

NEWS

Briefs...

Helping needed families with hampers

A PROMOTION organised by Curves Fitness in Clondalkin Village has resulted in needy families in Bawnogue receiving food hampers.

The promotion, which ran for two weeks in March, saw Curves waive its €99 joining fee if potential members donated a bag of groceries worth between €30 and €50 to its food drive.

The food was then all donated to the Bawnogue Youth and Family Support Group for its drop-in centre, homeless breakfast club, and to make food hampers.

Rosie McGlone from the group said that the idea for food hampers came about when the group realised just how much food had been donated.

She said: "There was so much food that we just wouldn't be able to cook here in our offices that we decided to make up hampers and give them out to needy families in the area."

Ross McMahon of St Matthews Boxing Club with fitness coach Robbie Murray at the launch of a three-day event aimed at encouraging teens to look after their health.

Photo by Steve Saunders



Looking after teen health

THE Ballyfit and Healthy held on Tuesday aims to encourage teenagers to be more conscious of the need to look after their health at a time when obesity is becoming such a problem.

The Ballyfit and Healthy week was launched by Base Youth Club and Irish Boxing Champion Robbie Murray. The three day event

ferent services all together in the one place and have teenagers there so they could get information from them. We had numerous health services – such as the Irish Family Planning Association and the Dublin Aids Alliance – set up stands to inform teenagers about their services."

He added: "The overall theme is to get teen-

services available to them and encourage them to use them and talk to them."

Secondary schools from all over Ballyfermot were invited to send students to the event at the Ballyfermot Civic Centre.

St Dominic's Secondary School principal Mary Daly said: "It's a great idea to help with the students develop-

can source information that they may not get in school; it reinforces what they learn in school."

Speaking at the opening of the event, Robbie Murray, who overcame chronic asthma to become an undefeated boxing champion, said: "I wanted to encourage people old and young to take a more active role in their own health. Obesity is very preva-

it's so important that you look after your health, prevention is better than cure."

He added: "When you create awareness it gets people off their backsides and makes them take notice of the services that are available to them." Information stands and presentations were made by numerous groups such as the HSE Addiction Service and