



O'Malley Clan Association Monthly Newsletter

This month's highlights....

- Happy Halloween from The O'Malley Clan!
- Get in touch and share your O'Malley Heritage!
- A trip to the 2025 O'Malley Clan Gathering—Samantha Ehrenfeld
- Katie O'Malley on exercise and pregnancy
- Kieran O'Malley and Liz Kavanagh to wed!
- Grace O'Malley Kumar awarded The George Medal
- The O'Malley Clan Gathering 2026 Programme of Events
- The O'Malley Clan crossword!
- The O'Malley Clan Association Needs You! Join Today!!

Happy Halloween to all of those O'Malleys out there!

Happy Halloween everyone, from Chieftain Denise, and all of us in the O'Malley Clan. We hope you have a **spooktacular** time trick or treating and having fun wherever you are around the world.

Try not to give yourself a fright too though. Take the stress out of planning your trip and book your flights early and start planning your trip to the O'Malley Clan Gathering 2026 in Ennis, County Clare. Then you can just sit back and relax and tick the days off the calendar until next June when we'll all meet up in Ennis! The Booking page is now live! Click on the image to the right and you'll be right over there.



Get in touch, and share your O'Malley Heritage!

Have you got an article or old photographs that you'd like to submit for future editions of "O Maille" The O'Malley Clan Association Newsletter.

We'd love to hear from you wherever you're based around the world. Old photographs and stories to go with them, old letters, family trees or just an article that you'd like to share with the rest of the clan. Drop us a line and We'll get right to it!



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A trip to the O'Malley Clan Gathering 2025

I am a professional genealogist from Australia who spends her holidays tracing the footsteps of her ancestors. More often than not, that means travelling alone, as my family doesn't always share my enthusiasm for flying 15,000 kilometres (and spending 24 hours in transit) to rummage through archives, wander graveyards, or stand in the middle of windswept fields in what my daughter calls "the middle of nowhere." For me, though, these are the places where family history comes alive. That's why it was so special to gather with so many like-minded people at this year's O'Malley Clan Rally.



Above: Samantha on the Saturday bus tour, checking out some castles!

My eligibility to attend the Rally came courtesy of my 4-times great-grandmother, Bridget O'Malley. Bridget and five of her siblings were convicted of sheep stealing at the Castlebar Assizes and transported to Australia. This year's Rally location of Westport, just a short distance from Louisburgh where my O'Malley family lived - was an irresistible reason to make the long journey from Australia.

As transportation and exile are recurring themes across many branches of my family tree, I feel a strong obligation to give my ancestors the courtesy of revisiting their homeland, to see the townlands, churches and landscapes they left behind, never to return.

While based in Westport, I visited Louisburgh and the surrounding countryside, including the O'Malley



Above: Having a bite to eat with some fellow O'Malleys, and making friends for life!

townland of Kinknock, where I quickly learned that almost every second person I met bore the O'Malley name. I also visited the Castlebar Courthouse—the very place where Bridget and her siblings were sentenced and began their forced journey to Australia—I felt as though I had come full circle. More than 180 years later, their descendant had returned, not in chains but by choice, to stand on the same ground.

At the Castlebar local history library, I was fortunate to read John Lyons' now out-of-print *Louisburgh: A History*. It illuminated the role of Lord Sligo in the founding of the town and gave another

A trip to the O'Malley Clan Gathering 2025

example of my O'Malleys' connection to the Browne family, as I already knew from a newspaper article – that a couple of Bridget's brothers worked for Lord Sligo before their transportation.

That link resurfaced at the first official event of the Rally: a visit to Westport House, where historian Anne Chambers gave a fascinating talk about how the Brownes' descended from the Pirate Queen, Grace O'Malley. Through Anne's talks at Westport House and during the following day's excursion to Achill Island, I was swept back into the world of Grace O'Malley; who was thrust into European politics when she was forced to sail to London to negotiate with Elizabeth I for the release of her brother and son.



Above: Samantha with then Chieftain Grace O'Malley, in Westport, June 2025



Above: Samantha checking out the Wild Atlantic Way

Thanks to Maurice Gleeson's O'Malley DNA project, I know my connection to Grace goes back to her ancestors from whom I also descend. This adds weight to my choice of the name for my eldest daughter Grace – after the two 'Mayo Graces' of Kelly and O'Malley.

Driving across the bridge onto Achill Island feels like entering another world. The landscape is wild and elemental: mountains sweep down to the Atlantic, where the cliff faces meet restless crashing waves. The island's cliffs—some of the highest in Europe—rise sheer from the ocean, their faces

sculpted by centuries of wind and salt. Driving along the coastal roads, the views are nothing short of spectacular. On one side, the ever-changing Atlantic—glittering silver under the sun, and the next minute brooding and dark beneath low clouds. On the other, slopes blanketed with heather and bog stretch toward jagged peaks, dotted with the occasional whitewashed cottage. On Achill you feel both the isolation and the beauty of the place: raw, unspoiled, and deeply moving. It's easy to picture Grace O'Malley's ships gliding into these bays, sheltered by the cliffs, as she plotted her next voyage.

A trip to the O'Malley Clan Gathering 2025

The excursion to Achill also gave us lighter moments, none more enjoyable than a lively acrobatic performance retelling Grace's story with the backdrop of Achill's highest mountain Slieve-more, and the Atlantic breeze carrying the scent of salt while seabirds wheeled overhead. As the story of Grace O'Malley unfolded in acrobatics and song, it felt as though the land and sea themselves were part of the show—reminding us that this was her world, her stage, centuries before.



Above: Samantha with a couple of fellow Aussie O'Malleys in Mayo!

For me, the Clan Rally was the beginning of a six-week trip that also took me to family sites in Devon and



Above: Samantha with Dr Maurice Gleeson at the Annual O'Malley Clan Luncheon

Tipperary, but the days in Mayo stand out as truly unforgettable. I am already looking forward to returning in 2030 for the 500th anniversary of Grace O'Malley's birth.

My heartfelt thanks go to the Rally organisers, to our Chieftains past and present; to Maurice for his genealogy workshop, and to Anne for her invaluable research. Your dedication made this event far richer than anything one could experience travelling alone.

And to all the O'Malleys who so warmly welcomed a solo traveller from Australia—thank you. Your invitations to join meals, your company for photographs, and your generosity of

spirit made me feel like part of the family.

A trip to the O'Malley Clan Gathering 2025



Above: Enjoying the scenery, (and the breeze), with a few more O'Malleys

As a final note: after we installed our new Clan Chieftain, I found myself enjoying wine and pizza in the garden of my B&B host. The pizza, made by my host's daughter's boyfriend, was excellent—but what made the evening extraordinary was learning that he is none other than a grandson of the last Lord Sligo to live at Westport House. Another O'Malley connection, appearing in the most unexpected of places.

Goodbye for now

Slán go foill

Samantha Ehrenfeld

Right: Checking out the view from a Castle window!



Kieran O'Malley & Liz Kavanagh to wed !

Bride-to-be fighting cancer on cloud nine after proposal went viral

2025 hasn't been the easiest of years for Liz Kavanagh, but she's currently on cloud nine after her partner Kieran O'Malley popped the question.

The couple, who met on the dating app Hinge four years ago, shared their engagement news on social media in September and were blown away by the support they received, with the post quickly racking up 18k likes and over a thousand comments.

Speaking with EVOKE now that the news has sunk in, Liz told how she was completely blindsided by the romantic proposal at Adare Manor, which came during her treatment for colon cancer.

At the age of 14, Liz was diagnosed with Crohn's disease, and over the years, she's learned how to cope with the condition.

After suffering from chronic pains in her stomach for months, she went for surgery in October 2024, only to be given heartbreaking news when she came around.

She was diagnosed with colon cancer, but from the very beginning, Liz was determined to tackle her diagnosis head-on.

'I never asked what stage of cancer I was at; it didn't matter. I had cancer, and it didn't matter if it was stage one or stage four, I was going to beat it in my head... it was to try and get over it as quickly as we could,' she said.

Chatting about her treatment, Galway girl Liz: 'I am on my third type of treatment at the moment. In August, we were told my second type of treatment wasn't working, so we had to change over to the third type.'

Now halfway through this process, Liz remains positive and knows that through it all, there is one person by her side, her now fiancé, Kieran.

Speaking about their engagement, Kieran said: 'Adare Manor is like a fairytale. Just before we went down for dinner, we were both dressed up and I popped the question in the room that night.'



Above : Kieran and Liz at Adare Manor, after Kieran surprised Liz by popping the question

Kieran O'Malley & Liz Kavanagh to wed !

Liz was blindsided by the proposal, adding: 'I had no clue and it didn't even cross my mind when we were going to Adare, that he'd propose.'

While celebrating their engagement and on cloud nine, the couple is also going through Liz's treatment. Kieran, who has been there from the very beginning of Liz's diagnosis, spoke about what it is like to be the person 'on the outside.'

He knows that as a partner, there is only so much he can do for Liz. 'This time last year we were on holidays and Liz would've been experiencing a lot of difficulties, and there are only so many times you can ask "are you Ok, Can I help, Can I do anything?" You do feel totally helpless.'

'It's nearly more comforting the times when she was in hospital because at least you knew she was in the best place to get the best help. But it is very difficult to see somebody you care about so much going through that kind of pain,' he added.

Astounded by Liz's upbeat nature, Kieran said: 'She has been incredibly positive and by sharing her story on social media, you know, that's the one thing people keep coming up to me saying is how positive she is and how much her story is helping people.'

For Liz, her aim, as well as getting better, is to bring more awareness to the importance of checking for cancer.

'There needs to be more campaigns,' Liz said. 'No one wants to talk about poo or going to the toilet. It's a very embarrassing kind of topic to talk about. Whereas 'check your breasts' is a common phrase, but you're not as likely to go and be like 'How are your bowel movements?'

'Trust your gut' is her key advice, and if in doubt, don't be afraid to 'get a second and third opinion because the more opinions you get, the better.'

For now, as they remain on a high from their engagement, the couple is working on building Liz's strength and getting plans together for their big day.

For those looking for more information on Colon Cancer, [click here](#).

Evoke.ie



Grace O'Malley-Kumar to be awarded The George Medal

Student killed in Nottingham attacks awarded George Medal

A British student who was stabbed to death in the Nottingham attacks while trying to protect her friend has been posthumously awarded the George Medal for her "exceptional courage in the face of extreme danger".

Grace O'Malley-Kumar, 19, was killed when she intervened and sought to try to save Barnaby Webber, also 19, after he was attacked while they walked home from a night out in 2023.

The Nottingham University medical student is one of 20 people honoured in the latest Gallantry Awards list.

Grace was the daughter of Irish-born, London-based consultant anaesthetist Sinead O'Malley.

British Prime Minister Keir Starmer paid tribute to Grace, saying her legacy would live on as a "powerful example of heroism" and that she made the "ultimate sacrifice" to protect her friend.

Mr Starmer said: "This is what true courage looks like. In moments of unimaginable danger, these extraordinary people acted with selflessness and bravery that speaks to the very best of who we are as a nation.

"We owe each of them - and their families - our deepest thanks. Their actions remind us of the strength and compassion that run through our communities.

"I want to pay tribute to all of the recipients, including Grace O'Malley-Kumar, who made the ultimate sacrifice to protect her friend. Her legacy will live on as a powerful example of heroism."

Ms O'Malley-Kumar and Mr Webber were stabbed to death by paranoid schizophrenic Valdo Calocane, who was given an indefinite hospital order after admitting manslaughter by diminished responsibility.

Calocane also killed school caretaker Ian Coates, 65, during the attacks in the early hours of 13 June 2023 and attempted to kill three others.

The George Medal, which is open to civilians, is awarded for "conspicuous gallantry not in the presence of the enemy".

Ms O'Malley-Kumar's citation read: "Grace's exceptional courage in the face of extreme danger serve as an outstanding example of personal bravery."

It follows a campaign for her to be awarded the even more prestigious George Cross, the highest gallantry award given for non-operational gallantry or gallantry not in the presence of an enemy - a drive which was backed last year by then-prime minister Rishi Sunak.

During Calocane's trial, prosecutor Karim Khalil KC said Ms O'Malley-Kumar had shown "incredible



Above: Grace O'Malley-Kumar

Grace O'Malley-Kumar to be awarded The George Medal

bravery" by trying to protect Mr Webber from Calocane's blows and tried to fight him off, pushing him away and into the road.

The killer then turned his attention to her and was "as uncompromisingly brutal in his assault of Grace as he was in his assault of Barnaby", Mr Khalil said.

The medal will be presented to Ms O'Malley-Kumar's family.

The two friends were poignantly awarded posthumous degrees this summer from the University of Nottingham, where Mr Webber was studying history and Ms O'Malley-Kumar was a medical student.

The Citation reads:

THE GEORGE MEDAL

Grace O'MALLEY-KUMAR (Posthumous), for intervening in an armed attack in Nottingham on 13 June 2023.

On 13 June 2023, Miss Grace O'Malley-Kumar was walking home to student accommodation in Nottingham with a friend when they were approached by a man armed with a large knife. The assailant proceeded to carry out a sudden attack on Grace's friend, disabling him to the ground.

Grace did not abandon her friend. With no regard for her own safety, Grace tried to protect her friend against a sustained attack knowing that the assailant was still clearly in possession of a weapon. Grace actively intervened to physically restrain the assailant in order to stop the attack. This caused the assailant to attack Grace with the knife. Despite sustaining multiple stab wounds herself, she maintained her hold and repeatedly kicked out, fighting and resisting to attempt to subdue him. Grace endured and continued to fight the attacker, trying to prevent him from further harming her friend, until she fell after sustaining multiple injuries. After collapsing, she made several attempts to rise and re-engage with the attacker to defend her friend in an attempt to save his life. Grace sustained multiple serious injuries but continued to resist to protect her friend and create an opportunity for them to escape further attack. Tragically, both Grace and her friend succumbed to their fatal injuries and passed away as a result of the attack. Grace's exceptional courage, determination and selflessness in the face of extreme danger serve as an outstanding example of personal bravery.



Katie O'Malley tells us about her experience with pregnancy & exercise

New mum shares candid advice for returning to fitness after emergency C-section

After running the marathon, cycling Ride London and competing solo in Hyrox while pregnant, Katie O'Malley opens up about her humbling homecoming to exercise



It was during my first downward dog in five months when I noticed a bead of liquid trickling its way down my sternum and towards my chin. In any other yoga class I wouldn't have thought twice about it. After all, sweat – with a puffy red face and messy flyaways – has always been my familiar exercise companion. But this was different. As I looked towards my calves, I saw two large damp patches staring back at me through my vest top. I was lactating mid-vinyasa flow.

Half an hour before the class I was rushing out of the door, wiping spittle off my shoulder while my husband detangled my four-month-old daughter's fingers from my unwashed hair. My trusty lululemon Align leggings pinched unfamiliar territories across my stomach. My ankles twinged with each foreign-feeling plod to the studio. This wasn't the Rocky Balboa, fists-in-the-air postpartum return to fitness I had pictured.

I'll be the first one to admit that I had a very 'easy' pregnancy. I've long refrained from admitting this for fear of sounding boastful, insensitive or unaware of my privilege. But I was fortunate not to experience the debilitating morning sickness, exhaustion and lower back pain you often hear about. My pregnancy didn't hamper my life or fitness goals – far from it. In my first trimester alone, I ran a personal best at the London Marathon, cycled 100km at Ride London wearing a 'Baby On Board' badge and competed solo at a Hyrox competition.

I secretly revelled in friends dubbing me 'Super Woman' and showing that pregnancy wasn't dimming my determination, but I'm well aware that some women might feel apprehensive about exercising to such an intense level during pregnancy – despite NHS advice stating that 'you should 'keep up your normal daily physical activity or exercise for as long as you feel comfortable'. For me, competing in fitness events was the norm, and I felt confident and safe to keep it up. When I asked health physiotherapist and rehab practitioner [Matilda Wilkinson](#) for her advice, she affirmed that, 'More recent [studies](#) have identified the safety – for both mother and foetus – of high intensity resistance training, for example working at 90% rep max. This also applies to workouts such as HIIT or Hyrox.'

Katie O'Malley tells us about her experience with pregnancy & exercise

With all that in mind, nothing could've prepared me for the emotional and physical whiplash of going from 'inspiring pregnant woman' to barely recognising my post-surgery body as a new mum. I had no clue about the postpartum free fall I was naively heading towards.

Birth And The Big Stop

I approached my pregnancy and birth as if I was training for any other physical challenge: prioritising sleep, movement, recovery and eating nutritious meals. I invested in 'kit' (read: maternity gym leggings and a perineal massage wand) and practiced diaphragmatic breathing and hypnobirth techniques with guided podcasts. But, like any runner knows, there's an inevitable unpredictability come Race Day that you can never prepare for. Contrary to the water birth and vaginal delivery I had hoped for, after 11 hours of unmedicated labour, an internal examination determined that my baby was face presentation (a relatively rare situation where the chin leads the way instead of the back of the head) and experiencing a low foetal heart rate. The safest option for us both was an emergency C-section. While I feel grateful for my birth team's support, once the initial glow from resting my daughter's head on my chest for the first time settled, I was soon confronted by the raw physical and emotional ripple that comes after giving birth.

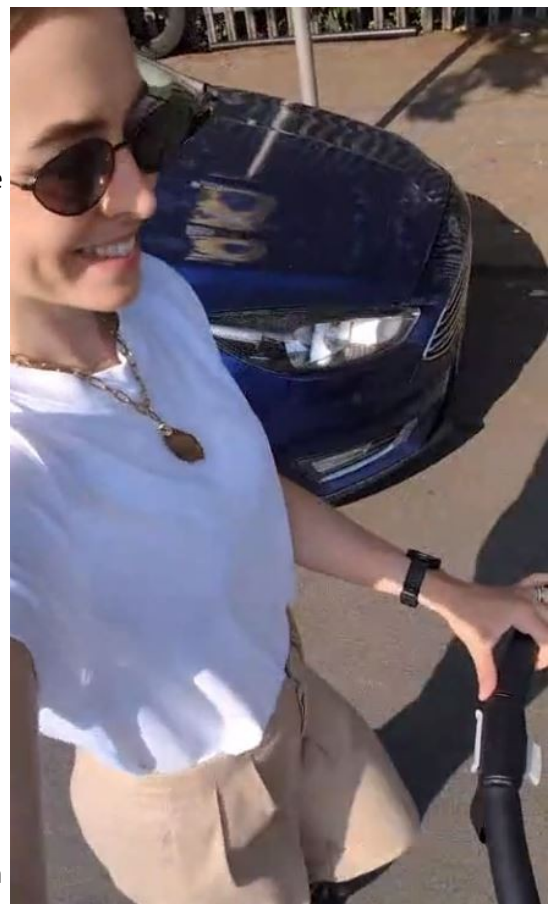
In the early days, I was floored by the deluge of issues that made even the most 'simple' forms of movement a challenge. I suffered pain around my scar, carpal tunnel syndrome, night sweats, mastitis and 'mummy's wrist' due to hormonal changes and the repetitive lifting of my daughter. From the outside, my recovery might have looked smooth (cue a smiling photo of me walking to the pub two days after giving birth). But inside I increasingly felt lost, desperate for advice on how to rebuild my body after surgery, but unsure where to turn. 'There's a huge disconnect between what you need to know, and actually finding this information,' explains Victoria Holyoak, aka [@MidwifeVic](#) on social media and founder of the education and support platform [c-sectionUK](#). '[The information] is not readily available and it can be really complicated to know what's right for your particular journey,' she tells me. 'Arriving at C-section birth following labouring for many hours, possibly dehydrated, with little food or energy on board, can make recovery much harder.'

Armed only with a C-section recovery pamphlet from the hospital and a bag of pain medication, I couldn't imagine taking a pain-free stroll around the park, let alone ever running a marathon again. So, I set about researching how to help my body recover and return to fitness stronger and healthier.

Healing Before High Intensity

At my six-week postnatal check, in addition to discussing my mental health and contraception options, my GP performed a speedy prodding of my core, and informed me that I didn't have diastasis rectus abdominus (DRA), a condition commonly known as 'ab separation' which [affects around six in 10 women after childbirth](#). I received the green light to exercise and immediately began booking my favourite workout classes. But movements that once felt 'easy breezy', like a chest press or squat, now hit like a gale force wind.

After a mum-and-baby yoga class a fortnight later, the instructor gently assessed my abs and revealed that I was showing a three-finger ab separation, which can worsen in exercise if not carefully managed. I held back tears realising that not only had my GP been



Katie O'Malley tells us about her experience with pregnancy & exercise

wrong in her assessment, but that I'd hastily thrown my sleep-deprived, not-yet-healed body back into intense workouts far too prematurely.

'Unfortunately, GPs only have 10-15 minutes for their appointments so it's not possible for them to go into the detail that is necessary for recovery post birth, especially for those with specific pelvic floor symptoms and wanting to get back to sport or exercise,' Matila explains. If only post-natal physiotherapy in the UK was a standard form of women's aftercare like it is in France, where you can expect to receive up to **20 sessions of state-funded physio** focussed on restoring the pelvic floor and abdominal muscles.

The moment served as a stark reminder that the 'meat' of fitness is never about the big shiny events, like completing a triathlon, or the 'quick fix' movements you see on Instagram. Instead, it's made from the fibrous tissues of consistency and progress; the early alarms for the gym or the weekly increase of kilos on the dumbbell rack. My postpartum recovery wouldn't be any different – I realised I'd have to reconstruct the scaffolding of my body over time, with patience and the help of professionals. I wanted to learn more about postpartum healing and booked an appointment with **Megan Vickers**, a women's health physiotherapist and co-owner of the physiotherapy and fitness studio **Four Sides London**. During our session, she took a full subjective medical and birth history, and assessed everything from my scar and core to my pelvis and ribcage circumference. I left with three daily abdominal exercises aimed at



strengthening my core and the confidence that I was one step closer to working out.

Scar therapy became another focus as, through my research, I'd learnt it helps to restore core muscle function as the layers of connective tissue around the abs can take up to a year (or longer) to repair. At my first appointment, holistic massage therapist Roberta Kearsley from **Ouro Wellbeing** worked on releasing the tissue around my scar, using lymphatic drainage to help move excess fluid and bring back sensation where there was numbness. Within hours, the tugging around the scar area felt looser and I felt I could move more freely.

An acupuncture and massage appointment also helped soothe my shoulders and upper back from weeks of hunching over while breastfeeding. 'In some cultures, new mamas are massaged daily,' acupuncturist Tara Rivero Zea from **Healing Space Hackney** told me during our session, her hands providing comfort on my tender body. 'If you're clapped out and knackered, everything is harder.'

Katie O'Malley tells us about her experience with pregnancy & exercise

The Humbling Return

By the 10-week postpartum mark I was desperate to start exercising and running again. I consulted Matilda at the pelvic health clinic [Maria Elliott Physiotherapy Services](#), who devised a bespoke phased Return To Running programme. In our initial sessions, we focused on rebuilding my core and pelvic floor ('the foundation to our strength and essential for running,' she says) before introducing weights and resistance. Each increase in intensity was limited at 10% per week to avoid injury.

I attempted my first run since giving birth around 12 weeks postpartum and hated every single minute of it. The 3km jog felt slow, heavy and uncomfortable. It was as if I'd not only slipped into someone's else's running shoes but their body, too. But despite the discomfort, I felt buoyed by the fact I was finally moving in a way that felt faintly familiar. It served as a reminder that exercise doesn't always need metrics to be a success – sometimes it's simply therapy in motion.

Weeks later, she introduced impact exercises, like jumping squats, to test out my ground reaction force required for running, before we programmed a 5km jog into my plan. 'It's important to listen to the body during this phase, not push through a pain score over 3/10 or ignore pelvic floor symptoms such as leaking; these tend to be signs of "too much too soon",' she warns.

After months of incremental progress, at five months postpartum I felt ready to step back into the gym and began introducing my beloved F45 classes and regular runs into my weekly workouts. At the six-month mark, I 'celebrated' with a Barry's Bootcamp class and swapped high-impact chest-to-floor burpees for controlled lunges and avoided exercises that might put my abs under excessive strain. 'Less "beast mode", more beginner,' I repeated to myself throughout the class.

Modifications after birth are crucial, [Hollie Grant](#), fitness trainer and founder of The Bump Plan, says. 'Generic classes just aren't written for postnatal bodies,' she notes. 'Without modifications you risk overloading healing tissues, whether that's your scar, your pelvic floor, or your core. With small tweaks — changing position, slowing tempo, using your breath — you can still get a great workout that builds strength safely.'

The 'Invisible' Obstacles

One of the most challenging aspects of returning to fitness postpartum has been losing the privilege of time and motivation I took for granted pre-baby. For every post-workout selfie I've shared on social media in recent months have been countless 'failed' runs and mornings where classes have been cancelled after sleepless nights. I recently dropped out of the Swim Serpentine challenge in London because I simply haven't had the bandwidth to train. Negotiating



Katie O'Malley tells us about her experience with pregnancy & exercise

whether me or my partner can exercise so the other is able to care for our child is sometimes more difficult than the workout itself. And whereas once a sunrise workout was a non-negotiable, now a cuddle in bed with my daughter trumps everything.

But on the days I *do* manage to move my body, I cherish every moment. A reformer Pilates class, upper body gym session or quick jog have become sacred 'me time' where I now prioritise head space, not flexibility or split times.

Investing in supportive kit has helped too and, crucially, a sports bra that no longer squeezes my chest like a tourniquet. During a recent fitting, Charlotte Gill, co-founder of the sports bra brand [PEBE](#), informed me that breasts move in a figure-of-eight sequence when exercising, so it's important to find bras with adjustable straps to lift the breast weight and underbands that allow for fluctuating size with hormones and milk patterns.

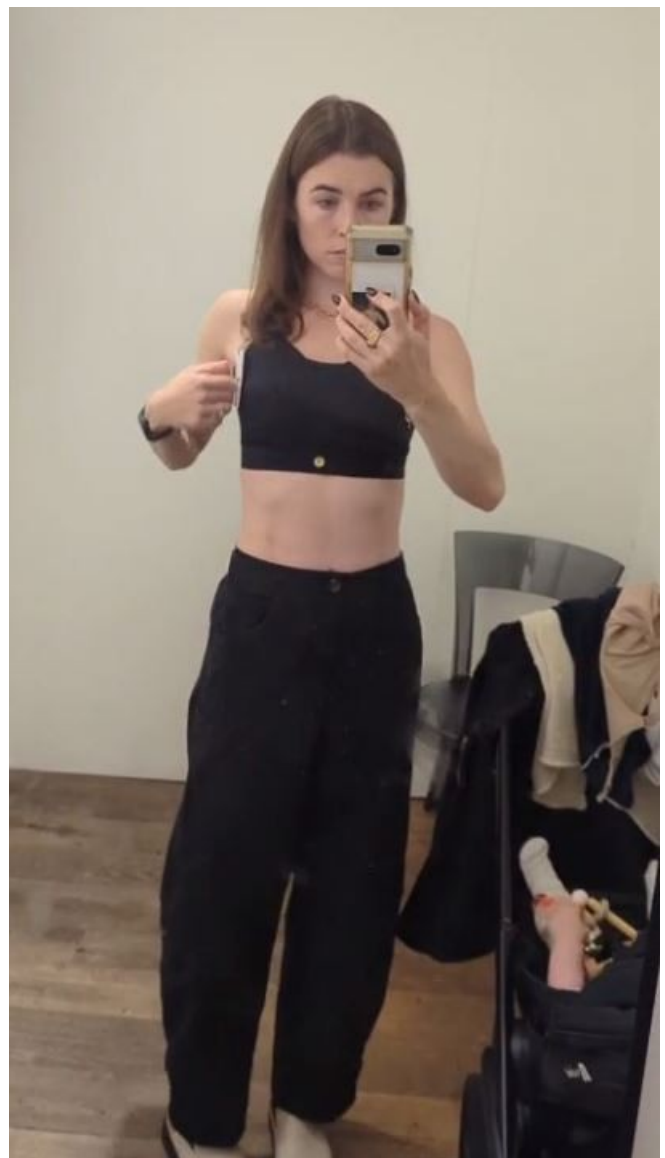
'Invest in your body as you recover,' she advises. '[A sports bra] is the one piece of clothing that's more like equipment.' My posture, breathing and overall comfort dramatically improved once I acknowledged my postpartum body *deserved* kit that supported its new shape, rather than painfully tried to shoehorn it into its past.

Moving Forward, Not 'Bouncing Back'

Whereas once I was a stickler for fitness data, keeping track of everything from my heart rate to cadence, I'm learning to put aside arbitrary postpartum recovery timelines that suggest healing after childbirth can be decided by throwing a dart on a calendar. Far from encouraging, I've found these benchmarks add unnecessary pressure and disappointment when my recovery doesn't line up with the time frame of the 'average' woman. And let's not forget that postpartum recovery is more than just the healing of stitches; everything from your mental health and relationships needs time and nurturing.

'We often hear "six weeks and you're good to go", but we know that isn't the full picture,' notes Hollie. For example, studies suggest the connective tissues around the abdomen are only around 50-60% healed at six weeks after a C-section, she says, 'and not back to 70-90% strength until about six to seven months'. If you follow progressive exercises and expert-led advice, 'the long-term payoff is that when you do return to impact, your body feels ready, not resentful', adds Hollie.

My desire to work out and achieve certain fitness goals hasn't dwindled since becoming a mum. Just last month, I signed up for the Barcelona Half



Katie O'Malley tells us about her experience with pregnancy & exercise

Marathon and the Brighton Marathon next spring. What *has* changed, however, is my relationship with fitness. My body, motivations, priorities and responsibilities aren't what they were before having a child – and that's to be expected. 'In the world of sport and exercise, "bounce back" is not a saying, neither for runners post calf strain nor for women postpartum,' says Matilda, who reminds me that it's not *what* exercise we do that defines fitness, but the *way* in which we do exercise. For me, working out is now less about performance and aesthetics, and more about long-term health, strength, and happiness. It's gradual, but I'm trying to appreciate my body – not for PBs and muscle definition, but for moving me forward at my own pace and in my own way. It's one of the reasons I launched my community, [A Long Way To Go](#); a space aiming to empower and inform pregnant and postpartum women about movement and wellness. Because I've realised that exercising after birth isn't about 'fixing' your body to get 'back' to pre-baby you; it's about building and strengthening a whole new version of yourself. It's daunting, yes, but it can be invigorating too.

'Progress doesn't have to mean faster runs or heavier lifts,' Hollie reminds me. 'In the first year, progress might look like carrying your baby without back pain, noticing your scar feels more mobile, or feeling confident enough to book a class again. It might also just be that your day-to-day life feels easier. Focus on small wins, and trust that strength and fitness do come back with time.'



*Courtesy of
"Women's Health"*

The O'Malley Clan Gathering 2026, Ennis, County Clare

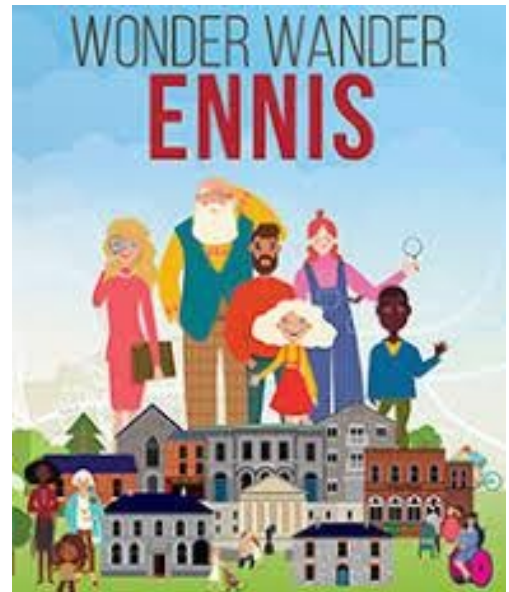
Friday 26th June

Wonder Wander Walking Tour

**Start & Finish at The O'Malley Clan Shop at
The Temple Gate Hotel**

3pm to 5pm

Self-guided walking tour of Ennis with Map (supplied), for Children accompanied by a Parent or Guardian. Find all sites, take a photo of each site and the first family home wins a prize. Just book a place for the children! Please state the age of your child in the comments section or after their name above



Chieftain's Reception

The Great Hall, Temple Gate Hotel

5pm to 11pm

A welcome to the launch of the 2026 O'Malley Gathering from Chieftain Denise O'Malley Kelly. Held for the first time in her native Co Clare, this will be a chance to meet old friends and new.

Starting with a drinks reception at 5:00 pm, there will be a talk at 5:30 pm by Clare historian Dick Cronin on 'The Historical Sites of Clare'. Then at 6:45 Dr Maurice Gleeson will talk about the genealogy of the O'Malleys, with a particular focus on how genetic genealogy (DNA testing) can be combined with studying historical records to take your family tree back to earlier times. The Finding Grace project aims to identify the genetic signature of Grace O'Malley's branch of the family. Find out how to check how closely related you may be to the famous 'Pirate Queen'.

When the speakers are done, stay and chat or adjourn to dine in the hotel or one of the many local restaurants and return for the Ceili starting at 9:00 pm. Featuring traditional Irish music by the Spraoi Celi band, experience a night of Ceol agus Craic from the very best of Clare's Irish Traditional Musicians!



The O'Malley Clan Gathering 2026, Ennis, County Clare

Saturday 27th June

North Clare Bus Tour

Departs from and Returns to The Temple Gate Hotel

9:15am to 4:30pm

Tour the spectacular countryside of North Clare, with stops at the famous Cliffs of Moher, through the amazing landscape of the Burren to the stone age Poul nabrone Dolmen and Dysert O'Dea Castle. Lunch in Liscannor is included. Please state any food allergies in the comments section of your booking.



The O'Malley Clan Gathering 2026, Ennis, County Clare

How James Became King – Author Brian O'Malley on his controversial book.

Foyer Room, (off the Great Hall), The Temple Gate Hotel

6pm to 7:15pm

Author Brian O'Malley has spent years researching the extraordinary career of James Malley from New Haven, Connecticut. In a story spanning the USA from east coast to west and on to Australia, hear about how James changed his identity and rose to prominence as King O'Malley, Australian cabinet minister and crusading reformer.



Chieftain's Gala Dinner

The Great Hall, Temple Gate Hotel

7:30pm to 11pm

Chieftain's Gala Dinner, followed by music by a band especially formed to play for our event. They are the very best of what Clare has to offer. Please state any food allergies in the comments section.



The O'Malley Clan Gathering 2026, Ennis, County Clare

Sunday 28th June

Annual O'Malley Clan Mass Cathedral of Saints Peter and Paul, Ennis

11:30am to 12:15pm

A celebration of our weekend together, through music and prayer.



Annual General Meeting of The O'Malley Clan Association Foyer Room, (off the Great Hall), The Temple Gate Hotel

12:30am to 1:15pm

Our Clan AGM, chaired by the Guardian Chieftain Brendan, is open to all O'Malleys attending the Gathering, although only registered members may vote. The AGM elects the new Tánaiste from those nominated and discusses any motions or issues of the day. Hear our Guardian Chieftain, Chieftain, Secretary, Treasurer and Members Officer report on their activities throughout the year.

Annual Clan Luncheon

The Great Hall, Temple Gate Hotel

1:30pm to 4pm

Sit and enjoy a lunch together as our weekend comes to a close. Please specify any food allergies in the comment section.

Inauguration of our New Chieftain for 2026-2027

Courtyard, Temple Gate Hotel

4pm

Gather around the circle of Chieftains and witness our new Chieftain Don O'Malley being inaugurated.

[Click on the image, \(right\) to visit our site, and book your places](#)



Test your brain with a Halloween crossword

Across

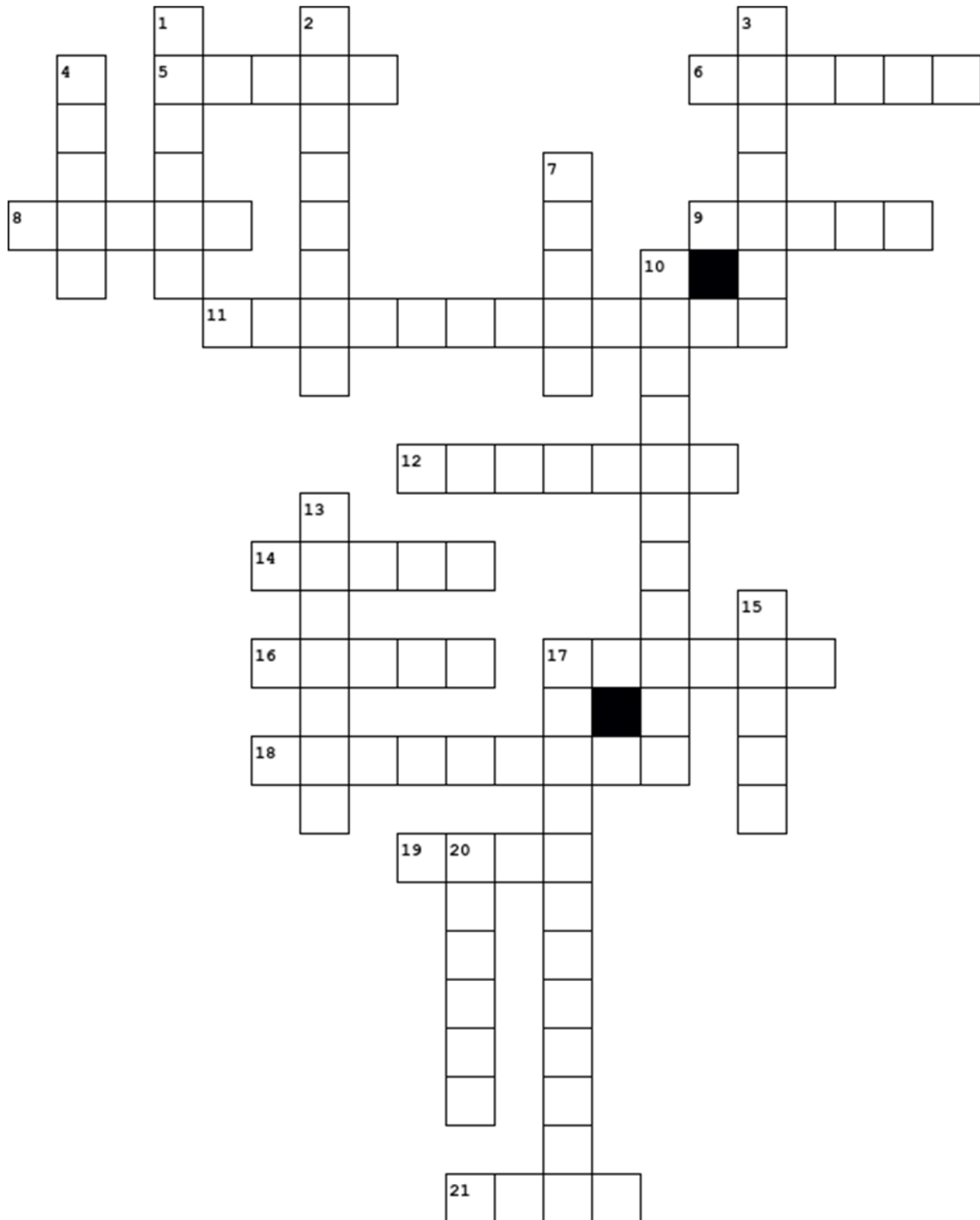
5. Trick or
6. A witches concoction
8. A of witches
9. The Blair Project, Don't sleep in the woods!
11. Who you gonna call?
12. Famous Vampire, Count
14. Wrapped in bandages
16. A witch could cast a on you!
17. the 13th, a classic horror movie
18. on Elm Street, famous scary movie
19. Face covering worn at Halloween
21. A magic stick

Down

1. Author of Dracula
2. A big pot used by witches
3. The walking dead are
4. Airborne vehicle for a witch
7. Casper was one
10. Don't say it three times!
13. Carved out with a candle inside
15. 28 Days A scary zombie apocalypse movie
17. A monster that was sewn together and came ALIVE!
20. A freaky halloween family

LAST MONTH'S ANSWERS: **ACROSS**, 3 MADRID, 4 MONTEVIDEO, 7 COPENHAGEN 10 ATHENS, 13 MANILA, 14 PRETORIA, 15 CARDIFF 17 LONDON, 20 HELSINKI, 21. BERLIN **DOWN**, 1 EDINBURGH, 2 LISBON, 4 MOSCOW, 5 TOKYO, 6 ANKARA, 8 PARIS, 9 CANBERRA 11 SANTIAGO 12 SUVA, 16 ROME, 18 DUBLIN, 19 WELLINGTON.

Test your brain with a Halloween crossword





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@clanomalley

The O'Malley Clan Association aims to reach out to O'Malleys from all around the world and foster links between the O'Malleys around the globe and the clan at home here in Ireland.

The Clan Association formed in 1953 has been connecting O'Malleys around the world in The US and Canada, Britain, Australia, South Africa, New Zealand, South America, and anywhere else you can think of for 70 years now.

We hope with our website, and newsletter, that We can go from strength to strength in our aim to connect all the O'Malleys around the world.



find us on
Facebook

www.facebook.com/omalleyclan



[o_malley_clan_association](https://www.instagram.com/o_malley_clan_association)

O'Malleys ! We need you! Join Today!



**Support
the Clan,
Be a part
of it**

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