Personal Details

Credit Card (one-off)
I would like to make a gift of:

Visa Mastercard Laser

1

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

DD

OIN 3 0 6 3 2 2

Direct Debit (monthly)

€45 €75 €125 €250* OTHER €

Account Number:

Preferences Do you need a postal receipt?: Yes No (saves us 54c)

I am happy to receive communications by: Email Phone Post

PLEASE RETURN IN AN ENVELOPE TO:

4 CLYDE ROAD, BALLSBRIDGE, DUBLIN 4

THE IRISH HEART FOUNDATION.

*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.

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 navment by Direct Debit then:

Your Direct Dehit Originator will notify you in advance

Your Bank will accept and pay such debits, provided

of the amounts to be debited to your account.

Debit was charged to your account, you are quaranteed an immediate refund by your Bank

of the amount so charged where you notify your

the unauthorised Direct Debit, and in any event

no later than 13 months after the date of debiting

You are entitled to request a refund of any Variable

Direct Dehit 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

You can instruct your Bank to refuse a Direct Debit

You can cancel the Direct Debit Instruction by

Security Code **

ADDRESS:

EMAII -

PHONE:

MOBILE:

Expiry date:

Signature:

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

- 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

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 Civic Trust: 061 313 399

The Irish Heart Foundation 4 Clyde Road, Ballsbridge, 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... Slí na Sláinte

> King's Island Limerick

Sponsored by Limerick Regeneration Agencies, Limerick City Council, Limerick Sports Partnership and Limerick Civic Trust



THE IRISH HEART FOUNDATION

4 CLYDE ROAD

BALLSBRIDGE

DUBLIN 4

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 30 minutes of physical activity 5 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 NOTE:

This Slí na Sláinte is only suitable for day time walking.

Let's Go Walking...

King's Island Slí na Sláinte - 3.3km REGENERATION **AGENCIES** Sponsored by Limerick Regeneration Agencies, Limerick City Council, Limerick Sports Partnership and Limerick Civic Trust THE ISLAND BANK **BURIED CROMWELLIAN FORT** WETLANDS SPECIAL AREA OF CONSERVATION RIVER SHANNON **ESB SALMON WEIR MILITARY CEMETERY** 1. KING JOHN'S CASTLE 2. BISHOP'S PALACE - LIMERICK CIVIC TRUST 3. ST. MUNCHIN'S CHURCH - OLD PROTESTANT 4. VILLIER'S ALMSHOUSES 5. YOUTH & COMMUNITY CENTRE/CAFÉ 6. ST. MARY'S CHURCH THOMOND 7. WALLS OF LIMERICK ATHLUNKARD **BOAT CLUB** Kings Island Slí na Sláinte 3.3km

King's Island Slí na Sláinte is a 3.3km route which starts in the heart of medieval Limerick. King John's Castle. The walk passes by the faithfully restored Bishop's Palace (now Civic Trust), St Munchin's Church and Villier's Almshouses. Walking towards King's Island Community Centre & Café, stunning views of Thomond Bridge and the River Shannon mark the start of the traffic-free King's Island Walkway. The riverside trail passes the ESB salmon weir and continues through

a large wetlands Special Area of Conservation. A buried Cromwellian Fort points to the rich history of King's Island. An old Military Cemetery can be seen to one side at 2Km mark with the Abbey River to the other. At O'Dwyer Bridge, Athlunkard Boat Club sits beside the river. The trail turns onto Athlunkard St and passes St Mary's RC Church. Turn right to walk alongside the old Walls of Limerick on the Island Road and return to the starting point at the historic Castle.