

# PALS UPDATE

Christmas 2016



SuperPAL Stephen Moloney speaking at the launch in Newcastle West. Thanks to Connie Danaher and Helen Farmer who also spoke about how important the Grant Scheme is for their groups.

## PALS Workshops

2016 saw a record number of PALS workshops being rolled out throughout the country. 66 workshops with an average of 20 participants per workshop means we are building our PALS network every year. Already scheduled for 2017 are a series of new workshops in Cork in February, Carlow in March, and Kerry in September. If you know someone who would like to train as a PAL be sure to give them our contact details and we can provide them with all the information on how to register for these programmes. Workshops which began in Autumn 2016 will continue in counties Offaly in mid-January and Fingal and Longford in February.

If you haven't already done so make sure to get in contact with your Local Sports Partnership office or the Health Promotion Officer in your area as they have lots of information on local events, sports activities, workshops etc which they are organising, or may be able to help you to organise. See contact details on our website [www.ageandopportunity.ie](http://www.ageandopportunity.ie).

## National Grant Scheme

The National Grant Scheme 2016 was launched on December 9<sup>th</sup> by Minister Patrick O'Donovan in his home constituency of Newcastle West, Co Limerick. Minister O'Donovan delivered the good news that a total of €300,000 has been allocated to groups all over the country to help them to increase physical activity among their members. You can view a full list of successful grantees on our website.



Patrick O'Donovan, Minister for State for Tourism & Sport, launching the Grants.

## FitLine

We would like to extend our gratitude to the hard working FitLine Mentors who man the phones each week, encouraging and motivating people to be more active. If you know of anyone who could benefit from this free service please direct them to the FitLine free telephone number **1800 303 545**.

## CarePALS

During 2016 we delivered 15 CarePALS courses to staff working in day and residential care settings. 9 of these courses were funded by the HSE National Office of Health Promotion and Improvement who also funded a free Kitbag for the new CarePALS to take back to their own setting to help them to lead short physical activity sessions specially adapted for those in their care.

## New Year, New Adventure

If you would like to take up a new sport in the new year we here in Go For Life have many connections in sports organisations, so be sure to let us know if you are interested in something new. Here are just some links you may like to make use of:  
Badminton Ireland -(01) 8393028  
Cricket Ireland - (01) 8947914  
Cycling Ireland - (01) 8551522  
If you would like to **'Try something new'** as part of European week of Sport in September 2017, let us know by phoning 01 8057733 or send us a letter via the address at the back of this page.



**GO FOR LIFE FACTS**

Since our first research study in 2006 there are now more active than inactive older people in Ireland today

26% of people are meeting the recommended guidelines



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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