

**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

**DD plus**  
 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:  
 Clare County Council at 061 362319

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

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www.irishheart.ie



# Let's Go Walking...



## Sixmilebridge Slí na Sláinte

Sixmilebridge, Co. Clare sponsored and supported by Clare Co. Co and Sixmilebridge Tidy Towns.

## Slí na Sláinte Sixmilebridge 4.1km



Sixmilebridge (Droichead Abhann Uí gCearnaigh), a small riverside town in County Clare, derives its name in both languages from the bridge over the O'Garney river which flows through the village. The present bridge was built in 1610. Up to 1804 when the bridge at Bunratty was built, all traffic between Limerick and Ennis had to pass through Sixmilebridge. The first element of the Sixmilebridge name derives from the fact that the town is 6 old Irish miles from Thomondgate in Limerick. Sixmilebridge is a short distance from Shannon Airport and a stop on the Limerick to Galway rail line. It is midway between Ennis and Limerick city.

The town's layout includes three large squares and a river. The western upper part of the village was laid out by the O'Briens in the 16th and 17th centuries. This was the administrative part of the village containing the police barracks, courthouse, post office, churches and the school. The Eastern side was laid out in 1733 and was the commercial part of the village. It contained water powered mills, a brewery, a market house and a fair green. Street and square names may be seen on dated cut stone plaques.

In the 18th century, it was a river port where goods were exported and imported by boat at Ballintlea, just south of the village. Remains of the quay walls, warehousing, the soap factory and stone mill wheels may still be seen. There were two saw mills located close to the Woollen Mill on Frederick Square that ceased production in the 1930s. The Woollen Mill operated in Georges Street and Frederick Square from the 1730s until 1961 and employed up to 200 people at its peak.

The town has many old buildings that have been preserved for alternative uses. The former Church of Ireland Church has been converted to an award-winning library, the market house contains auction rooms, the police barracks is now a credit union and the former Old Woollen Mills were converted to apartments. Today Sixmilebridge is one of the major population centres of Co. Clare. The native population has been augmented by new arrivals from all over Ireland and from around the world. The village has a flourishing GAA club, Soccer club, Athletics club, Scouts club, a Youth Club and a Folk Music club that hosts the annual Winter Music Festival Weekend to name a few of the leisure-related activities.

<b>Distance-Time</b>	4.1 kilometres/approx. 1 hour
<b>Difficulty</b>	Easy
<b>Terrain</b>	Road
<b>To Suit</b>	All levels of fitness
<b>Start/Finish Point</b>	Mount Ievers/Railway Station
<b>Minimum Gear</b>	Walking shoes and rain gear
<b>Grid Ref</b>	52°44'50.8"N 8°46'29.8"W Mount Ievers 52°44'15.7"N 8°47'01.3"W Railway Station

### 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