

Personal Details

APP00246

EMAIL:
PHONE:
MOBILE:

I would like to make a gift of:

[illegible]

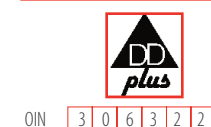
€10 €15 €18 €21* OTHER € PER MONTH

Bank Name:
Address:
Account Name:
Sort Code: [][][] Account Number: [][][][][][][][][]
Signature: Date:

**** Last 3 digits on the signature strip on the reverse of your card.**

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.

THE IRISH HEART FOUNDATION,
50 RINGSEND ROAD, DUBLIN 4



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!

- 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.

Please report any dangerous obstacles or missing/damaged signs to:

**Vale of Avoca Development Association
(VADA) at vadaavoca@yahoo.ie or
Drop into the
Old Courthouse Heritage Centre
Avoca Village
Tel : (0402) 35022**

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.irisheart.ie www.stroke.ie
Charity No: CHY5507

© Irish Heart Foundation 2013

www.irishheart.ie



**IRISH HEART
FOUNDATION**
Fighting Heart Disease & Stroke

Let's Go Walking...



Sponsored by Wicklow Rural Partnership and Vale of Avoca Development Association (VADA) and supported by Wicklow County Council, Avoca Tidy Towns and the Wicklow Avoca 14th Scout Troop.

Avoca Slí na Sláinte 2km



Sponsored by Wicklow Rural Partnership and Vale of Avoca Development Association (VADA) and supported by Wicklow County Council, Avoca Tidy Towns and the Wicklow Avoca 14th Scout Troop.

Welcome to the Wicklow Avoca Slí na Sláinte developed in honour of our local scouts, the Wicklow Avoca 14th Scout Troop in recognition of their support of the development of this Slí na Sláinte. This walk will help you appreciate the heritage of our lovely village.

1. The start is the car park opposite the church of Mary population of miners who paid for its construction.

2. Walking down the main street you will see the old courthouse beside the lovely village park. This building is now a tourist point and heritage center it is even said that Draculas author Bram Stoker worked here completing 'The Duties of Clerks of Petty Sessions in Ireland'.
3. As you walk past Fitzgeralds pub of Ballykissangel fame you will walk up the aptly named Beech road to the entrance of the Coillte forest. You will appreciate the beauty of the beech larch and oak that thrive here, also excellent views of Castlemacadam and Croghan mountain.
4. Down the path you get a panoramic view of the village from the cliff top that forms the villages backdrop.
5. Further down the track on your left you will see the old New bridge cemetery behind the old church, now a private house. Avoca was known as New Bridge until the late 1880's.
6. After passing the back of the church you will see the Old Avoca National school, now serving as a Community Hall for many local events.
7. The track now descends to the road which leads you back to the starting point. We hope you have enjoyed this lovely walk and sharing our heritage in which we are so proud.

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**