

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:
 Buncrana Town Council
 074 93 20020

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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Let's Go Walking...



Buncrana Slí na Sláinte

Supported by Inishowen Rural Development Partnership under the National Rural Development Programme 2007-2013 & Buncrana Town Council.

Buncrana Slí na Sláinte

Legend:

- SWAN PARK SLÍ NA SLÁINTE 2KM
- SHOREFRONT SLÍ NA SLÁINTE 1KM
- BUNCRANNA TOWN SLÍ NA SLÁINTE 3.6KM

Points of Interest:

- POST OFFICE
- LIBRARY
- COURT HOUSE
- GARDA STATION
- MOTORHOME PARKING
- CHURCH
- LIGHTHOUSE
- THE TIP O'NEILL MONUMENT
- LEISURE CENTRE

Map Labels: NED'S POINT NAPOLEONIC FORT, O'DOHERTY'S MEDIEVAL KEEP, SWAN PARK, CASTLE BRIDGE, BUNCRANA CASTLE, COCKHILL RD, Cahir O'DOHERTY AVE, ST MARY'S RD, FERRIS LANE, LMR MAIN ST, ST ORANS RD, AILEACH RD, SWILLY RD, RAILWAY ROAD, LOOKING GLASS BRAE, GAA GROUNDS, PLAY PARK, BUNCRANA GOLF COURSE, LOUGH SWILLY, LOUGH SWILLY FERRY TERMINAL (SEASONAL), WC, P, Start, 1km, 2km, 3.6km.

Logos: B&C&W, The European Agricultural Fund for Rural Development, Comhaltas, Pobal agus Rialtas Áitiúil (Environment, Community and Local Government).

Supported by Inishowen Rural Development Partnership under the National Rural Development Programme 2007–2013 & Buncrana Town Council.

Buncrana has 3 Slí na Sláinte options for walkers to choose from. All routes encompass beautiful coastal views over Lough Swilly and allows walkers to experience the towns abundant historic landmarks.

The Shorefront Slí na Sláinte is a 1km linear walk starting at the carpark opposite Buncrana Leisure Centre on Buncrana's shorefront and following the coastline along Lough Swilly.

Swan Park Slí na Sláinte is a 2km looped walk starting from the carpark at the Old Pier by the Wolfe Tone Memorial across the historic six-arched Crana Bridge, turn right at the gates of Buncrana Castle and past O'Doherty's Keep along the beautiful wooded riverside pathway to the white gateposts at Westbrook Bridge. Cross the bridge, turn right and follow Cockhill Road to the junction with Castle Park/Castle Avenue to return to the Old Pier.

Buncrana Town Slí na Sláinte is a 3.6km looped walk starting at the Shore Front carpark opposite Buncrana Leisure Centre. Follow the coastline to Buncrana Youth Club and turn right onto Castle Avenue towards the town's Main Street. At the cinema, turn right and follow St Marys Road to the junction with St Oran's Road. Turn left, then right onto Millbrae, then right across the bridge onto Looking Glass Brae. At the Fire Station by the roundabout, turn right and continue past the Inishowen Gateway Hotel and Tourist Information Office, across the bridge and turn left onto Aileach Rd to Finish at the Shore Front Carpark.

All of the above walks can be interlinked to create a walking route of 6.6km.

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