

PALs UPDATE

Autumn 2017



Go for Life National Games

The fifth Go for Life Games event took place on June 10th in DCU sports hall. **24 teams** took part representing **21 counties**. Almost **300 people** were playing Scidils, Flisk and Lobbers. Teams in the winning enclosure this year were Carlow, Westmeath and Limerick with lots of Spirit of the Games awards going to various other counties. Big thanks to all those who took part including volunteers, managers, staff and Local Sports Partnerships. A special "well done" to those managers who get their teams up the night before, organising accommodation food and transport for all. Fantastic!



Photo credit :Tommy Clancy

Next year's games will be on **Saturday June 9th 2018** and it's never too early to start practising in your own group and taking part in local leagues and friendlies . If you want to know more call our office 01 805 7733.

CarePALS

Thanks to further funding from the HSE this 2 day course continued throughout 2017. The course teaches those working in day or residential settings how to lead fun physical activities with those in their care. By the end of 2017 we will have trained approximately 150 new CarePALS bringing the total amount across the country to 500.

National Grant Scheme

In September the National Grant Scheme received over 1200 applications from groups all over the country. Sport Ireland has again this year allocated €300,000 towards increasing physical activity levels amongst older people's groups. The Grant Scheme announcement will take place in December and Minister Brendan Griffin will attend the official launch in Dublin. If you are in the area and would like to join us we will have some games activities and mince pies for all. Give us a call for further details on 01 8057733.

PALs Workshops

As always our workshop calendar was full to capacity this year. Workshop series were completed in the Autumn in Cork and Dublin. New PALs courses started in Clare, Kerry, Tipperary, Dublin, Laois and Roscommon.

All these workshops are supported and coordinated with the help of the Local Sports Partnerships and the HSE in your area so if you know of anyone in your group who hasn't attended the PALs course, and would like more information about the Go for Life programme, advise them to contact us directly or the local county co-ordinator. All contact details can be found on www.ageandopportunity.ie.



Alice and PALs in action in Tipperary

Attention all ICA members

Following a great day in early September when Age & Opportunity and An Grianan hosted a taster session for ICA members in the local areas, Go for Life will be running PALs workshops specifically for ICA members over a weekend during 2018. Contact the Go for Life office for further details.



Photo credit: Jimmy Weldon

FitLine

We are looking for new recruits for our free telephone support service, which is there to motivate and encourage people to start being more active.

If you know anyone who needs that extra support be sure to pass on the free phone number **FitLine on 1800 303 545**.

Free Service for Over 50s

FitLine
Free Phone Physical Activity Mentor Service.
1800 303 545

Can't make physical activity with friends?
Telephone support from FitLine

PALs take part in European Week of Sport

EWOS 2017 ran from September 23-30. All across Europe people are asked to mark this week by being more active and involved in sport. As usual our PALs jumped at the chance to try something different.

Tuesday... Open Sea Swimming

Go for Life joined with Swim Ireland and Fingal Sports Partnership to host a fun open sea swim event. About 15 brave souls ran into the sea at Portmarnock to "splash, dash, dance or swim". The event was great fun and even attracted the attention of the local media. Definitely on the cards again for 2018 so keep an eye on our website for details.

Swim Ireland : Carol Finlay

Ph: 01 625 1142

participation@swimireland.ie



Photo Credit : Tommy Clancy

Wednesday...Walking Football

FAI hosted a walking football session in the indoor arena National Sports Campus in Blanchardstown. This is a fast growing sport which attracts the attention of many of our PALs. 50 people enjoyed the day.

FAI : Gerry Reardon 087 132 3264
gerry.reardon@fai.ie

Kayaking/Boating

Kayaking was really popular this year and we had 3 different river trips in Limerick, Tipperary and Wicklow.



Monica and Mary on River Suir

Falconry

Patricia realised her dream of getting "up close and personal" with beautiful birds of prey with a morning of falconry in Glenlo Abbey Hotel in Galway.



Thursday ...Croquet

PALs from a local group visited Newbridge House in Donabate, Dublin to try their hand at Croquet with the assistance of members of the Croquet Association of Ireland.



A super day was had by all and thanks to Ann from Newbridge House who topped off the day with a tour of the House.

Croquet Association of Ireland
secretary@croquetireland.com



Friday...Clay Pigeon Shooting

Something new for Go for Life was Clay Pigeon shooting. Sean and his pal enjoyed a morning of shooting in Kildare and Peter Jones from Waterford LSP organised a group to have a go.

Saturday...Ziplining

This brave group of PALs and FitLine mentors from South Dublin decided to really push the boat out and try scaling the high wires and obstacle course of the Zipit Adventure Park in Tibbradden Woods!



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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