

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

APP00246

Personal Details

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.



AN CHOMHAIRLE SPÓIRT

Supported by The Irish Sports Council and the HSE

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

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:
Limerick City & County Council
 Kilmallock Office: 063 98019

The Irish Heart Foundation
 50 Ringsend Road, Dublin 4, D04 T6X0
 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...



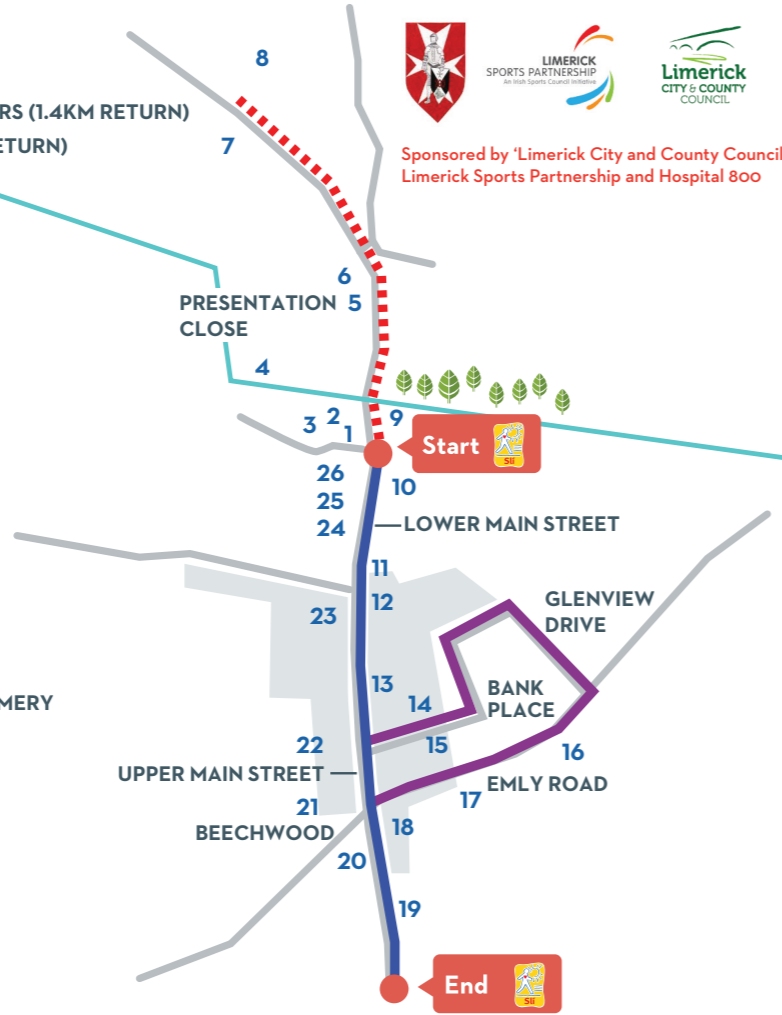
Hospital Slí na Sláinte

Sponsored by Limerick City and County Council, Limerick Sports Partnership and Hospital 800

Hospital Slí na Sláinte – 2km

- RED ROUTE UNMARKED 700 METERS (1.4KM RETURN)
- BLUE ROUTE MARKED 1KM (2KM RETURN)
- PURPLE LOOP UNMARKED 1KM

1. ABBEY OF KNIGHTS HOSPITALLERS
2. ST JOHN THE BAPTIST CHURCH
3. GRAVEYARD
4. MAHORE RIVER
5. PRESENTATION CONVENT
6. SCOIL IOSAGAIN PRIMARY SCHOOL
7. PICNIC AREA
8. WATER TOWER
9. KENMARE CASTLE
10. FORMER BOYS PRIMARY SCHOOL
11. CROSS HOUSE
12. POST OFFICE
13. COMMUNITY HALL
14. STATUE OF KNIGHT HOSPITALLER
15. PLAYGROUND
16. FORMER HOSPITAL CO-OPERATIVE CREAMERY
17. COUNTY COUNCIL LIBRARY
18. OLD VOCATIONAL SCHOOL
19. PATRICK LYNCH MONUMENT
20. FOUNTAIN
21. HANDBALL ALLEY
22. FRAZERS TAILOR SHOP
23. SITE OF THE FIRST FARMER'S CREAMERY
24. GARDA STATION
25. FORMER COURT HOUSE
26. OLDEST HOUSE IN HOSPITAL



Sponsored by 'Limerick City and County Council, Limerick Sports Partnership and Hospital 800

The Hospital Slí na Sláinte is 2km in length and starts at the Church Car Park on the R513. To follow the route exit the Car Park turning right to Lower Main Street, continue past the boy's old National school 1840-1930. You will pass Leddins Cross House which retains symbols of its history as a barracks during the civil war and dates from 1800's. Cross the main street at pedestrian crossing near the Post Office. On your left you will pass Hospital Community Hall which was opened in 1952 and it still serves its purpose as a town hall to this day. At this point you have the option to extend your walk and include the 1km Purple Loop.

To include the Purple Loop you can turn left after the Community Hall past Bank Place. On the left see the statue of a Knight

Hospitaller and on the right Hospital playground. The loop passes around an open field and through a small housing estate. You will head back the Emly Road towards the Main Street to join back up with the red route, passing the Former Hospital Co-operative Creamery and the Old County Council Library.

Proceed south through the Emly Road crossroad (Moores Supermarket) past the Old Vocational School towards the Patrick Lynch Monument. You will see the kilometre marker which signifies the 1km point and also the point at which to turn back. Return on the same footpath. Pass the fountain and the handball alley on your left. Cross back over at the pedestrian crossing at the post office and see the site of the first farmer's creamery in the British

Distance-Time	2 kilometres/approx. 30mins
Difficulty	Easy
Terrain	Road
To Suit	All levels of fitness
Start Point	Church Car Park
Minimum Gear	Walking shoes and rain gear
Grid Ref	R706362

Isles. Pass the Garda Station, the former court house and the oldest house in Hospital. Return to church car park, St. John The Baptist Church with the ruins of the Knights preceptor adjacent and graveyard at the rear.

To follow the red unmarked route which is 700 meters or 1.4km return, turn left out of the church car park and cross the Mahore river by a beautiful foot bridge and continue past the magnificent Presentation convent building with Hospital Community Housing on the grounds. The convent is home to the Presentation Sisters since 1898. Continue on to Scoil Iosagain and through the pedestrian picnic area. Looking up the hill see Hospital water tower constructed in 1935. The end of the picnic area indicates the point to turn back. Proceed southwards past the Parochial House, notice the 19th Century parochial gates. Walking by Kenmare Castle the seat of the Earl of Kenmare and landlord of Hospital until the 1920's until you return to the car park.

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.

Discover the Hospital Slí na Sláinte...

- **H** Heart Healthy walk, walking reduces your risk of high blood pressure, heart disease and stroke
- **O**pen to all the community
- **S**ee the beauty and history of the local area
- **P**erfect family friendly, free activity
- **I**deal for all ages and fitness levels
- **T**ake time from your busy day to de-stress
- **A**ccumulate 30 minutes of moderate intensity walking 5 days a week
- **L**ose weight and tone your muscles

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

THE IRISH HEART FOUNDATION
50 RINGSEND ROAD
DUBLIN 4
D04 T6X0