Garnock Rugby Club – please see below some photos at recent training events. We involve the young people in funding applications by asking their needs, wants and wishes. They enjoy certain activities or games that we can buy equipment for, or even suggest new games to play and ask if we can get equipment for them. The vast amount of activities that they partake in within the rugby training is great for the development of confidence, self-esteem, teamwork and their positive mental health. Young people suggestions include more balls, tackle bags so they can improve their confidence in tackling, tug of war style equipment as this builds real team morale and many other ideas.

We also asked the young people and their families what else would improve their experience at rugby, and feedback included free food being available after games. At the moment, parents can be asked to bring food or extra cost for food however funding would ensure that everyone was included regardless of financial situation or background. Getting together to enjoy the food would ensure a chance to rewind, reflect and connect – all of which promotes positive wellbeing.



