

Special Edition



NEWS LETTER

NATIONAL VOLUNTEER WEEK

As we mark National Volunteer Week (19th–25th May), we're taking this opportunity to celebrate and recognise the incredible volunteers who are at the heart of everything we do at Lakers.

For over 35 years, our volunteers have generously given their time, energy, and enthusiasm to help create a vibrant, inclusive community. Whether it's leading classes, supporting members, or lending a hand at events, their dedication continues to make a lasting impact.

For that, we are truly grateful to the 110 volunteers who currently chose to support our members and all those who came before them!



CLASS HIGHLIGHTS

CALM

MARTHA CORDIAL

Martha is a parent and volunteer. She volunteers each week in our cookery classes on Thursday, both our adults and Teens groups love her!

Martha wrote a lovely acrostic poem describing her time volunteering with Lakers as calm.

Once a week, helping out in the kitchen in Lakers, I feel a sense of CALM with the members

Collaboration
Appreciation
Listening
Motivation

INSPIRED TO GIVE BACK

ADRIENNE CLUCAS

My name is Adrienne Clucas and I began volunteering in February of this year. At the beginning I joined the Fun drum class and The Silver Programme.

Over time I became involved in other classes and I am now doing the Art and Bingo classes on a Tuesday as well as the Fun drum class on a Wednesday.

I really enjoy all the classes. The staff have been incredibly welcoming and it is a pleasure to spend time with all of the members. They all bring a lot of joy and really make the experience of being a part of Lakers.

I have always wanted to work in this sector as I had an aunt with Cerebral Palsy which from a young age has always inspired me



LIFE IN THE SWIM LANE WITH LAKERS

FIONNUALA DOWNES



My name is Fionnuala Downes and I have been volunteering at the Lakers Friday afternoon swimming class for many years. I love swimming and swim every day so getting to assist at the class was something I felt comfortable with. Over the years I have got to know the members, their parents and support workers. After a busy week, heading up to the pool on a Friday is a great start to the weekend!

Any stress just melts away with the love, good humour and belly laughs from the members and other volunteers! They love to tell their news from the week or what they may be doing for the weekend which often includes other amazing activities with Lakers from competitions to discos! As my own son is a member, we go on the Family supported weekend to Galway every year, so it is great to see my swimming pals and their families there.

Lakers recently sent me on a course to become a swimming teacher assistant, so I am now much more confident with my qualification. They also provide excellent training in first aid and child protection and the volunteers were all invited recently to take part in a mindfulness sound bath class. It's lovely to chat to other volunteers at these events and hear about their experiences.

Volunteering with Lakers is part of my life and I love spreading the word on what an exceptional organisation Lakers is and how it has given my own son great joy and inclusion with all the amazing activities and events it runs.

FROM TAEKWONDO TO LIFELONG FRIENDSHIPS

JAMIE MURPHY

Volunteering in lakers has been a wonderful experience for me. Starting 3 years ago with a taekwondo class with my dad Rory the time has flown by. I've volunteered in summer camps and various different classes throughout the years and have enjoyed every second. I've had the pleasure of working with members of all ages and abilities and have made lifelong friends along the way. I'd encourage everyone to give up some of their time and volunteer as it's the most rewarding thing I've ever done. The community in lakers is the most positive I've experienced. I'm looking forward to many more years in this wonderful club.



DRAMA, CONFIDENCE, AND COMMUNITY

JENIFER ALKEN

I first joined Lakers during my third-year college placement, and nearly three years later, I'm still here. I volunteer mainly with the weekly drama class, which has become one of the highlights of my week.

It's incredibly rewarding to see members relax, build their confidence, and express themselves creatively. Being able to contribute to a space where everyone feels safe, supported, and can have fun is something really special. I'm proud to be part of a community that celebrates individuality and growth in such a joyful and positive way.





MAKING A DIFFERENCE, YEAR AFTER YEAR

DIANE CAHILL

When I got involved with Lakers in the 1980s we were a club that was run by volunteers only. The club has grown From a membership of 10 members in 1989 to over 340 today and we now have an amazing staff of over 20 And 110 volunteers.

Being a volunteer is nothing but a huge positive experience. Whatever you put in you get ten-fold back. Our members are The most amazing people I am privileged to know and volunteer with. My experience includes tennis coaching, women's friendship group, being on the board, over 20 years of fund raising, helping out at events such as discos, Special Olympics events etc.

Volunteering gives you the chance to meet our members and get to know other parents. There is such a variety of classes and activities that you can find the area that most suits your skills. I have also made great friends with other parents who have family members in Lakers.

The club could not survive without volunteers so please come along and get involved at whatever level suits your circumstance. Any time you have available is a huge asset to the club and the rewards personally are even bigger.

A BIG THANK YOU!!

As National Volunteering Week comes to a close, we want to extend our heartfelt thanks to every single person who has given their time to Lakers.

Your kindness, commitment, and community spirit are what make this club so special. Whether you're a long-time volunteer or just getting started, your contribution helps create a place where everyone feels welcome, valued, and supported.

Here's to all of you — past, present, and future — who continue to make a real difference. We couldn't do it without you!



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