pictured at Oasis Retail Services with Drew Pritchard (right) following their June meeting.

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General Data Protection Regulation (GDPR) now in force

As you will have read in the last edition of Club Review, General Data Protection Regulation (GDPR) took effect from 25th May 2018.

This topic is causing much concern as compliance with GDPR requires a change in many policies and procedures and is not simply a tick box exercise; it needs all staff and volunteers to embrace new procedures.

To help you comply with GDPR, we advise the following to all clubs.

Information and guidance
Data protection legislation covers everyone about whom

you keep personal data. This includes employees, volunteers, service users, members, supporters and donors. The legislation:

- requires organisations to register if they keep records (unless they are exempt and this includes most charities and clubs)
- governs the processing of personal data including 'personal sensitive data'
- requires organisations to comply with eight principles for data protection
- allows employees, service users and other contacts to request to see the personal data held on them.

Every organisation should have a written policy and procedure

that is specific to their context about how they handle personal data and enact privacy principles.

Support from the regulator
The Information Commissioner's Office (ICO) is the regulator for data protection and privacy law. Their website <https://ico.org.uk/for-organisations/> is an excellent source of information and support and includes:

- their Guide to GDPR that they will regularly update and an FAQ page for charities
- specific pages for charities
- specific pages for small organisations
- an advice service by phone on 0303 123 1113 with a specific

service for small organisations (option 4) - you can also email casework@ico.org.uk

- a self-assessment toolkit for small and medium enterprises
- a code of practice for writing privacy notices
- an extensive index of specific guidance on a broad range of related topics like marketing, CCTV, data deletion, and filing systems
- advisory visits to your organisation for a day, with a short follow up report.

Of course, please feel free to contact the Federation Helplines and we will provide guidance where required.

The 'Sky's' the limit

The association established with Sky has, in the majority of cases, provided substantial savings for those clubs with a sports registration, and indeed, savings under the original Club tariff agreed with Sky.

The Federation are pleased to work with Sky in resolving issues with their representatives in Northern Ireland, with a number of our clubs expressing thanks.

The major benefit is, of course, provided where a club has a sports registration, which in a number of cases has been achieved through the

engagement of Rory Clark, of McConnell Clark, to obtain, or indeed enhance, a club's rating NAV.

I am pleased to confirm that a recent announcement, confirming that an increase in Sky tariffs is being applied throughout the UK and Ireland, **will not be applied in Northern Ireland.**

Should you require information on the Sky service, please do not hesitate to call the Federation Secretary, Harry Beckinsale, on 07889 681714, who will always endeavour to assist you when possible.



NIFC Treasurer awarded BEM in Honours List



David Larmour (BEM), Treasurer, N.I. Federation of Clubs

The Northern Ireland Federation of Clubs executive committee is delighted to congratulate their Treasurer, David (Davy) Larmour, on being awarded a British Empire Medal (BEM) in the 2018 Queen's birthday honours list,

in recognition of his voluntary service to boxing and the community in Northern Ireland.

Following a successful amateur boxing career, which included Commonwealth Gold medal and Olympic Quarter final success, David turned professional in 1977, winning the British Bantamweight title in 1983.

Davy has participated in talks to schoolchildren across Northern Ireland, discussing his career and how boxing can help break down sectarian divisions. He is commemorated on the 'Shankill Road Boxing' mural on Hopewell Crescent in his native Belfast.

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Federation experience the 'Spirit of Adventure'

The Federation Executive were invited to the world famous Bushmills Distillery on a beautiful day in May. The visit, courtesy of Patrick Morgan, Key Account Manager NI for Proximo Spirits UK, provided a perfect setting in which to tour the distillery and experience the expertise applied to producing, maintaining and developing the iconic brand as a world leader.

The day commenced with an early start from Belfast,



traveling to the Bayview Hotel on the beautiful north coast, followed by a tour of the distillery in the company of a tour guide, who provided a very knowledgeable and interesting lecture followed by a tasting experience.

It is evident that this major tourist attraction is growing in popularity, with facilities being increased to accommodate the demand for the brand.

Time passes so quickly when you're enjoying yourself, and this trip was no exception.

The Federation Chairman, John Davidson, expressed his sincere thanks on behalf of the Executive Committee, to Patrick for hosting the event.



(Back row *lr*) Brian McCartney, Jim McCaul, Joe Patterson, Jim Wilson, Jim Hanna, Philip Mallon, and our host for the day, Patrick Morgan. (Front *lr*) Gerry Gallagher, Harry Beckinsale, John Davidson, Davy Larmour and Tom McMinn.

Gaming - why there's everything to play for

The introduction of new polymer banknotes, together with the new £1 coin, has been a technically and logistically difficult process for machine suppliers. Every note acceptor, coin mechanism and recycler has had to be reprogrammed several times to accept the new notes and £1 coin and to remove acceptance of the old paper notes and the round £1 coin.

Unfortunately, the technical specifications of the note were such, that the suppliers of the actual note acceptor units had to issue several complex software updates to ensure compatibility with machines produced by all the various manufacturers.

As a result, and despite everybody's best efforts, there has been an unprecedented number of 'note jams'. In addition, the £1 coin tolerances changed as they became more worn leading to increased coin rejection. All machine operators therefore saw a huge spike in the number of service calls attended due to note reader jams and coin acceptance issues.

Recently further new firmware has been released to the market which, once applied to machines, will see the number of note jams reduce to more normal levels. By now, all coin mechanisms should have been

updated to accept the new £1 coin to a consistent standard.

Machine incomes may have been adversely impacted earlier this year due to these problems but should now be returning to more normal levels.

The gaming machine industry has worked extremely hard to accommodate and deal with these major currency changes and has had to absorb all the costs of doing so with no financial assistance given by Government.

Be warned - fraudulent activity

There are organised criminals that specifically target gaming machines. This is more of an issue for pubs, as in clubs only members and their bona fide guests may use gaming machines. Clubs should nevertheless remain vigilant for unknown machine players attempting to access their machines.

They usually operate in groups of at least three people and typically work together to block sight of the machine whilst the theft is performed.

One person will tend to distract the bar or door staff whilst the theft is occurring and a club may not even be aware that they have been robbed until long after they have left the premises.

Clubs that have CCTV systems should ensure the machines are actively monitored; however, this will not necessarily deter thieves, as they will often block the view to any camera recording their activities. The best way to deter thieves from attacking machines is by ensuring they cannot crowd around them to block the view of staff and any CCTV.

The proximity of the machine to the bar does not necessarily deter them but active engagement from staff or members does. If in doubt, simply explain that only members and their bona fide guests are allowed to play the gaming machine, then ask that they play existing credits off and switch the machine off

until they have moved on. If the machine alarm sounds, this is a strong indicator that something is amiss and needs to be urgently investigated.

Also, clubs should always check suppliers ID badges before allowing anyone to collect, repair or remove a machine.

There have been further cases this year whereby thieves have walked into a club and said that the committee have organised a machine change. They have then 'removed' the old machine and simply driven off with it, complete with its contents.

If in doubt, always contact your machine supplier to check.

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Questions & Answers

Q. We have a vacancy caused by the retirement of our Chairman and the Officers would like our Treasurer to take on this responsibility after the AGM. Would it be possible for this member to hold both positions?

A. There is nothing to prevent the Treasurer from standing for both offices, but as your club's

rules make clear, if a member is elected to more than one position, they must choose which office they wish to fill.

Therefore, should the Treasurer wish to stand for election to the office of Chairman at the AGM, and they are successful, then they will have to resign the position of Treasurer.

However, there is nothing to prevent the Treasurer from being appointed as the Chairman under the casual vacancies rule and for this position to be held jointly until the AGM. This would at least give the Treasurer an opportunity to see whether they find the role of Chairman comfortable and, indeed, whether the Committee think they are suitable.



Q. We are considering hiring an employee using a 'zero hours' contract although we are not sure if these contracts are still legal and if they are appropriate for use by a Club?

A. You are correct that there has been press coverage of these types of Contracts of Employment over the last few years. It is typically recognised by most people who engage in the debate over these types of contracts that they are useful to some industries, hospitality being one of those industries. The hospitality industry needs has wide seasonal trends and also frequent one off events such as parties. This means that many pubs and clubs will have some casual employees who can assist during busy periods. This type of employment can be of benefit to both employers and employees.

It is accepted that many Clubs will need to have additional assistance during special events, to cover established employees holiday time, assist with employee sickness absence and to provide greater bar coverage during peak times of the year such as Christmas. Zero hours contracts can be of use to employees, such as university students or employees with family commitments who like the flexibility that these contracts provide.

It is important to be aware that an employee on a zero hours contract does not have to accept any work that is offered to them. A typical Club will therefore have most of its employees on minimum guaranteed hours per week and may have a selection of casual employees who are willing to accept work as and when it is offered. Also remember, that just because an employee is contracted to do 20 hours per week, does not mean

that they will not be willing to work additional hours. You may find that you have sufficient flexibility in your current employees to cover additional hours as and when required.

It is important to note that employees on zero hours contracts are still entitled to the normal employment rights, notably that they will accrue holiday time for the hours which they work and that they must receive the minimum wage.

These types of contracts are unlikely to be banned in the future as most people accept that they can be useful for employers and employees in specific circumstances, the hospitality sector being the key example. It is, however, foreseeable that in the future, restrictions may be placed on these contracts to prevent exclusivity agreements being used (*stopping an employee on a zero hours contract from working for another employee*) and that a code of practice regarding fair use of this contract will have to be abided to by employers.

Q. In our Rules, a person has to have been a Member for at least one year before being eligible to stand for election to the Committee. Can you confirm if this still applies to Casual Vacancy appointments?

A. We can confirm that this time limit of one years' membership does not apply in the event of a casual vacancy appointment. Therefore, the Committee can appoint a Member to a casual vacancy even if they have been a Member for less than a year.

If you have any questions you need answered for your club, then please send them to us at: info@nifederationofclubs.com

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A club exchange, an annual getaway or perhaps a competition - whatever the reason your club may have to travel to Great Britain, P&O Ferries would like to help you with organising your group travel.

Regardless of how often your group plans on travelling, it is worth checking out the P&O Ferries' Clubs and Societies offering.

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If you have not been on-board in a while, the best view in the ship, without a doubt, is in its comfortable bar and lounge, which is one of the areas that was part of the ships' recent refurbishment. This is also where

you can get yourself a Starbucks®, if you are a coffee aficionado.

If you prefer to treat yourself to a seat in an exclusive, tranquil space, you can upgrade to the Club Lounge from only £12 each way (*pre-booked price*), that currently includes free Priority Boarding for Cars (*worth £6*). You can enjoy a selection of daily newspapers, magazines and a complimentary wine, soft or hot drink, served at your table. You can also order a light bite from the Club Lounge menu, then sit back and take in the sea views.

For the hungry, head to the food court for everything from hearty cooked breakfasts to traditional fish and chips. It offers a full range of family favourites to keep everyone happy throughout the day. Enjoy freshly prepared hot meals, salads and snacks from around the world, including delicious curries and tasty sandwiches, as well as all your favourite hot and cold drinks.

If you are someone who likes a distraction you will be spoilt for choice between having the option to avail of the free WiFi, do a spot of retail therapy in the shop, take in the movie of the day in the cinema, challenge your friends in the games arcade,



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or take a stroll on the outer deck. Before you know it, you'll be in Cairnryan.

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Avoid price hikes with an energy review

Clubs should be aware of recent energy price hike announcements. There's no better time to have a review of your energy bills carried out, so you are encouraged to contact MJ Utilities to make sure you're not paying more than you have to - all it takes is a two minute telephone call.

MJ Utilities are also pleased to announce that they now work with other companies that may be able to help reduce your clubs' expenditure even further.

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Raven Club raise funds for NICHS



Pictured above is (l-r) Jan Harvey (NICHS), Mrs Jeanette Ervine and Mr Denis Rowan, President of the Raven Social Club.

On 10th June, friends and colleagues of the late David Ervine, past Chairman of the Raven Social Club (RSC) in East Belfast, presented N.I. Chest Heart & Stoke (NICHS) with a cheque for £2,032.

Every year since his untimely death in 2007, the RSC members and friends have organised a fundraising night and sponsored walk to raise money for NICHS in memory of David. Club Chairman, Stevie Beattie, paid tribute to the efforts of all those involved in saying, "It never ceases to amaze me how our members turn out every year in memory of our past Chairman and friend David Ervine. Since our first fundraiser in 2008, we have raised over £28,000 for N.I. Chest Heart & Stroke, and it is comforting to know that our efforts go some way to help preventing further deaths from these causes. We miss David, however, we are delighted to be able to remember him in this way."

Jan Harvey of NICHS, thanked the Chairman, Stevie Beattie, and the members and friends of the club. She commented, "These much-needed funds will help contribute to our research, aimed at preventing deaths from heart disease. The RSC has raised thousands of pounds for NICHS and we cannot thank you enough."

Mrs Jeanette Ervine, widow of the late David Ervine said, "I am overwhelmed by the efforts of the club staff, members and friends, who turn out every year to remember David in this way. It is wonderful to be part of their fundraising efforts."

Mr Denis Rowan, a close friend of the late David, and who has been made President of the club, said, "I am honoured to be made President and delighted that one of my first engagements was to present this cheque in memory of my friend."

They were country when country wasn't cool



Nigel Blair, Belfast 89FM.

I recently had the pleasure of interviewing two of Ireland's finest Country singers on my Belfast 89FM show. **James Lynas** and **Geri Kane**, both of whom are proud to be natives of Belfast, are two artistes with heart-warming personalities, in addition to their vocal ability.

Geri recalled from her earliest memories, her love of music and singing, her debut as a singer at the age of eleven, appearing with Mr Tommy James on his popular UTV show, 'Tommy's Toy Shop', which provided a fee at that time of £11.

Whilst being educated at St Genevieve's School, Geri joined the school band, named 'The Ponchos', making their first live performance at the Grove Theatre, followed by appearances at several other venues, and appearances on the BBC programme 'Speak Easy'. Whilst in her mid teens, Geri entered a talent competition in Dublin's Drake Hotel, winning in the final, which provided a prize of a holiday for two in New York, and a cash prize of £1,000!

Geri is the proud owner of a telegram of congratulations, sent by the Bachelors, who won the same competition two years earlier!

After a few years Geri returned to Belfast to take up a career in nursing. However, showbusiness remained a major interest, leading to Geri joining the famed dance band 'Love Bug'. During her five years with 'Love Bug', the band recorded her hit single 'Father'.

A career break of two decades followed, during which time Geri raised her family, following which she returned to the music business, performing Country songs, which have always been where her heart lies.

Geri has enjoyed a successful recording career, touring the length and breadth of Ireland, with a recent tour of Scotland, and a new tour in England commencing shortly. This is a Lady who knows where she wants to be, and armed with the talent to get her there.

James Lynas, has been influenced by Country music from an early age, being inspired by such vocalists as George Strait, George Jones, Johnny Cash and others. By the time James was eight-years-old he would perform at sing-a-longs with the family. Being spotted by the late John Munn, resulted in touring as an Elvis tribute show.

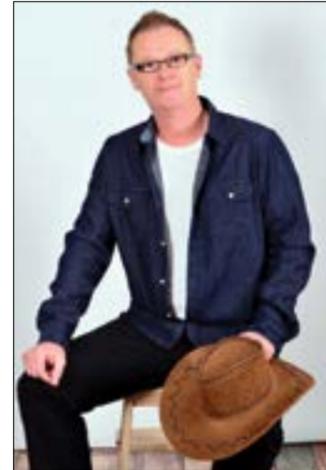
James re-invented his career, recording 'Dont close your eyes', which featured on 'The Phil Mac Show', with his videos now played on Sky channels, with his song, 'She don't look that lonely

to me', having gone to No.1 in the European country charts.

With two No1s in the Australian country charts, he has now been nominated for the International Country Star Newcomer Award, held in November.

He is also taking his band to the American Consulate in Belfast, following an invitation by the Ambassador to entertain his guests for the American Independence celebrations.

I have just been informed James has secured the No1 position in the Downtown Country chart. So it all appears to be happening for James, but be assured his feet remain firmly on the ground.



James Lynas

I wish James and Geri the very best in their music careers.

Nigel

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Make your club the 'Home of Sport'

Sky Sports customers can make their venues the home of sport and enjoy the best live sport experience as Sky continues to invest in the content that matters most to their business, both now and in the future.

As the start of the season draws ever closer, customers can show the biggest games and the biggest stars this summer and beyond, as Sky Sports brings customers an unforgettable season of sport, across 10 dedicated channels. There are 126 exclusively live Premier League games - with even more next season, as a new deal sees Sky Sports remain the home of Premier League football until 2022.



Sky continues to build on their long-term sports rights, so customers know they can depend on their investment in Sky. New deals mean that from 2019 Sky Sports will show more live sport at key trading times, including:

- From 2019, Sky Sports will show more games than any other broadcaster, with 128 live matches
- Sky offers customers the biggest head-to-heads with the first-pick match choice every weekend
- We continue to bring customers more live matches at key trading time, with midweek, Friday, Saturday, Sunday and Monday slots - including a new Saturday night 7.45pm kick-off

There's also SPFL including up to four Old Firm SPFL games, exclusively live coverage of the EFL, alongside up to 900 international games.

For the first time ever, next season (2018/19) will see

Sky Sports show every Home Nations game from the new tournament, the UEFA Nations League - that's 18 live matches featuring every England game exclusively live, and Wales, Scotland, Northern Ireland and Republic of Ireland live. Plus, with every Wales, Scotland, Republic of Ireland and Northern Ireland UEFA Euro 2020 Qualifier live, Sky Sports remains the home of football.

And it's not just football, we have the return of pub-packing favourites including:-

- Every day from the 2018 Ryder Cup exclusively live
- International rugby with the Autumn Internationals in November
- Every practice, qualifying and race live from all 21 F1 Grands Prix
- More hours of cricket than ever before, with every England home Test, ODI and T20 including England's

series against Australia and India

- Over 60 days of live darts throughout the year, including the World Darts Championship

Sky's focus is on investing in more of the content that matters to their customers so they can rely on Sky, to continue to make money for their business.

Along with continuing to build on their great choice of content, Sky has created a new range of game-changing support tools, which will be launched this summer, to help customers understand and promote sport brilliantly. All housed in one place, the range is designed to make things quicker and easier than ever before - leaving customers more time to run their business.

The range includes:

- Tailored support tools - customisable fixture posters

so venues can focus on promoting the sports and fixtures they want to show and add their own branding.

- A new social media tool - designed to make things brilliantly simple for customers. Sky has introduced a new tool to allow them to share assets to their Facebook or Twitter pages with just one click.

• The Training Ground - Sky wants customers to be passionate and knowledgeable about sport so that sports fans choose to spend time in their venue, so Sky has created a new training website. It features bite-sized video content, shares best practice and serves up at-a-glance guides to help their customers better understand and market live sport.

For more information on how to become a Sky customer, please ring 08444 881 129.

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Bushmills Irish Whiskey showcase breakthrough Irish talent with #BlackBushStories



#BlackBushStories is a collaborative event series from Bushmills® Black Bush®, featuring the stories and crafts of independent, spirited and extraordinary Irish individuals who challenge traditional thinking in their fields and live outside the box.

Held in Ireland's leading venues this summer, the eclectic mix of immersive events include an interactive lesson in mobile photography, a leather-making workshop and a meat curing masterclass hosted by the people who are currently creating waves in their industries, inviting consumers to embrace their own passion and creativity.

The campaign kicked off in June with a collaboration with Belfast photographer, Ronan O'Dornan, and saw the talented documentarian host a mobile photography masterclass at House Belfast on Thursday 21st June.

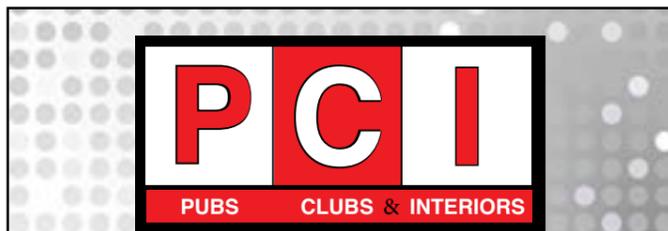
The 'Black Bush and Photography' interactive event saw Ronan teaching attendees how to take great photos on

their smartphones, and how to tell stories through images. Held in association with #BlackBushStories ambassador and acclaimed bartender Paul Rocks, attendees were treated to a tasting session on some of Bushmills' best loved whiskeys, as well as specially-created Bushmills® Black Bush® drinks to highlight the signature rich, fruity notes and velvety smooth character of Black Bush.

The next event, 'Black Bush Cured' will be a collaboration with Chef and Charcuterie Master, Rob Krawczyk and will be held in Belfast on Tuesday 24th July.

More information about the Bushmills Irish Whiskey #BlackBushStories campaign, the local talent involved, and to register for an event, visit blackbushstories.com

To join in the conversation and keep up to date with #BlackBushStories, follow Bushmills Irish Whiskey on social media on Facebook: @BushmillsIRL and Instagram: @Bushmills_IRL



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New offerings from WKD

WKD launches cocktails in cans to on-trade

WKD is launching an exciting range of cocktails in cans to provide outlets with a convenient and speedy way to serve quality cocktails. Under the name WKD MIXED, the 6% ABV pre-mixed cocktails are available in three flavours and packaged in stylish 250ml cans.

The three new WKD MIXED cocktails are:

CHEEKY V: port, Blue & lemonade flavour
PASSIONISTA: rum, Passion Fruit & lemonade flavour
OH SCHNAPP: peach schnapps, Berry & orange flavour

WKD MIXED delivers perfectly prepared cocktails every time.

The cocktail-in-a-can approach affords bar staff the ultimate in cocktail speed of serve: no need for individual ingredients, no wastage and easy to pour. WKD Mixed cocktails are ideally suited to busy venues or events or peak trading periods; they allow staff to focus on serving rather than on preparation.

All three cocktails are available in 12 x 250ml shrink-wrapped cases. WKD Mixed will be supported by striking point-of-sale materials to build in-outlet awareness, and a huge social media campaign, involving intriguing teasers and consumer competitions. The launch will be communicated using the creative theme 'Pick a Mixed' which is all about making choosing a drink exciting.



Over the years the WKD brand has become synonymous in the on-trade with fun, multi-serve sharing cocktails; the new single-serve range will make WKD cocktails available in ready-to-serve (RTS) cans for the first time.

Tropical new flavour announced from WKD

WKD is adding a tropical new flavour to its range. The brand's impressive track record of new product development continues with the launch of WKD Mango Crush.

Available in 275ml glass bottles and with the same 4.0% ABV as existing WKD flavours, the new variant is being launched with a range of trade deals to incentivise distribution, a programme of telesales drives, nationwide on-trade sampling activity, student-specific promotional support, and a huge social media campaign.

WKD Mango Crush will also be a key part of the brand's programme of activity at summer festivals.

For on-trade outlet wanting to keep their premises glass-free, WKD Mango Crush joins three other WKD flavours - Blue, Passion Fruit, and Berry

- in being sold in crown-cap 275ml PET bottles, as well as in glass.



One small step for health – giant step against cancer



Cancer Focus Northern Ireland called on local men to take one small step for their health - which could be a giant step against cancer - as part of Men's Health Week in June.

Cancer has a major impact on the health of men in Northern Ireland with around 6,600 diagnosed with the disease each year - but more and more men are surviving and thriving.

"Our message is positive - almost 50% of all cancers can be prevented with a healthier lifestyle and seeking appropriate support," said Gerry McElwee, Cancer Focus NI's head of cancer prevention.

"There are some simple guidelines that everyone can follow - keep to a healthy weight, eat healthily, be active, take care in the sun, limit alcohol and don't smoke.

"It's our mission to encourage men to take action and improve their health. It's never too late to start incorporating simple but healthy steps into your daily life.

"And if you can persuade some of your friends to get involved in a group effort - perhaps going for regular walks or a competition to lose a few pounds - all the better."

Gerry added: "Get unexplained changes in your body checked out by your doctor and men over 60 should take up free NHS bowel screening when offered.

"Seeing a doctor in good time can have a hugely positive

impact on your health. If you are diagnosed with cancer at an earlier stage there are so many more options for treatments, leading to better outcomes.

"Men seem more aware of preventable health problems and the importance of seeking early medical advice and treatment, which is very good news."

Cancer Focus NI has a comprehensive range of services geared towards making it easier for men to get health checks and discuss their concerns. These include the Keeping Well van, which brings checks and advice to sports clubs, workplaces, colleges and leisure centres.

The charity brings stop smoking support, information talks and Male Quick Fit checks to community and health centres and other venues. There are also free counselling and support services for men and their families, a confidential NurseLine (0800 783 3339) for support and advice, and therapeutic activities such as singing, art and creative writing.

To find out more about the Keeping Well van or other services email behealthy@cancerfocusni.org, call 028 9066 3281 or visit www.cancerfocusni.org

If you'd like more information about the Sing for Life community choir email care@cancerfocusni.org.



Gerry McElwee (left), head of cancer prevention, and James Creighton, from Cancer Focus Northern Ireland, put their best feet forward for Men's Health Week in June. The theme for this year was 'One small step for health - a giant step against cancer'. If you have any concerns about cancer, call the Cancer Focus NI NurseLine on 0800 783 3339 for advice and support.

Gillian Creevy wins 'Inspiring Leader' award CEO, Cancer Fund for Children

Gillian Creevy has been Chief Executive of Cancer Fund for Children since 2002. Since joining the charity, she has successfully combined her passion for healthcare with her entrepreneurial skill to develop and fine-tune the charity's core range of support, as well as introducing new services to address the previously unmet needs of children and young people affected by cancer.



families in the Republic of Ireland.

Under Gillian's leadership, the charity officially opened Ireland's first, and only, therapeutic short break centre for children living with cancer in 2014. She is now spearheading the charity's plans to provide support to

In recognition of her achievements with the charity, Gillian was awarded 'Inspiring Leader of the Year' at the CO3 Leadership Awards held in Belfast last month.



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UGAAWA Monthly Merit Award winner

by Tony McGee

Just now, Monaghan star, Conor McManus, may not be feeling top of the world after the recent semi-final loss to Fermanagh. But he can still look back fondly on the month of May, during which he lit up the knockout scene with a sparkling display against Tyrone in the provincial quarter-final.

The Farney fellow polished off Monaghan's win with a spectacular distance point, from close to the right-hand sideline, that snuffed out Tyrone's hopes of victory. It was Conor's sixth point of the game - his second from play - and it helped him earn the UGAAWA Merit Award for May.

Unfortunately, Conor couldn't attend the presentation of his award but his father, Frank, deputised and paid tribute to the Ulster GAA Writers for the work they do in organising the awards scheme.

"I was glad to see the ball go over the bar for that point, as I just hit it in the general direction of the posts," Conor recalled, when told that the score had helped him to win the monthly award, the third time



Frank McManus (centre) receives the May Merit Award on behalf of his son Conor, from Sales & Marketing Manager, Seamus McMahon (right), and UGAAWA Treasurer, Tony McGee. Picture by Jim Dunne

that he has been honoured in this way.

"Winning the monthly award is not something that a player sets out to achieve but it is great to win it when that happens.

"It is an excellent award to win. When you look over the many famous players who have won it over the past 30 years it is a great honour to have one's name included."

Losing to Tipperary in the NFL Division Two final was a bitter pill for the Cavan lady footballers to swallow, but midfielder Donna English received the perfect anecdote to help ease the pain a little, when named as the UGAAWA Merit Award winner for April.

"I am shocked but absolutely delighted to receive this award," said Donna who has been 10 years in the Breffni county squad. "It is marvellous to be named the winner of the April Merit Award and does take away a bit of the hurt after losing to Tipperary.

"After losing the Division Two final in a replay last year, we hoped for better luck this time. We were very keen to get up into the top division, as playing against the best teams is where you learn."



UGAAWA April Merit Award winner, Donna English (Cavan). Picture by Jim Dunne.

Donna (28) from Arva, was out of the game for a spell with a shoulder injury but stormed back to turn in starring roles, during April, in league games against Tyrone and Sligo and even against Waterford, although Cavan lost that game.

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Annual NIFWA Awards



Crusaders winger, Gavin Whyte, took two of the main prizes at the Northern Ireland Football Awards ceremony.

Whyte, 22, was named as Player of the Year and Young Player of the Year after helping Crusaders to the league title.

Coleraine's Oran Kearney won Manager of the Year after steering the club to a second place finish and the Irish Cup.

The Women's Player of the Year was Lauren Perry, who inspired Linfield Ladies to trophy glory in 2018

Jonny Evans was crowned International Personality of the Year and Linfield's Lauren Perry was named Women's Football Personality of the Year.



Pictured is Crusaders winger, Gavin Whyte, winner of the Player of the Year and Young Player of the Year Awards, alongside Women's Player of the Year winner, Lauren Perry, Linfield.

Another hugely popular winner on the night, was legendary TV presenter and commentator, Jackie Fullerton, who won the Dr Malcolm Brodie Lifetime Achievement Award.

into the Malcolm Brodie Hall of Fame.

Whyte, who scored 21 goals for the Crusaders as they won the Irish Premiership, was also selected in the Premiership Team of the Year.

Dundela were named as Non-Senior Club of the Year, Michael McCrudden of Institute was crowned Championship Player of the Year and Dundela's Jordan Hughes was named Intermediate Player of the Year.

The line-up for the team of the year was dominated by title rivals Crusaders and Coleraine, who contributed nine of the 11 players, with Glenavon's Mark Sykes and Cliftonville's Golden Boot winner Joe Gormley the other players to earn recognition.

Premiership Team of the Year

- Chris Johns (Coleraine)
- Billy Joe Burns (Crusaders)
- Stephen O'Donnell (Coleraine)
- Gareth McConaghie (Coleraine)
- Aaron Traynor (Coleraine)
- Gavin Whyte (Crusaders)
- Ciaran Harkin (Coleraine)
- Mark Sykes (Glenavon)
- Paul Heatley (Crusaders)
- Jamie McGonigle (Coleraine)
- Joe Gormley (Cliftonville)

Goal of the Year was awarded to Crusaders' Billy Joe Burns, for his effort against Linfield, while Jimmy Nicholl was inducted



Liam Beckett presents Coleraine Manager, Oran Kearney, with his Manager of the Year award.

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Akhwari shows real grit



John Stephen Akhwari hobbles into the Olympic Stadium in Mexico City to finish what he had started just under three and a half hours earlier.

After the marathon had already finished and the medal ceremony was completed, people were slowly leaving their seats and emptying the Olympic Stadium in Mexico City, when an announcement came over the tannoy system. One last runner was about to make his way into the stadium.

Almost out of the cold darkness emerged a hobbling John Stephen Akhwari of Tanzania. With a bloody and bandaged leg, he completed the final lap as the remaining spectators cheered him on.

Although Akhwari had taken a bad fall much earlier in the race and knocked his head, got trampled on, cut and dislocated his knee, he picked himself up and started the long hobble home.

Having crossed the finish line, Akhwari collapsed into the arms of the medical personnel who then took him to hospital. When asked the next day why he didn't stop when he was injured, he famously answered, 'My country did not send me to Mexico City to start the race. They sent me to finish.'

John Stephen Akhwari had travelled more than 11,000km to race in the 1968 Mexico Olympic Games, and run the race he certainly did.

His steely determination and grit is an inspiration to many athletes.

Eusebio - the total gentleman

Manchester United had waited a long time for their chance to become kings of Europe. They'd even lost half their potential European Cup winning team in the terrible Munich air crash in 1958. And now ten years later, they were in the final, trying to win their first (and England's first) European Cup, against the great Benfica, who had the unstoppable goal-scoring genius Eusebio in their ranks.



It was the ultimate challenge for players, such as United's young talent, George Best. Other players, like Bobby Charlton, who had survived the 1958 plane crash, were playing their hearts out for absent friends, team mates, town and country. The manager, Busby, who himself was given the last rites after the Munich crash, was there willing his team on; it was as if the world was willing Manchester United to win.

And then, in the closing stages of normal time, terror struck the hearts of Busby, Best, Charlton and the whole Manchester United side. Suddenly, out of nowhere, appeared Eusebio with the ball, clean through on his own, inside the penalty box, about to score. Eusebio shot from almost point blank range at the Manchester United goal - for what would have surely won the European Cup. Somehow, United's Alex Stepney saved the shot. Eusebio stood there, amazed at first and then he started to applaud Stepney. Eusebio even tried to put his arm around Stepney to congratulate him as the intense game continued.

Stepney didn't know what was going on and encouraged Eusebio to rejoin the game immediately. Eusebio jogged away while still clapping his hands towards Stepney. United went on to win in extra time but Eusebio's sporting approach to the game won the hearts of football fans around the world forever.

It happened in 1968...

Football - Manchester City are crowned First Division champions, pipping their fierce rivals United, by only 2 points.

Snooker - England's John Pulman, defeated Australian, Eddie Charlton in the final of the World Championship by 39 frames to 34.

Cycling - Belgium's Eddie Merckx, aka the Cannibal, due to his insatiable attacking style, wins his first Grand Tour, the Giro d'Italia.

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