

Donaghadee Lawn Tennis Club:

Patricia:

I have played tennis for more years than I care to remember but my playing was severely and abruptly stopped when I was added to the Liver Transplant List in March 2019. Very fortunately I received a transplant in May of the same year for which I am forever grateful.

My desire to play tennis and the great enjoyment I get from the social and fitness aspects of the sport were major motivational contributors in my recovery.

The goal was to simply play again but with the support and encouragement of fellow players at Donaghadee Tennis Club and further afield I am delighted to say that I am playing regularly again and indeed taking a place again on one of their teams in the Belfast and District League.

Tennis is a fantastic reason for me to stay fit and I feel truly blessed to receive this second chance.

Chele:

I discovered tennis less than 5 years ago as a complete novice, attending adult beginner classes at DLTC.

It was this passion for the sport that proved pivotal a few years later when I was diagnosed with breast cancer.

My recovery evolved around my desire to return to full health and play tennis again. It was this drive and determination that undoubtedly helped me mentally and physically through the most challenging of times. I am now returning to competitive tennis in 2023 with a renewed sense of gratitude and enjoyment.

Donaghadee Lawn Tennis Club are tremendous in encouraging players of all levels from their complete beginner Tuesday morning sessions with Jonny, to the intermediate and advanced coaching and encouragement sessions with Trevor, Aaron and Jonny and their team of helpers.

All contribute to bringing new players into the club whether those returning to the sport, recovering from illness or starting afresh.

Coaching is at various times throughout the day and evening and forms an integral part of this busy and growing club. Indeed DLTC run very successful regular 'Back To Basics' classes dedicated to encouraging ladies into the sport and many groups of ladies play in both Ladies only and Mixed Sessions during the week.

At DLTC while we value all members, it is lovely to be able to celebrate all our female members. As a club we have noticed an increase at our female coaching sessions as well as the amount of court play taking place by females. Hopefully having a focus on Women in Sport will encourage other women to take up tennis or continue their journey with tennis.