

## Belfast Club Games

2023 Report



On Friday 29<sup>th</sup> September, Better Belfast hosted their Club Games event at Girdwood Community Hub. GLL welcomed over 50 participants aged 60+ from centres across Belfast to take part in a range of sports. These sports included Table Tennis, Badminton, Bowls, Boccia, Pickleball and Fitness Challenges.

Upon arrival all participants signed in and picked their two sports they would like to take part in, one in the morning session and one in the afternoon session. They were also given a Better t-shirt with each centre having their own dedicated colour.

The competitions went very well with a great level of competitiveness being shown whilst keeping a good level of sportsmanship throughout. In between sessions, participants were provided with tea, coffee and sandwiches along with tray bakes and cakes as our Macmillan Coffee Morning was running parallel to this.

In the end, Team Falls came away with the win after winning the Bowls and Badminton, taking over from reigning champions Girdwood. It was a great day for everyone involved and the feedback we have received has been very positive.

