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A message from your Chairman



John Davidson, Chairman, N.I. Federation of Clubs

With another year almost at an end, it is, as always, a time for reflection.

It seems the Legislative Assembly is destined to remain in limbo, with the many difficulties that presents. We have however continued to lobby through appropriate channels, for amendments to the Clubs Order, most recently being reflected in a meeting with associated sports bodies, on the most recent Consultation on Northern Ireland Liquor Licensing Legislation.

With the uncertainty of the effects of Brexit, our members, like other sector members, are cautious. The many claims and offerings by the respective UK political parties need to be viewed with a certain amount of scepticism, in so much as, how will the many vote catching headlines be financed? Nevertheless, we must remain focused, awaiting the outcome of the general election.

fit for purpose accounts regulations, should have been in place, as should the abolishment of the restriction on advertising, and of course the increase in opening hours, particularly in respect to young

Despite the situation we find ourselves in, it is imperative that we remain focused on the way ahead. In reality, we are all in the same boat and must endeavour to focus on those things we can assist members with.

Services such as the specific Sky TV tariff for club premises, continue to represent a huge benefit, being helpful for those clubs which enjoy sport and recreational rating relief. Of course, as is the case with all our other suppliers, it was important that this provided mutual benefits for Sky TV, which continues via an excellent working relationship.

Labour relations issues often present problems, which is due in part to complex employment legislation. It is naturally important that employees rights are protected, but it remains difficult for the lay person to navigate employment law, which highlights the importance of utilising the insurance cover provided under your club policy, which is the case where policies are provided by Rollins Club Insurance. Should your club policy be provided by another provider, please check that similar cover is in place.

As referred to in my 2018 Christmas address, the consultation on entertainment licensing, established by the then Minister, Mark Durkan, was agreed by all involved, vet it was never enacted! This was, and remains much needed, and with everyone involved in agreement with the consultation, it is frustrating that it was not enacted.

our customers needs is our Those clubs which enjoy sport top priority.

those applying for that relief can often be subjected to necessary difficulties, due in part to a Council Official's interpretation of the legislation. However, I am pleased to say that we are, in the majority of cases, able to resolve matters satisfactorily.

As in all past years, I emphasise the importance of engaging with those suppliers who support us. As a voluntary organisation, this support is more important than ever, and I ask everyone to reciprocate that support.

I take this opportunity to thank fellow officers and members of the Executive Committee for their continued commitment. In particular, I pay tribute to Federation Secretary, Harry Beckinsale, and Treasurer,

skilled shopfitters

Davy Larmour, both of whom I engage with daily, and am also mindful of past Committee members for the role they played in the Federation's development.

Thanks is extended to Media Marketing/Media Design and Print, for the administrative services placed at our disposal, our legal representatives/ advisors, and our accountant, for the invaluable assistance afforded to the Federation throughout the year.

In conclusion, I wish club management committees and their respective members, compliments of the season and very best wishes for a peaceful and prosperous New Year.

John Davidson, Chairman



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The Clubs Order, and more sports people on the premises of a club with a sports registration.

and recreational relief, and

nifederationofclubs.com drinkaware.co.uk for the facts

GUINNESS

Minutes of the Executive Meeting

Hosted by the H&W Welders F.S.C., Belfast on Wednesday 13th November 2019

The chairman opened the meeting by requesting that the Secretary read the minutes of the previous meeting, which was hosted by P&F Amusements in Whitehouse Workingmen's Club on 16th October 2019.

The said minutes were passed as a true record by Gerry Gallagher and Tommy McMinn.

The Secretary covered the detail of correspondence received via the helplines since the previous meeting, which included a number of important matters which the Chairman will cover the detail of during the course of the meeting.

The Secretary continued to emphasise the importance of endorsing those companies and suppliers who support the Federation, without who's support the Federation would find it increasingly difficult to maintain its range of services.

At the same time, it is hoped that suppliers are fully aware of our appreciation, and wish for member clubs to utilise their services.

At this point the Chairman proceeded to provide an in depth presentation on the current Northern Ireland Liquor Licensing Review,

which is further to the 2012 Consultation.

A meeting was hosted at 10.00am on Tuesday 12th November 2019, attended by the representatives of the Cricket Union, the Golfing Union (Ulster) and the N.I. Sports Forum. Everyone was in agreement with the changes proposed by the Federation.

At today's meeting, the Executive Committee were also in agreement with the presentation made by the Federation Chairman and Officers.

An excellent discussion took place, with particular thanks being expressed by the Chairman, of the suggested additions to the submission on the Consultation, which if implemented would be beneficial in bringing licensing legislation up to date and suitable for modern day requirements.

Continuing, the Chairman provided details on calls he had received from member clubs, via the helplines.

Yet another important issue, in respect to banking facilities, was tabled for discussion. This relates primarily to a bank when applying for finance, in respect to which the Chairman is keen to learn if other clubs may be encountering difficulties, which relate to administration requirements, despite, in cases, where loans may be commercially underwritten by way of guarantee.

It would appear that the difficulty is being created by the required information being drip fed, which causes delay, confusion and duplication.

Consequently the chairman took the step of discussing the matter with the office of the Financial ombudsman, from which a lengthy response has been received.

A financial report was provided by the treasurer, which was passed as a true record by acclamation.

This concluded the meeting, at which point thanks was

given to the management committee of Harland & Wolff Welders for hosting the meeting and for the hospitality provided.

Harry Beckinsale Secretary,

N.I. Federation of Clubs

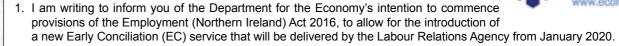


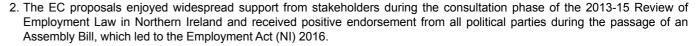
New Early Conciliation service announced

The following correspondence, in relation to a new Early Conciliation service being rolled out in January 2020, has been received from Colin Jack, Director, Business and Employment Regulation Division of the Department for the Economy. Given the number of queries we regularly receive in relation to employment matters, it is hoped that this new service will ease the burden on clubs who are experiencing HR issues.

Dear Stakeholder.

Introduction of Early Conciliation in Northern Ireland





- 3. The introduction of EC represents a fundamental change to Northern Ireland's dispute resolution system. Currently, employees who believe that their employment rights have been infringed can make a claim directly to the Industrial and Fair Employment Tribunals. From January 2020, prospective tribunal claimants will be required to contact the Labour Relations Agency first to consider the Agency's offer of EC.
- 4. Acas has been delivering EC in Great Britain since 2014 with high percentages of employees and employers indicating that they are satisfied with the service. EC provides an opportunity for individuals with a workplace problem or disagreement to seek a mutually agreeable solution with their employer without the need for formal tribunal proceedings.
- 5. The rationale for EC is that if more employment disputes are resolved at the earliest opportunity, without the need for formal litigation, it results in less emotional and financial risk for the employees and reduced costs for the employers. At a macro level, it is hoped that EC will make a positive contribution to labour market cohesion and a stronger, more productive economy. The Department, as required in the governing legislation, has put in place a comprehensive evaluation plan to measure the effectiveness of the new EC service.
- 6. The Department is making the necessary legislative arrangements to facilitate the introduction of EC and is working closely with the Labour Relations Agency and Office of the Industrial Tribunals and Fair Employment Tribunal to ensure that the service is both accessible and responsive in meeting the needs of employees, employers and their representative organisations.
- 7. It is hoped that the number of tribunal hearings required will reduce as a result of these changes. That said, EC will not resolve all disputes and tribunals will continue to provide an invaluable service for those potential claimants seeking a legal determination of their case. The services of the Labour Relations Agency will continue to be available for those cases that progress to a tribunal.
- 8. The Labour Relations Agency will deliver EC, in partnership with the Office of the Industrial Tribunals and Fair Employment Tribunal, and will be engaging with a wide range of stakeholders about the introduction of this new service at various events over the coming months. If you want to find out more about the introduction of EC you can contact the Labour Relations Agency on 028 9033 7416.

Yours sincerely,

Colin Jac

Director, Business and Employment Regulation Division of the Department for the Economy

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Federation Update

A message from your Secretary



Harry Beckinsale, Secretary, N.I. Federation of Clubs

We're on the brink of turning the page into 2020, and as Secretary, I wish to state for the record, my appreciation of the excellent role and contribution the Chairman and my executive colleagues are making on a daily basis in support of the registered club sector.

We continue a passage through a long and difficult period, seeking the agreed amendments to club legislation to be implemented. However, with the Legislative Assembly remaining in recess, we are not alone in our frustration at

the absence of our respective political representatives on the hill at Stormont

We are fortunate to be supported by suppliers to our sector. Without this support, particularly being a voluntary organisation, we would find it increasingly difficult to maintain our annual membership fee, helplines, and administrative base. It is for these reasons that the Chairman and Executive Committee continue to encourage our members to support our suppliers. The benefit to members is reflected in the meetings in which we have negotiated cost effective supplies.

One such service is Sky TV, albeit that it provides most benefit to those clubs which enjoy sport and recreational rating relief. We however continue to seek improved rates for other clubs which do not have the benefit of S&R relief, via a system based on the club accounts. It is our hope that favourable consideration will be afforded to this in the coming year. With Sky TV having been taken over by an American conglomerate, we anticipate some change, but are optimistic that this will be for the good!

As Secretary, I rely on the support of my Chairman and Treasurer, in addition to excellent area executive representatives, such as Brian McCartney, who puts in the footwork when needed to assist me, and especially the clubs in his area. My assistant, Gerry Gallagher, also works tirelessly in the North West, liaising with me on a regular basis.

I am pleased to have been able to join with the Chairman and colleagues to assist our members throughout 2019, in matters such as Sky TV, rates and employment, plus numerous other aspects beneficial to our members.

May I wish everyone, health, wealth, and happiness for Christmas and good fortune in the coming year.

Harry Beckinsale, Secretary





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Advertoria

MKB Medical Services

Federation encourage all clubs to install defibrillators

MKB Medical is a Belfast based company, owned and run by UK state registered paramedic, Mark Bailie.

MKB Medical have extensive experience of using defibrillators in many different locations and on many different patients. One thing they have



Services are proud to be one of only a few distributors in the UK chosen to supply the new CR2 automated

external defibrillator (AED).

learned over the years is that when it comes to resuscitation, quality and ease of use of your equipment are of paramount importance. This is why MKB Medical jumped at the chance to work with leading defibrillator firm, Physio Control.

Physio Control is the world leader in the development, manufacture, sale and service of external defibrillator/monitors and emergency medical response products and services

There is no brand better represented in hospitals and emergency medical services across the world. MKB Medical differs from the majority of other defibrillator suppliers because they believe strongly enough in Physio Control to reject the opportunity to sell other brands.

They are not a company striving to reach sales targets, regardless of the product offered. Their aim is to be a supplier of only the best quality products, not diluted by providing anything of lesser quality.

So if you are looking for an automated external defibrillator (AED) to 'tick a box' to say you have one, this is not the right place for you.

What's the difference in a heart attack and a sudden cardiac arrest (SCA)?

A heart attack is when blood flow to the heart is blocked due to a clot in one of the coronary arteries. An SCA occurs when the heart malfunctions and suddenly beats irregularly. While a heart attack victim risks death, a sudden cardiac arrest victim has a greater chance of immediate death, unless the heart is shocked promptly.

Physiology of the heart

An adult heart beats 60 to 100 beats per minute. This is called 'normal sinus rhythm'. This very regular pattern feeds oxygen-rich blood to the entire body and is managed by the sinoatrial (SA) node and the atrioventricular (AV) node. Electrical impulses leave the SA node and travel to the AV node. In concert, these nodes maintain 'normal sinus rhythm'. Similar to the wiring in your home, there can be a short

circuit. When this happens, there is an abrupt loss of heart function - sudden cardiac arrest. Instead of pumping regularly, the heart quivers uncontrollably and blood is not circulated. This is called ventricular fibrillation.

If, however, you are serious

about what you are doing and

want to give the best possible

potential cardiac arrest victims,

then you are in the right place.

said, "In this day and age, it is

essential that clubs provide the

best facilities for their members,

chance of survival to your

N.I. Federation of Clubs

Chairman, John Davidson,

guests and staff. Having a

defibrillator installed in your

club shouldn't be considered

as a luxury, it's a life-saving

necessity. I cannot emphasise

having at least one of these

of life and death."

enough the importance of clubs

devices on their premises as it

can, quite literally, be a matter

Death follows, unless emergency treatment is provided quickly. The only definitive way to return the heart to its regular normal sinus rhythm is by performing cardiopulmonary resuscitation (CPR) and applying an electrical shock from an AED.

Risk Factors

There are risk factors that can increase the chances of SCA such as: a previous heart attack, coronary artery disease, family history of SCA, congenital heart defect, obesity and diabetes.

However, 50% of people who experience an SCA report no prior symptoms of heart disease.

Holidays are Coming for Designated Drivers! Coca-Cola launch Designated Driver campaign

The Northern Ireland Federation of Clubs are delighted that an initiative they launched in association with Coca-Cola in 1989, by the then Northern Ireland Office Minister, Peter Bottomley, is continuing to the present day.

Cool FM presenter Melissa Riddell joined representatives from the PSNI, Department for Infrastructure, and NI Hotels Federation and Hospitality Ulster at the Titanic Hotel, Belfast, to launch Coca-Cola's 13th annual Designated Driver campaign.

Coca-Cola is encouraging people across Northern Ireland to take on the role of 'designated driver', staying sober on nights out to ensure loved ones and friends get home safely. Holidays are coming early for these unsung heroes, with two free soft drinks from the Coca-Cola HBC range available to designated drivers throughout the month of December.

This year, Coca-Cola, a brand so synonymous with Christmas, will also reward designated drivers by providing three allocated parking spots at Victoria Square Q-Park in Belfast. Available each weekend in December, designated drivers simply need to present themselves to security hubs at the Q-Park station to benefit from parking free-of-charge when on a night out.

To spread the important message of road safety, influential broadcaster Melissa Riddell will also take on the role of designated driver throughout the season. Lucky party-goers can be in with a chance of a lift

and a night out with Melissa by commenting on her Coca-Cola post using #HolidaysareComing. Melissa will announce the competition on her Instagram page @MelissaRiddell in the coming week!

Miles Karemacher, Coca-Cola HBC Ireland and Northern Ireland's General Manager said: "At Coca-Cola HBC, we are passionate about playing a value-adding role in communities across the island. For 13 years, we have taken immense pride in supporting and celebrating designated drivers throughout the Christmas season, and this year will be no different.

"We want to ensure that designated drivers are rewarded for their selflessness by staying sober to ensure their friends and family can get home safely, and will offer two free soft drinks to these drivers at participating venues. We're also proud to partner with Q-Park to further reward designated drivers with free parking in Belfast throughout December."

If you are a designated driver, avail of the two free soft drinks from the Coca-Cola HBC range by simply making yourself known to bar staff at participating venues. Drinks from the range include Coca-Cola, Diet Coke, Coca-Cola Zero, Fanta, Sprite, Deep RiverRock, Fruice and Appletiser.

For a full list of venues, visit www.coke.ie/designateddriver Follow #HolidaysAreComing on social to be a part of the conversation.



Pictured at the launch of the 2019 Coca-Cola Designated Driver campaign are Dermot O'Donnell, Coca-Cola HBC, Cool FM presenter Melissa Ridell, and Adrian McNally, General Manager, Titanic Hotel Belfast.



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Questions & Answers



Q. We have received a petition of 30 Members requesting a SGM to vote on removing the Committee from Office. Since we have received the petition several Members who are on the petition have said they do not support it and did not

know what they were signing. Should the SGM still go ahead if these Members formally withdraw their support?

A. Most Clubs have a mechanism where 30 or more Members can sign a petition which will mean a SGM will be held and a vote taken on whether to remove the Committee.

If it became apparent that some of the names of the list had requested that their names be removed and this caused the number of names on the list to fall below 30 then a new petition would have to be circulated and submitted to the Committee.

An SGM can only be held if a valid petition of at least 30 names has been submitted and if those named on the petition objectively support the petition.

As a matter of course, we would suggest that any Member leading such an operation obtains at least 30 names and ensures that all the persons signing the petition are aware of the nature of the petition and that by signing the petition they are calling for an SGM to be held in order to vote on removing the Committee. If an SGM is successfully called then 75% of those Members who attend the SGM are required to vote in favour of the motion removing the Committee from Office in order for it to succeed.

Q. Each year our club holds one or two events, the admissions to which have, in recent years, been by 'ticket only.' We have some members who question this and say that they must be allowed to enter the club, even if they do not wish to buy a ticket. We would appreciate your clarification of this matter.

A. I confirm that it is in order for an event to be promoted at the club, the admission to which is by ticket only. A member of a club does not have an automatic legal right of entry to their club. Consequently, if a ticket only event is organised and promoted then members who do not wish to purchase a ticket may not enter a club at such an occasion. Ticket events are few

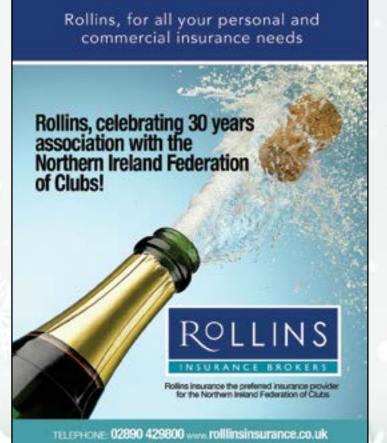
and far between and in most clubs only take place on New Year's Eve. By selling tickets for such an event the committee will at least be able to manage the number of staff required and levels of entertainment and refreshments required etc., which otherwise they may not be able to do on what can be either a very busy or a very quiet night.

Q. A Committee Member has said that we need to include a reference to the GDPR regulations within the Club's Rules, and that as we do not have a current reference that, the entire Rule Book is out of date. Is a reference to GDPR in the Rules legally required?

A. From the NIFC's position the Club's Rules are up to date. Obviously, if this Committee Member has any suggested amendments the Committee could consider them and it ultimately would be for the Members to approve them.

There would be no harm in putting a reference to GDPR in the Rules although this is not a legal requirement. I understand that the Committee adopted the GDPR policies which were drafted last year, so these are already in place and in effect. Therefore the Club has complied with its obligations under the GDPR regulations.

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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For more information and advice please contact Paul Johnston on 077 9537 3672.

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Jackie Geddis

A comedy legend and "King of the One-Liners"





Nigel Blair, Belfast 89FM.

William John (Jackie) Geddis was born and raised in Ballylesson, close to the Belvoir and Shaw's Bridge area of

Most of his working life was in the once famous James Mackie & Sons factory, on Belfast's Springfield Road, where he was employed as a clerk (Progress

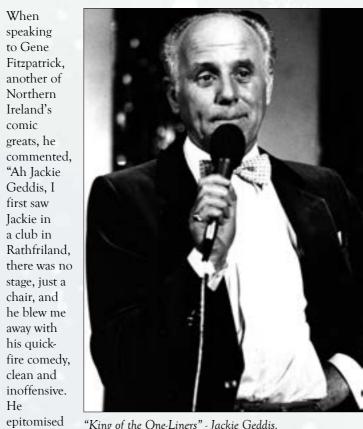
While Jackie was a well known bookmaker, he was better known as a comedian from the early 70's, which would see him top the bill at numerous concerts, cabaret venues, and hotels throughout the province and further afield.

A household name in Belfast. the city he loved, he was recognised as a master of his craft and so fondly named by his contemporaries as "King of the One-Liners".

A true gentleman, he was always smartly dressed, both on and off the stage, and became a regular warm-up artist on UTV's Kelly Show. He became a member of the Showbiz Charity Club of Belfast in 1977, remaining a strong supporting member throughout the years, becoming Chairman of the much celebrated charity organisation. Additionally, he worked and supported many other local charities throughout his long career.

Jackie enjoyed sport, being President of the Balmoral Bowling Club, where he needed little encouragement to perform at their many social events.

I shared the stage with Jackie on many occasions, and with hand on heart can say he never once failed to have me in fits of laughter, with tears running down my cheeks, with his quick fire one liners.



"King of the One-Liners" - Jackie Geddis.

A fan once said he didn't know how lackie could remember all the jokes, to which Jackie replied, "If you only knew the ones I forgot."

wonderful Northern Ireland

humour."

He was simply amazing, quick and clean. At a charity function, John Linehan, aka May McFettridge, quipped, "Jackie you're the King," to which Jackie replied, "I'm glad you know your place." John doubled up in painful laughter.

While the wee man is gone, he is definitely not forgotten.

Harry Beckinsale, Secretary of the Northern Ireland

Federation of Clubs, said, "I shared the stage with Jackie many times and have to say he was certainly the cleanest comedian of his time, delivering his comedy without the need to use profane language or insensitive material, so evident in the present day.

Regrettably, following a short illness Jackie passed away on 12th January 2016, leaving a legacy and the memories of one of life's true gentlemen; warm and giving in personality, and truly one of the greatest comedians of his time.

Thank you for the laughs and many fond memories Jackie.

Nigel

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Corporate News

Fashion first past the post for Down Royal 'Best Dressed' winner



Racing fans and Ireland's style elite showed off their fashion credentials at the Ladbrokes Festival of Racing at Down Royal Racecourse with Rhiannon Hegarty from Strabane, Co. Tyrone taking the Best Dressed Lady title.

The Best Dressed Competition was judged by Irish fashion blogger, Nicola Hughes, Cool FM Breakfast Show Presenter and Fashion Stylist, Rebecca McKinney and Catriona McGleenon from Franklins Retail.

Rhiannon took home an amazing prize package worth £3,250 including an overnight stay in Galgorm Spa & Golf

Resort's hidden gem, the Red Oaks Residence (for up to 6 guests) with private dining, cocktail masterclass and spa treatments - the perfect girls' escape.

Rhiannon was way out in front of the style stakes and stunned the judges with her outfit, a gorgeous forest green trouser suit which she teamed with a faux fur stole and a fabulous headpiece featuring peacock feathers.

Claire Rutherford, Sales & Marketing Director at Down Royal Racecourse said, "The Ladbrokes Festival of Racing is one of the highlights of our racing calendar and is a



Rhiannon Hegarty, wins the Best Dressed competition at the Ladbrokes Festival of Racing.

superb day out for all. The spectacle of Ladies Day provides an extra element of colour to an already prestigious day of horse racing and we're delighted that Rhiannon has been chosen as our winner."







FOR FURTHER INFORMATION PLEASE CONTACT YOUR McCABES REPRESENTATIVE OR TELESALES STAFF ON: 028 3833 3102

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Corporate News

Sky Sports is beginning to look decidedly festive with a packed line-up including Festive Football and the World Darts Championship

Between 1st December to 2nd January, Sky Sports will be showing 46 games in 33 days from the Premier League, EFL, SPFL and the two quarter final ties from the Carabao Cup.

Premier League head-to-heads

Over the course of Christmas and New Year, Sky Sports will be bringing venues a match from the top six, every weekend. There are 17 Premier League games in December with action every weekend, including Manchester City v Manchester United, Arsenal v Manchester City, Tottenham v Chelsea and Arsenal v Chelsea - and every Premier League team will be broadcast on Sky at least once.

What a knock-out weekend!

It's the big one on Saturday 7th December as Premier League champions City host rivals Manchester United at the Etihad Stadium live on Saturday Night Football starting at 5.30pm. Then, the biggest fight of the year takes place on Sky Sports Box Office with an expected ring walk time of



9pm. We head down to the desert where Anthony Joshua will be looking to win back his three heavyweight titles in Saudi Arabia when he takes on Andy Ruiz Ir for the second time.

We have everything you need on www.MySkySports.com to purchase and promote the fight, from posters to social media assets.

EFL clashes

Sky Sports will be showing all 24 Sky Bet Championship clubs across the festive season. From the first weekend in December to 2 January, every single club in the Championship will feature, with 22 EFL games shown live on Sky Sports Football.

Ditch the turkey and get ready for a triple header of action on Boxing Day with Brentford v Swansea (3pm), Leeds v Preston (5.15pm), and Reading v QPR (7.30pm).

And it's not just football... There's plenty of action throughout December with



Dhabi Grand Prix.; and the annual festive feast of darts at Alexandra Palace is once again coming to Sky Sports. Plus, on top of a summer to remember for the England Cricket team, their four-match Test series against South Africa begins on Boxing Day; and if that's not enough, Sky Sports is there to add some bounce to your Christmas day festivities with the NBA Christmas games.

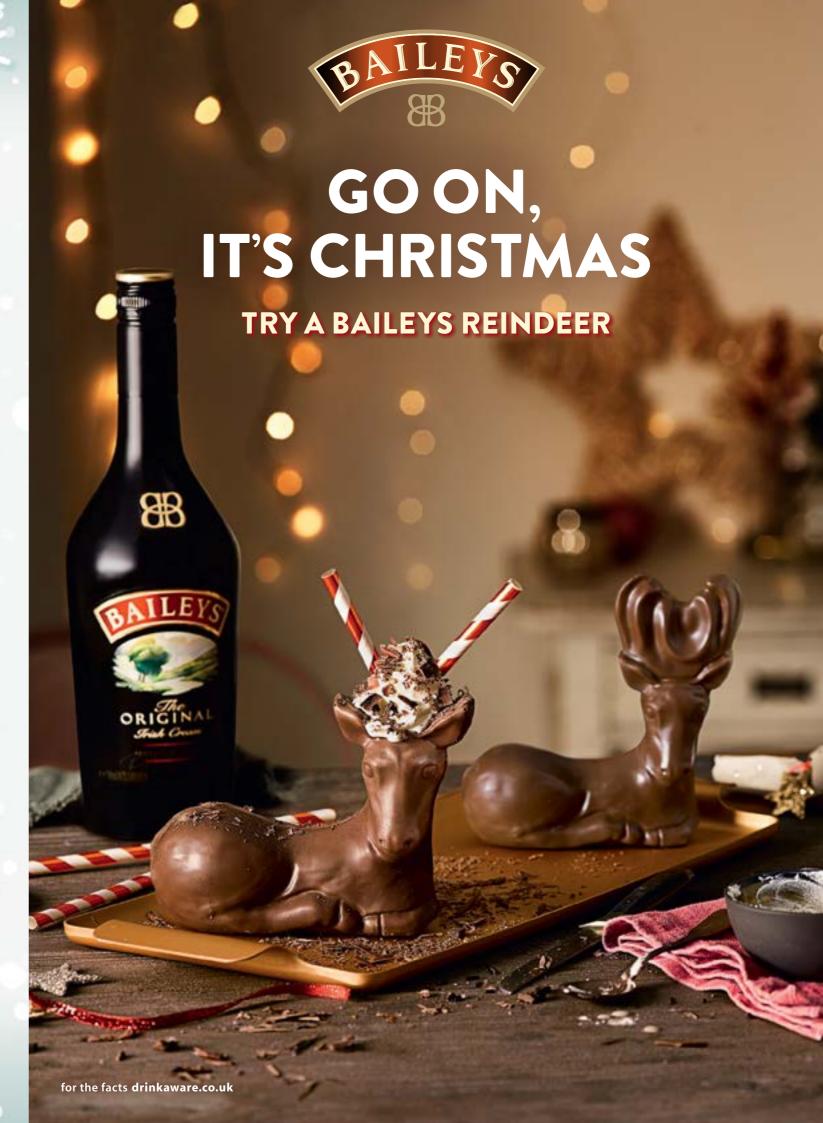
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18 Club Review Issue 8 2019 nifederationofclubs.com **Charity Update**

Sports Report

Cancer Focus NI head and neck conference

Leading local cancer charity Cancer Focus Northern Ireland held a head and neck conference at Titanic Belfast on 6th November on the theme 'New Horizons: Moving on with your life after head and neck cancer'.

Around 85 delegates, including patients who have already had their treatment, their families and carers and members of the medical profession attended the support and information day.

Expert speakers addressed a number of issues including new ways of supporting people after treatment, exploring the emotional impact of a cancer diagnosis, the patients' perspective and where to get support.

There were also round table discussions on topics from financial benefits advice to eating well and life after a laryngectomy.

Dervilia Kernaghan, head of care services, Cancer Focus NI, said: "We know that already 330 people on average are diagnosed with head and neck cancer each year in Northern Ireland and this is likely to continue to increase. We know how vital

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Cancer Focus NI Head of Care Services, Dervilia Kernaghan (second left), with speakers (lr) at the charity's head and neck conference at Titanic - Melanie Ardis, Head and Neck Clinical Nurse Specialist; Dr Alex Bailie, Clinical Psychologist, Belfast Trust; and Margaret McManus, Macmillan.

support and information is at all stages of the cancer journey.

"Peer support is so important. People who have already been through cancer have a real insight into what it's like to live with a head and neck cancer diagnosis and can offer really

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useful, practical advice about how they got through it and reached their 'new horizon'."

Neck cancer patient Phillipa Lyttle, who spoke at the conference, was diagnosed when she was pregnant with her son Jacob and felt guilty that she was too ill to look after him during his first months.

An advocate of support groups Phillipa said: "When you finish your treatment you think it's over, but it's not. In a way it's just the beginning. You end up feeling very alone because you no longer have all the support of your medical team around you, seeing them every day. They are still at the end of the phone, but then you're home and you think what do I do

now? The recovery process is still ongoing."

Lifestyle factors which increase the risk of head and neck cancer include:

- Smoking or chewing tobacco
- Regularly drinking large amounts of alcohol, especially spirits
- Over-exposure to sunshine or use of sunbeds
- Human Papilloma Virus

Anyone who has any concerns about cancer can call a specialist nurse on the Cancer Focus NI Nurse Line on 0800 783 3339.



UGAAWA Monthly Merit Award winner

by Tony McGee

October 2019 can well be dubbed the 'Month of the Club', with action right through the grades in football and hurling headlining the news practically every day. But nowhere was there greater action than in Donegal, where county and provincial football champions, Gweedore and Glenties, played out a marathon that looked as if it would never end in a definite result.

However, after three games and extra time, the county final was decided by the slenderest of margins and Glenties took the crown from Gweedore - just three days before they had to contest a first round game in the Ulster championship. But that's another story, as Glenties overed that hurdle in November.

With so much action around the province there were many contenders for the Ulster GAA Writers Merit Award for last month but when the names and their displays were sifted through, it was the name of Anthony Thompson that floated to the top of the pile. The attacking Naomh Chonaill defender shone through the battles with Gaoth Dobhair.

Thompson, soon to celebrate his 34th birthday, like the rest of his colleagues survived four tough matches in a fortnight to reclaim the Donegal SFC title and march on to the provincial tests. His vast experience was a telling factor in that marathon, as he edged in front of some of his team mates, such as Leo McLoone, to earn him the monthly award.

"There was only a kick of the ball between us at the end and, thankfully, we were on the right side of the result," reflected Anthony, a site engineer. "It is nice to win the Monthly Merit Award, but overall, winning the county title was a team affair. Everyone played their part."

Anthony has won a few other individual honours, including the Man of the Match award in the first game against Gweedore. He likes driving forward and has got his name on the scoresheet. Now he adds a Donegal SFC medal to his other trophies like a Sam Maguire Cup medal, four Ulster SFC county medals and three other Donegal championship awards.

The Tir Connail man, who joined the Donegal senior team in 2006, out-scored the likes of Monaghan full-back Conor Boyle, Farney footballer Cora Courtney and Edendork player Niamh Maxwell for the October award in a cram packed month of club activity.

At a reception hosted in Bundoran, Anthony received his award of a Belleek Living vase, training gear from O'Neill's International Sportswear and inscribed cuff links, compliments of Carlingford Design House, from UGAAWA Secretary, Sean McCaffrey, and committee member, Gerry McLaughlin.





October Merit of the Month winner, Anthony Thompson, receives his Belleek Living Vase from UGAAWA Secretary, Sean McCaffrey (right), and committee member Gerry McLaughlin.

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★ GREAT SPORTING EVENTS

NO. 112

Coleraine smash it in October



NIFWA Chairman, Stuart McKinley, presents Coleraine Manager, Oran Kearney, with the Belleek trophy for Manager of the Month



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Coleraine boss Oran Kearney has been named NIFWA Manager of the Month for October, the tenth time the former Linfield midfielder has won the prestigious award.

In October, the Bannsiders claimed Premiership wins over Carrick Rangers, Warrenpoint Town, Crusaders and Linfield, also defeating Glentoran and Dundela in the League Cup.

Kearney returned to Coleraine in July after spending a year in Scotland with St Mirren.

Upon collecting the Belleek award, Kearney said, "I'm delighted with how we have performed so far this season.

I expected there to be a period of transition after returning from Scotland but the hard work of the players and staff has ensured that we have been able to hit the ground running.

It's been a massive group effort, so although I'm collecting this award, it has been won by the team, rather than by an individual."



Coleraine midfielder, Ben Doherty, proudly holds his Player of the Month Award aloft.

Coleraine midfielder, Ben Doherty, made it a perfect month for the Bannsiders when he was named Player of the Month for October.

Doherty scored eight goals in October as Coleraine claimed six wins in a row. Doherty scored five goals from the penalty spot and three from open play.

He said, "I'd like to thank the Football Writers' for this award. It's an honour to win such a prestigious award." Doherty's manager Oran Kearney, who won the Manager of the Month award, praised the young player's performances, "He's had a fantastic season so far. He's one of the players who joined the club during my spell in Scotland and I have been really impressed with him so far.

He has a great attitude and a great worth ethic, which is why he has been weighing in for assists and goals."

1986

Prost wins second F1 title



Quite a line-up - (lr) three time world champion, Nelson Piquet; four time world champion, Alain Prost; and the Isle of Man's Nigel Mansell, the only driver to win the F1 world championship and Indy Car World Series in back to back seasons.

Alain Prost was a four-time world champion Formula One driver who exploded on to the motor-racing scene, finishing in the points on his Formula One debut at the age of 25. The smooth, self-assured Frenchman went on to become a dominant and imperious figure in the sport throughout the 1980s and early 1990s.

Having been crowned world champion for the first time in 1985, Prost went on to retain his title the following year in spectacular fashion. In what is regarded as a classic, 'Professor Prost' - as he was fondly referred to - won the Australian Grand Prix of 1986 at Adelaide on the very last race of the season, and in doing so took his second world Drivers' Championship title. In fact, it had appeared, right up to the latter stages of the race, that Prost and his McLaren would finish third in the championship, behind the Williamses of Nelson Piquet and Nigel Mansell. However, in a dramatic twist, Mansell, who only needed to come third to win the title, blew a tyre while leading, and the Williams team called Piquet in for a pit stop to change tyres as a safety precaution. As a result, Prost was able to cruise to victory and retain the world championship.

Prost won the title, with a mere three points separating the top three contenders - Prost 72pts, Mansell 70pts and Piquet 69pts - and in the process became the first driver to win back-to-back Drivers' Championships since Jack Brabham in 1959 and 1960.

The hand of God

This one single moment stands out more than any other of the entire 1986 World Cup campaign. It is the absolute antithesis of a great sporting moment, but no book of sporting moments would be



England goal-keeper Peter Shilton tries in vain to beat the outstretched arm of Diego Maradonna.

complete without it. As if Maradona's professional foul were not bad enough on its own, it was compounded both by the fact that referee, Ali Bennaceur, and his assistants, were the only people on the planet to miss it, and by Maradona himself describing it as 'el mano de Dios' - 'the hand of God'.

Maradona diminished his undoubted footballing greatness with this cheap trick, and tarnished Argentina's eventual undeserved winning of the World Cup. Jules Rimet would have turned in his grave had he known that his trophy would be devalued in such a cynical way.

Four minutes later, Maradona carved up the England defence to put Argentina 2-0 up, with what is often described as one of the greatest goals of all time. There is some poetic justice in the fact that on any list of great goals there will always be an imaginary footnote beneath that one; it can never be considered in isolation from what went before it, and the goal will always be a reminder of Maradona's flaws as much as his genius.

Ten years later, Maradona finally admitted it, 'I had the good fortune that God allowed the goal to stand. It should have been disallowed.' But the 'hand of God' was not to be Maradona's last bout of high-profile cheating: he was subsequently banned not once but twice for failing drugs tests.

It happened in 1986...

Boxing - Mike Tyson knocked out Trevor Berbick in round 2 to become the youngest world heavyweight-boxing champion at 20 years and 4 months old. Cycling - Greg LeMond is the first cyclist from the United States to win cycling's blue riband event, the Tour de France.

Gaelic Football - Kerry win the All-Ireland Senior Football Championship, defeating Tyrone 2-15 to 1-10.

Golf - Jack Nicklaus is the oldest Masters winner (age 46), and wins his last major golf championship (excluding the Senior PGA Tour).

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