

PALs UPDATE

Spring/Summer 2017



Go for Life Team

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2017 promises to be another very busy year for Age & Opportunity's Go for Life Programme. We began the year with our annual trainers "get together" in our offices here in Marino in Dublin. On this day our hard working trainers from all over the country come together to exchange ideas, do further training and fill us in on all the news from our network of PALs who they meet throughout the year when delivering workshops, sportsfests and other physical activities.

PALs Workshops

In the early part of the year we completed workshop series in Longford, Offaly and Fingal and dance workshops in Wexford and Kerry. New courses are scheduled for Dun Laoghaire, Cork, Carlow, Clare and Kerry so far and more to be confirmed. All our workshops are run in partnership with the Local Sports Partnerships and HSE Health Promotion Offices so be sure to contact them or ourselves if you know anyone who might be interested in taking part or if you want any further information on local events and activities for older people in your area.

...Save the Date....

National Go for Life Games Saturday 10 June 2017 Dublin City University

It's that time of year again when groups all over the country are getting together to play Scidils, Flisk and Lobbers and registering their county team for the national games event in June. If you want more information about the games or want to be part of a team contact your Local Sports Partnerships or Go for Life directly. We will be welcoming new comers Louth to the event this year thanks to a local PAL. Corry from Dundalk ICA is working with the Dundalk Sports Centre and Louth Sports Partnership to select a team to fly the red & white flag for the Wee County this year.



See contact details for your Local Sports Partnership at www.ageandopportunity.ie/what-we-do/physical-activity-sport/go-for-life-pals-workshop/go-for-life-pals-co-ordinators

#BEACTIVE

European Week of Sport September 23-30

As part of European Week of Sport last year, PALs from all over the country had a go at some new sports and adventures. Again this year we are inviting you to contact us and let us know if there is something different you or your group would like to do as part of this European initiative. One of the activities already scheduled for that week is an open sea swim event, being run by ourselves and Swim Ireland. The swim will take place in Portmarnock, Co Dublin on Sunday 24 September. Everyone is welcome with all levels and abilities being facilitated on the day. Contact us for further details or keep an eye on our facebook and website pages.



Swim Ireland run a number of programmes to encourage us all to "Get Swimming" including lessons, the "Swim for a Mile" programme and Aquatics Training courses (next course for Level 1 starts 7 April in Dublin) Contact Carol Finlay 086 838 4336 or e-mail participation@swimireland.ie for further details on all their programmes

FitLine

In January we had a gathering of our FitLine mentors. The day comprised of a roundup of the FitLine activities for 2016 and the announcement of our very first "Mentor of the Year" recipient. Congratulations to Mairead McLoughlin from Kilcross centre who received the award for all her hard work and the effort she and her fellow mentors have made over the year to encourage people to be more active and to lead a healthier lifestyle. Mairead, is a mother of seven and grandmother of 13, from Kilcross, Sandyford, Co Dublin, and has been encouraging and motivating older people to get active for the last five years. "I would always have been very active. I walk every week with the Kilcross over-50s group and when I was approached to be a mentor, I felt it was a great idea," she says. "And how can I motivate people and encourage them, if I don't get up off my own backside and be active, too?"

If you know of anyone who could benefit from this free service please direct them to the FitLine free telephone number **1800 303 545**



Mairead and her fellow mentors at the Fitline call centre in Kilcross

National Grant Scheme

This year's Scheme will open for applications at the end of August with a closing date of Friday 29 September. Details will be on our website from late Summer.

Bealtaine Festival 2017

..is an Age and Opportunity initiative funded by the Arts Council. It is Irelands national festival which uniquely celebrates arts and creativity as we age. Many PALs and groups have taken part in Bealtaine over the years with all sorts of wonderful creative ideas ranging from dance, song, art and music. If you or your group wish to take part in the festival you can register your own event by visiting www.bealtaine.com/eventregistration up until end of April.



If your group like to be up with the lark you might lend your voices to the nationwide Dawn Chorus event on Sunday 7 May. On that morning the Association of Irish Choirs and the Bealtaine Festival will bring choirs, active retirement groups and older people together across Ireland for this unique singing event.

To find out more information about the Dawn Chorus please contact Cathy McCarthy at Age & Opportunity on email: bealtaine2@ageandopportunity.ie or tel : 01 805 7709.

If you have any queries regarding the online registration process or the Bealtaine Festival itself, please contact Age & Opportunity Arts and Culture Administrator Kim Chew: Tel: 01 8057713 or e-mail kim.chew@ageandopportunity.ie

If you have news to report, please drop us a line or an e-mail and we will try to include your news in our next edition...photos are particularly welcome!

Age & Opportunity
Life is for Living.

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