



Maureen Sheenan Centre | Gerard's Story

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I have been attending the Maureen Sheehan Centre for over a year now. I first attended to take part in the Healthwise programme. When I first started I was very overweight and with the help of Paul, he got me through a very difficult time, I have managed to lose over 9 stone. I still have a further target of another 4 stone to lose which I will do.

I also suffer from clinical depression and post-traumatic stress disorder and I find it most helpful in both exercise and to use the centre as a social point. Through the Healthwise programme, Paul was able to refer me into other services available within the Maureen Sheehan Centre including counseling and complimentary therapies.

Without this service I don't honestly know what or were I would be. I only hope this centre continues to serve the people.

Gerard O'Neill

