

**YES**, I'd like to support the **Irish Heart Foundation's** goal to reduce death and disability from heart disease and stroke.

### Personal Details

APPO0246

NAME: .....  
 ADDRESS: .....  
 EMAIL: .....  
 PHONE: .....  
 MOBILE: .....

### Credit Card (one-off)

I would like to make a gift of:  
 €45  €75  €125  €250\*  OTHER €   
 Visa  Mastercard  Laser  Laser only  
 Card number:   
 Expiry date:  /  Security Code\*\*   
 Signature: ..... Date: .....

### Direct Debit (monthly)


€10  €15  €18  €21\*  OTHER €  PER MONTH  
 Bank Name: .....  
 Address: .....  
 Account Name: .....  
 Sort Code:    Account Number:        
 Signature: ..... Date: .....

\*If you are a PAYE tax payer, gifts of €250 in one year (€21 per month) could be worth up to an extra 70% to us at no extra cost to you.  
 \*\* Last 3 digits on the signature strip on the reverse of your card.

### Preferences

Do you need a postal receipt?:  Yes  No (saves us 54c)

I am happy to receive communications by:  Email  Phone  Post



OIN 3 0 6 3 2 2

This is a guarantee provided by your own Bank as a Member of the Direct Debit Scheme, in which Banks and Originators of Direct Debits participate.  
 If you authorise payment by Direct Debit, then: Your Direct Debit Originator will notify you in advance of the amounts to be debited to your account. Your Bank will accept and pay such debits, provided that your account has sufficient available funds. If it is established that an unauthorised Direct Debit was charged to your account, you are guaranteed an immediate refund by your Bank of the amount so charged where you notify your bank without undue delay on becoming aware of the unauthorised Direct Debit, and in any event no later than 13 months after the date of debiting of such Direct Debit to your account.  
 You are entitled to request a refund of any Variable Direct Debit the amount of which exceeded what you could have reasonably expected, subject to you so requesting your Bank within a period of 8 weeks from the date of debiting of such Direct Debit to your account.  
 You can instruct your Bank to refuse a Direct Debit payment by writing in good time to your Bank. You can cancel the Direct Debit Instruction by writing in good time to your Bank.

**PLEASE RETURN IN AN ENVELOPE TO:**  
 THE IRISH HEART FOUNDATION,  
 50 RINGSEND ROAD, DUBLIN 4

# Let's Go Walking...

Here are a few useful tips to enjoy your walk and keep your heart healthy.

- If you're not in the habit of taking regular exercise, start slowly, enjoy being out and about and gradually build up to the recommended 30 minutes a day.
- Drink a glass of water before and after your walk and don't forget, wear good, comfortable shoes.
- Gradually warm up at the beginning and cool down towards the end.
- Loose clothing is more comfortable and in winter choose layers rather than thick, chunky clothes.
- Try to incorporate walking into your daily activities. Walk to work, to meetings or the shops. The list is endless.
- If you have a history of heart trouble or other significant medical illness, talk to your doctor before you start. Stop if you experience unusual symptoms such as chest pain, dizziness or breathlessness and consult your doctor.
- Why not invite your friends, family or work colleagues to join you when you go walking.
- Now that you are a regular walker, get fitter and be active for at least 60 minutes a day.



Supported by The Irish Sports Council and the HSE

## Slí na Sláinte

A regular programme of walking...  
 - Keeps your heart strong  
 - Improves muscle strength  
 - Helps to manage your weight  
 - Makes you feel good  
 ...but above all walking is fun!

## Physical Activity

- Reduces risk for several chronic diseases including heart disease, stroke, high blood pressure, osteoporosis, anxiety and depression.
- For health benefits you need to walk for at least 30 minutes 5 days of the week. You can accumulate the 30 minutes or more over 2 or 3 shorter sessions a day for optimum health benefits.

**Help to maintain Slí na Sláinte**  
 Please report any dangerous obstacles or missing/damaged signs to:  
 Recreation & Amenity Section,  
 Carlow County Council  
 telephone: 059 9170300  
 email: secretar@carlowcoco.ie.

The Irish Heart Foundation  
 50 Ringsend Road, Dublin 4  
 T. 01 668 5001 F. 01 668 5896  
 E. info@irishheart.ie

Heart and Stroke Helpline 1890 432 787  
 www.irishheart.ie www.stroke.ie  
 Charity No: CHY5507

© Irish Heart Foundation 2013



# Let's Go Walking...



## Clonegal Slí na Sláinte

Supported by Carlow County Council, Clonegal Tidy Village Association and Carlow Sports Partnership

## Clonegal Slí na Sláinte 7km

1. WICKLOW WAY MAP PARK
2. CLONOGAN HOUSE
3. CORN MILL
4. THE PALM TREES
5. BALLYREDMOND WOOD
6. KNOCKCORRIGAN HILL
7. GATEWAY
8. BROOK ROAD
9. NEW LINE
10. JOLLY'S LANE
11. ST. FIACC'S 1830 CHURCH
12. WESLEYAN CHAPEL 1830



1. The Wicklow Way Map Park, Clonegal will be the starting point of your 7km Slí walk.
2. Clonogan House, once owned by Bishop Hopkins, whose ghost is said to walk up to Clonegal every seven years.
3. The Mill House, where there was a Corn Mill in the 19<sup>th</sup> Century.
4. Turn left at the Palm Trees, once the scene of cross road dancing. Also a meeting place of the United Irishmen in 1798.
5. Ballyredmond Wood. The wood was felled during the Second World War. It was also the site of the Charcoal Pits (Italian System) and later the system used in the Black Forest in Germany. It was also a great wood for bilberry picking in the late summer.
6. Knockcorrigan Hill where Mylie Doyle was buried on his own land. Killed in 1798, the Yeomanry wouldn't allow him to be buried in Clonegal.
7. A Gateway to the left was also a meeting place for United Irishmen because if surprised, they could hide in Ballyredmond Wood.
8. Turn left into Brook Road, crossing a bridge built at the ford in 1950. The brook divides Ballyredmond Wood from Clonogan Wood and used to power the Corn Mill at number 3 above.
9. The Tullow Road, called the New Line, was built in the early part of the 20th century.
10. Jolly's Lane links this road with the Old Tullow Road and is very scenic. A smaller circular route from here to the Village is 1.5km.
11. St Fiacc's Church stands on an ancient ringfort. Rebuilt in 1819, it is a Board of First Fruit's Church.
12. Wesleyan Chapel, built in the 1830's.

## The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

## Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation — the national heart and stroke charity — it's a sociable way to make walking far more enjoyable. Already, it's capturing the attention of young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun, healthy way for the average adult to accumulate the recommended minimum of thirty minutes of physical activity five days of the week. You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright colourful signposts which are not numbered and are situated at 1km intervals. Simply follow the km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

PLEASE DETACH HERE, PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

THE IRISH HEART FOUNDATION  
50 RINGSEND ROAD  
DUBLIN 4