

# PALS UPDATE

Spring 2015



## Go for Life Games

The 2015 Go for Life Games will take place on Saturday, 6 June. They will be in the Sports Hall of Dublin City University with lunch, prize-giving and some fun activities on the side. This year, it will be bigger than ever with almost every county registering a team so far. We expect approximately 300 older people playing Scidils, Flisk and Lobbers on the day, as well as spectators and supporters. Teams will have 12 players and a team manager. If you are not sure if your county has a team entered, you can check with your Local Sports Partnership or ring the Go for Life office. If you have not heard of the Go for Life Games yet, contact us and we can tell you everything you need to know. The rules of each game and advice to get you started are on our website [ageandopportunity.ie](http://ageandopportunity.ie)

Thank you to all of you who took part in our PALS survey in September 2014. The purpose of the survey was to get in touch with you all and to find out about the good work that PALS are doing with groups and communities every week. We now have 923 PALS who are actively organising or leading activities with older people all around the country. As you know, all respondents were entered into a draw for a luxury weekend away and congratulations to the winner Gretta Rabbitte from Lucan in Dublin.



## PALs Workshops

Go for Life will deliver 38 PALs workshops in the first half of the year. New PALs have been trained in Kerry, Kilkenny, Dublin City, North Tipperary and Limerick. South Tipperary are completing the series which they started in Autumn 2014. The new CarePALs programme, run in Cork and Clare in November 2014 was run again in these counties in February to satisfy the waiting list of people wishing to do the course. CarePALs workshops are scheduled to take place in Louth in May and in Dublin in June 2015. This course is for people working in a residential or day care setting, who wish to take Go for Life activities and ideas into their workplace to improve the activity levels of older people who are in their care. The HSE has provided funding for these courses so places are offered to those working within the HSE. There may be limited places available to those employed in private care settings so, if you are interested, contact the Go for Life office for further information.

## Leagues and Blitzes

Keep in touch to find out if there are any Games leagues or blitz (Sportsfest) days happening in your locality. In some areas, these have developed into regional events with three or four counties coming together for some 'friendly' county rivalry.

## Fitline

Go for Life's Fitline service is expanding its reach in 2015. Training for new mentors will take place in Maynooth Library, Co. Kildare in April and more training is scheduled for Dublin mentors in May. This telephone support service supports older people who are not members of a group and need that extra encouragement to get more physically active. The service is completely free and anyone interested in registering as a participant or training as a mentor can Freephone 1800 303 0545.

## **Carole Hannah update from the Southwest...**

“We hope you will enjoy this picture of our ladies hard at work at Parachute Games at a recent exercise session, under the guidance of our PAL Rosie Magee”



*Woman 2000 Group Killorglin*

## **Tony McCarthy busy in Dun Laoghaire...**

“Dun Laoghaire Active Retirement Association are promoting an inter-generational fun walk on Saturday, 9 May. Registration at 10.30am at the Harbour Plaza. The walk will commence at 11am along the beautiful seafront to Blackrock People’s Park and back to Dun Laoghaire. At 2pm, there will be Scidils and Flisk games in the grounds of the spectacular new Lexicon building. Enquiries to Tony Mc Carthy (PAL) 085 784 6073”

## **Ettie McCormack and Tullow Active Retirement put the grant to good use...**

“We were grateful to receive your grant in December to help with our activities. Established with your help in 2002, our activities have increased over the years. We had 226 members in 2014 and this is showing an increase this year. We are fortunate to have a lovely swimming pool at Mount Wolseley to provide aqua aerobics 5 times weekly to suit everybody. Our bowls, which you helped us to set up in 2004, is running three times weekly. We also do Line Dancing on Tuesdays, Tai Chi on Thursdays and Yoga on Fridays. We have between 15 and 20 PALs, and most are still actively employed in our activities.”

## **Margaret Franklin on their upcoming Midlands Sportsfest ...**

“Arrangements are well underway for our planned ‘SPORTSFEST’ for Older Adults in Athlone Regional Sports Centre on Wed 22 April. I’ve created an ‘event’ for it in Facebook.”

## **Lillian Mooney’s news from the West ...**

“The Mervue Active Retirement Association has 53 members. We meet once a week to socialise and to arrange our activities... We play mat bowls in the Community Centre twice a week... Other activities we enjoyed were Tai Chi exercises which the Galway City Sports Partnership introduced to us. They gave us a free class with an instructor and then we asked him to come into our club meeting hall...”

## **Vera Floody in Drogheda on their upcoming events ...**

“The club is going well. We have about 30 members. We do exercise and a bit of Tai Chi, have a cup of tea and then some line dancing, all for €4.

## **Equipment**

We are aware that there have been some issues with accessing the Lobbers balls, as the manufacturers discontinued the supply. We are trying, along with the Local Sports Partnership, to help in any way we can with equipment leading up to the Games. We are hoping to have another manufacturer secured in the next couple of months.



We hope to see some of you at refresher workshops in the Autumn. In the meantime, 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 particularly welcome!

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