

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

Personal Details

APP00246

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



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.



AN CHOMHAIRLE SPÓIRT

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:
Dublin City Council Parks and Landscape Services Division T. 01 222 3806

Sports Development Service
Dublin City University T. 01 700 5811

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...



Dublin City University (DCU) and Albert College Park/Hampstead Park Park Slí na Sláinte

Supported by DCU Sports Development Service and Dublin City Council as part of the ACTIVE DCU programme

DCU/Albert College Park/Hampstead Park Slí na Sláinte



ACTIVE DCU—Slí na Sláinte route 1.7 Km

This route is 1.7km in distance and will take approximately 25 minutes to complete walking at a brisk pace. Participants will walk this route in one direction starting from the Helix and will walk around the Henry Grattan Building by the University Founding Stone, passing the Garden of Remembrance and the Albert College. The route will pass the Hub, the Sports Complex, College Park Residences and the John and Aileen O'Reilly Library before approaching the Mall. The route will pass the Rose Bowl sculpture and the Four Seasons mosaic before finishing at the Helix.

Albert College/Hampstead Park—Slí na Sláinte route 1.8 Km

The name Hampstead Park is from Hampstead House, which was shown on the Ballymun Road on a map of Dublin from 1760 by John Rocque, with fields around it which are the park today. It was named Hampstead because its position towards Dublin was similar to that of Hampstead Heath towards London – each is situated on high ground to the north commanding an extensive view of the city.

The Albert College began as 'The Glasnevin Institution', based at Cuilín House, in 1838 and became known as 'The Model Farm' for agricultural teaching. After a visit by Prince Albert, Queen Victoria's consort, in 1853, it was re-named the Albert College. By 1900, it was a national centre of excellence in agricultural education, the 'Albert National Training Institution'.

By 1926, it was an important centre of University College Dublin (UCD). UCD departed the Albert College facilities (now Dublin City University) in 1978 for the new Belfield campus, and Dublin City Council (DCC) developed the remaining parkland into Albert College Park/Hampstead Park with new planting and recreational grounds. The grounds of the Park contain many fine specimen trees which date from that era. Many local residents recall the extensive orchards once there. The Park is a quiet, sheltered oasis on the busy Ballymun Road. It is the headquarters for DCC Parks staff serving the North West Area, situated in the former cottages, stables and classrooms. It is 15 hectares in area and the route can be walked in either direction.



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.

DCU Sports Development Service

DCU Sports Development Service 'develops sport for students and develops students through sport'. We provide sporting opportunities for all from the recreational sports person, members of DCU sports clubs, to talented athletes who wish to perform and compete at the highest level. We recognise the important role that sport plays in a student's overall health and fitness, enhancing the university experience, promoting learning outside the classroom, and developing well-rounded graduate that can embrace the ever-changing demands of the world they enter after graduation. The ACTIVE DCU Programme gets students involved in sport and physical activity for fun and fitness, and promotes an active and healthy lifestyle as a key component of the student experience. Slí na Sláinte presents DCU with an excellent opportunity to encourage students, staff, and also members of the local community to build physical activity into their daily lives. For more information on the Sports Development Service and the ACTIVE DCU programme contact:

DCU Sports Development Service
Henry Grattan Building, Dublin 9
T: +353 1 700 5811
E: sportsdevelopment@dcu.ie
www.dcu.ie/sportsdevelopment

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

THE IRISH HEART FOUNDATION
50 RINGSEND ROAD
DUBLIN 4