

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 \$4c)
 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:
Cork City Council
 021 496 6222

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

© Irish Heart Foundation 2015

www.irishheart.ie



Let's Go Walking...

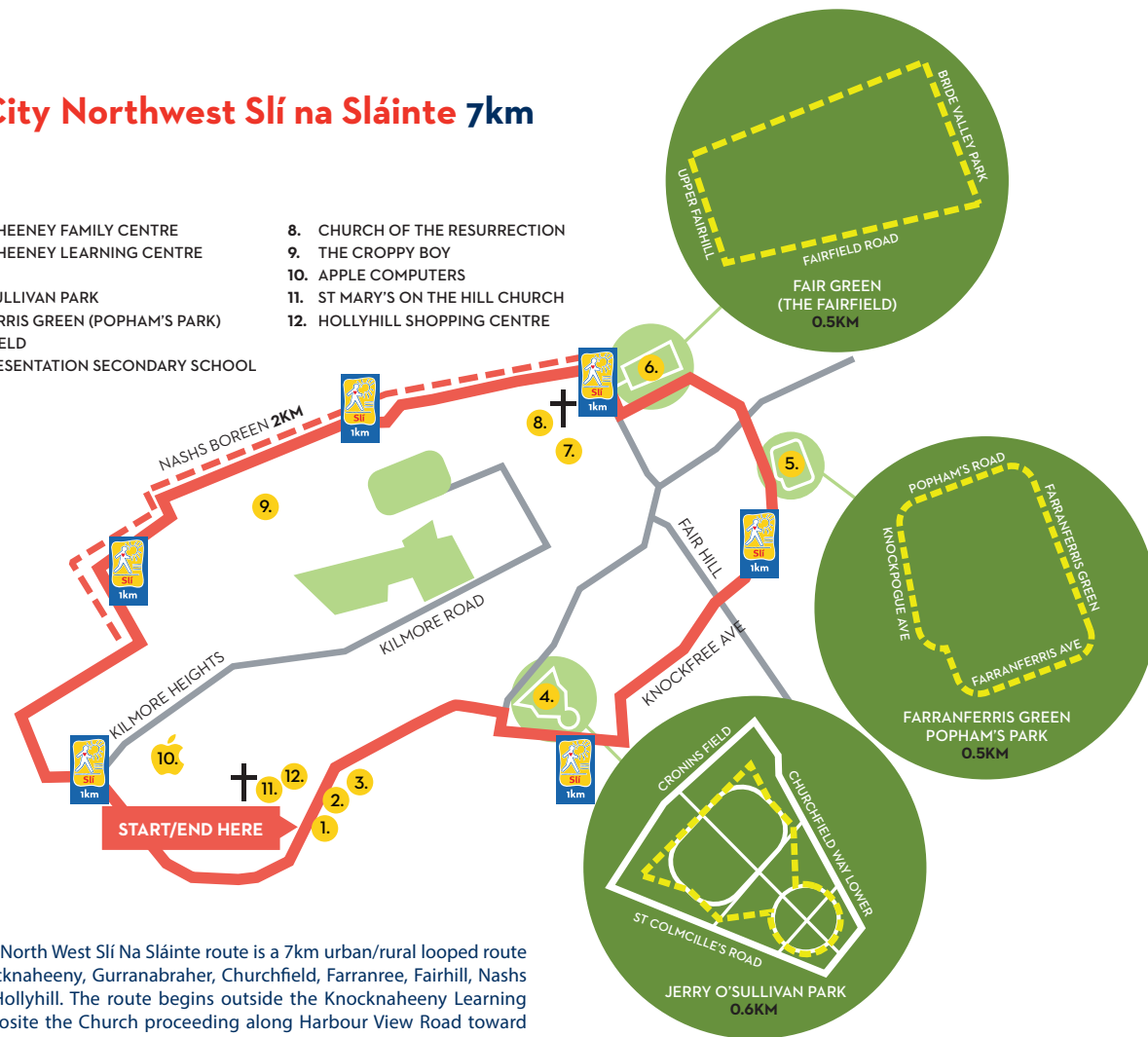
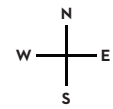


Cork City Northwest Slí na Sláinte

Supported and co-funded by The Health Action Zone areas of Farranree/Fairhill/Gurranabraher/Churchfield and Knocknaheeny for the HSE, Nashs Boreen Environmental Group, Cork City Council and NICHE Community Health Project.

Cork City Northwest Slí na Sláinte 7km

1. KNOCKNAHEENEY FAMILY CENTRE
2. KNOCKNAHEENEY LEARNING CENTRE
3. LIBRARY
4. JERRY O'SULLIVAN PARK
5. FARRANFERRIS GREEN (POPHAM'S PARK)
6. THE FAIRFIELD
7. NORTH PRESENTATION SECONDARY SCHOOL
8. CHURCH OF THE RESURRECTION
9. THE CROPPY BOY
10. APPLE COMPUTERS
11. ST MARY'S ON THE HILL CHURCH
12. HOLLYHILL SHOPPING CENTRE



The Cork City North West Slí Na Sláinte route is a 7km urban/rural looped route through Knocknaheeny, Gurrabraher, Churchfield, Farranree, Fairhill, Nashs Boreen and Hollyhill. The route begins outside the Knocknaheeny Learning Campus, opposite the Church proceeding along Harbour View Road toward Colmcille Road. At the pedestrian crossing, cross over and you will have the option of visiting Jerry O'Sullivan Park, a Slí map board measuring the inner park walkway stands at the entrance.

The route continues toward the Churchfield allotments taking care at road crossings. Turn left at the roundabout making your way straight along Knockfree Avenue and towards Knockpogue Avenue, Farranree. At Farranree Church you have the option of crossing the road at the pedestrian lights and visit Farranferris Green (Popham's Park), where you will find another map board. Continue along the route towards the Farranree Credit Union and cross the road with care at the roundabout junction making your way towards the Fair Green (The Fairfield), crossing over the road to the entrance of the Fair Green where you will see another map board.

The route then turns left up Fairfield Road towards Upper Fairhill. Turn right at the top of road and cross the road using the pedestrian lights. Turn right after you cross the road and continue straight until you come to a left turn up Nashs Boreen. There are several twists and turns on the route up the Boreen with an incline at the end.

Coming to the top of Nashs Boreen you will again find a map board, take a right turn at this point and continue straight with Apple Computers on your left hand side along a new stretch of roadway. Look to the Northeast on Nashs Boreen on a clear day to see Galtymore at 719m above sea level on the Tipperary/Waterford Border. At the top of Nash's Boreen look Northwest to view Teampall na gCillini - Ancient Church in Killeens a short walk from the BlackstoneBridge...it's a view of a cluster of trees from Nashs Boreen and the site of an open air mass every June. The site of 'The Croppy Boy' is a local Historical landmark close to Nashs Boreen which can only be accessed off road through the fields.

Follow the road around passing Saint Anthony's Park Estate on your right side and veer right at the roundabout near the entrance to Apple Computer. From the new road by Apple Computer look for Blarney Castle to the Northwest. Continue straight along Tadgh Barry Road. Cross at the traffic lights continuing straight and passing on your left a petrol station and NICHE Community Garden located behind the petrol station. Keep walking straight until you arrive back -at the starting point outside Knocknaheeny Learning Campus.

Distance-Time	7 kilometres/approximately 95mins
Difficulty	Easy
Terrain	Road
To Suit	All levels of fitness
Minimum Gear	Walking shoes and rain gear
Grid Ref	W652 725



Supported and co-funded by The Health Action Zone areas of Farranree/Fairhill/Gurrabraher/Churchfield and Knocknaheeny for the HSE, Nashs Boreen Environmental Group, Cork City Council and NICHE Community Health Project.

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
D04 T6X0