



The *Walking* Leader

Newsletter 2014



Dear Walking Leaders,

Welcome to the latest edition of 'The Walking Leader' the Irish Heart Foundation's dedicated newsletter for all things walking! Summer is here again and I hope you are all making the most of the bright evenings, getting your group out and about for an invigorating walk. We greatly appreciate the amazing work you do in the community, inspiring and motivating your friends and neighbours to get out and get active.

We've put this newsletter together to give you a snapshot of some of the work the Slí na Sláinte programme has been doing over the past year to promote walking in the community and workplace. 2013 was another thriving year for the Slí na Sláinte initiative with the development of 12 new community and 6 new workplace walking routes.

In the past year we've trained 150 leaders with the help of the HSE and Local Sports Partnership and rolled out the newest addition to our training programme the 'Get Into Walking Workshop'. Recreational walking continues to be the most popular form of physical activity in Ireland which is great news as we all know regular walking can boost your energy levels, help relieve stress and reduces your risk of high blood pressure, heart disease and stroke.

We hope you enjoy this edition of 'The Walking Leader' and we would love to hear from you and your walking group so don't be shy, keep in touch and let us know of any upcoming walking events, festivals, fundraisers etc. in your community.

Best wishes
Edel Byrne, National Coordinator Slí na Sláinte

DATES FOR YOUR DIARY

Walking Leader Training Dates 2014

Limerick **September**

Wicklow **October**

Galway **October**

Happy Heart Walks **28th September**

Overseas Walks:

Jordan **18th – 26th September**

Portuguese Camino **30th August – 6th September**

Irish Heart Month (Theme Alcohol) **September**

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Find us on Facebook: www.facebook.com/irishheartfoundation

Find us on Twitter: www.twitter.com/irishheart_ie



WICKLOW TOWN SLÍ NA SLÁINTE ROUTE

As many of you are already aware, the Slí na Sláinte routes are a unique Health Promotion initiative of the Irish Heart Foundation designed to encourage people of all ages and ability to walk for health and leisure. Two of the newest additions were launched in Wicklow Town consisting of a scenic 7.6 kilometer and 4.8 kilometer walk around the environs of the town. The project was funded by Wicklow Town Council, supported by Wicklow County Council and Wicklow Local Sports Partnership. The idea of developing a Slí na Sláinte for Wicklow Town came about through the Pfizer/Irish Times Healthy Towns initiative for which Wicklow Town was chosen to host last year.

The new routes were launched by the unveiling of the mapboard by Mayor Malcolm Earls and representatives from Pfizer and The Irish Times, followed by a walk along a stretch of the route and refreshments at Wicklow Enterprise Centre. Local school children and residents attended on the day. Getting active makes such a big difference to your heart and overall health. Regular walking can give you more energy, help relieve stress, help manage weight and it most importantly it reduces your risk of high blood pressure, heart disease and stroke. But to get these health benefits, adults need at least 30 minutes of physical activity, such as brisk walking, five days a week. By having clearly marked and safe walking routes, we aim to make it easier for people to get active as part of their normal day.

If you are interested in developing a Slí na Sláinte route for your locality then please contact Edel Byrne on: 01 668 5001 or email: ebyrne@irishheart.ie



WICKLOW TOWN SLÍ NA SLÁINTE

Slí na Sláinte
Wicklow Town Slí na Sláinte

LEGEND

1. GRAND HOTEL
2. WICKLOW TENNIS CLUB
3. COUNTY BUILDINGS
4. WICKLOW ROVERS SPORTS GROUND
5. WICKLOW TOWN FC
6. EAST GLENDALOUGH SECONDARY SCHOOL
7. CARBARIK
8. CEMETERY
9. MEERY MEETING ROUNDABOUT
10. ASHTOWN ROUNDABOUT

ROUTE 1 - 7.6km
ROUTE 2 - 4.8km

IRISH HEART FOUNDATION
www.irishheart.ie
www.stroke.ie

For health benefits you need to walk at a hearty pace for at least 30 minutes 5 days a week. You can accumulate the 30 minutes or more over two or three shorter sessions.
You should be able to walk 4.8km in 30-40 minutes depending on your pace.

Slí na Sláinte is a health promotion initiative of the Irish Heart Foundation aimed at encouraging people to walk on a regular basis.

LEADER SPOTLIGHT: THE HAPPY FEET WALKERS

The Happy Feet Walkers formed in 2011 as part of a local fitness programme. The Saturday morning walk in the great outdoors became the highlight of the 12 week programme and three years later the participants still continue the weekend rambles.

The group leaders sought some structured training and approached Cavan Sports Partnership who directed them to the IHF Community Walking Leader Training. Happy Feet Walkers now have fourteen certified walking leaders, qualified first aiders and a register of over one hundred walkers.

The group have enjoyed an action-packed schedule of walks, festivals, competitions and events over the last three years. They have hosted Operation Transformation walks, charity walks and are actively involved with The Cavan Walking Festival. The groups' greatest success has been the twice weekly programme of community-based walks. Meeting at St Michael's Hall Coothecill, walkers are met with a smile and warm welcome.



The group cater for a wide range of ages and abilities, those out for a chat or those looking to enjoy the landscape. The range of routes is diverse, from delightful forest trails, drumlin hikes and lakeside walks. Last July they launched the five week 'Outdoor Strollers Programme' which attracted over seventy participants.

All successful strollers were awarded an IHF walking certificate and badge, due to popular demand the programme will be repeated this July. The initiative also led to a winter 'Indoor Activities' programme for the senior members of the community. The group would like to acknowledge the huge amount of work put in by the voluntary walking leaders, the walkers themselves and the support provided by IHF, Cavan Sports Partnership and GIW in helping to develop and sustain the Happy Feet Walkers.

Further details about Happy Feet Walkers can be found on their Facebook page.

RECIPE CORNER

EXOTIC FRUIT PAVLOVA

Here's a sneak peak at one of our delicious Summer recipes from our 'I ♥ Good Food' Cookbook. The cookbook is available directly from the Irish Heart Foundation or leading bookstores. Priced at €15 why not give it a try? For more information call Tara on 01 668 5001.

This is an all-time family favourite and you can vary it by choosing fruit depending on the season and what is available in the shops. For the perfect Pavlova leave the meringue in the turned-off oven with the door shut – this guarantees that the middle will develop the characteristic Pavlova marshmallowiness. The meringue can be prepared the day before and kept in a cool place until needed.

Serves Four

WHAT YOU NEED:

FOR THE MERINGUE:

2 large egg whites,
at room temperature
A pinch of salt
100g (4oz) caster sugar
1 teaspoon cornflour
½ teaspoon white wine vinegar
2 drops vanilla extract

FOR THE TOPPING:

5 tablespoons light cream
25g (1oz) caster sugar
100g (4oz) half-fat crème fraîche
1 passion fruit, halved and
pulp removed
1 kiwi fruit, peeled and sliced
1 small orange, segmented
1 small star fruit, sliced
4 large strawberries
100g (4oz) raspberries
Fresh mint sprigs, to garnish

WHAT YOU DO

Preheat the oven to 150°C/300°F/Gas Mark 2.
Line a baking tray with non-stick baking parchment and draw a 17.5cm (7in) circle on it. To make the meringue, whisk the egg whites and salt in a large clean bowl until stiff peaks have formed.



Whisk in the sugar, a third at a time, whisking well after each addition until stiff and very shiny. Sprinkle in the cornflour, vinegar and vanilla extract and gently fold in with a metal spoon.

Pile the meringue onto the baking parchment within the circle, making sure there is a substantial hollow in the centre.

Place in the oven and immediately reduce the heat to 110°C/225°F/Gas Mark ¼ and continue to cook for 45 minutes to 1 hour until crisp but still a little soft in the centre. Turn off the oven and leave to cool completely, with the door shut.

To make the filling, place the light cream in a bowl with the caster sugar and whip until thickened, then fold in the crème fraîche. Peel the parchment off the meringue and transfer it to a serving plate. Pile the cream mixture into the hollow in the meringue and arrange all of the prepared fruit and berries on top, finishing with the passion fruit pulp. Decorate with the mint sprigs, cut into slices to serve.

TYPICAL NUTRITIONAL CONTENT PER PORTION

Energy Kcal/(Calories)	238
Fat (g)	7.5
(Of which saturates (g))	4.8
Salt (g)	0.1
Sugars (g)	39.7

Let's Go Walking...

SLÍ WALKING GROUP DIRECTORY

As always our leaders are wonderfully creative with their walking group names. Here's a selection of some of our favourites from the past year...

- 'Lettuce Move for the Craic' — Kildare
- 'Happy Smiley Feet' — Cork
- 'River Deep Mountain High Trekkers' — Carlow
- 'Hare and Tortoise Walkers' — Kildare
- 'Social Steppers' — Kildare
- 'The Loopy Loop Walkers' — Cork

If you would like your group listed on our directory please send the following information to tcurran@irishheart.ie

1. Name of your group
2. Location (town & county)
3. Details of walk (distance, frequency)
4. Your contact details (name, email/telephone)

Calling all outstanding logbooks...



To all our newly trained Walking Leaders, please remember to return your completed logbook and evaluation form as soon as possible. Once we receive your logbook you will be certified as an IHF Trained Walking Leader and will receive your IHF Hi-viz Walking Leader Vest. We value your feedback and would love to hear of any suggestions you have to improve our training course.

Please send completed logbooks to:
Irish Heart Foundation, 50 Ringsend Road, Dublin 4.

WOULD YOU LIKE TO RECEIVE OUR NEWSLETTER BY EMAIL?

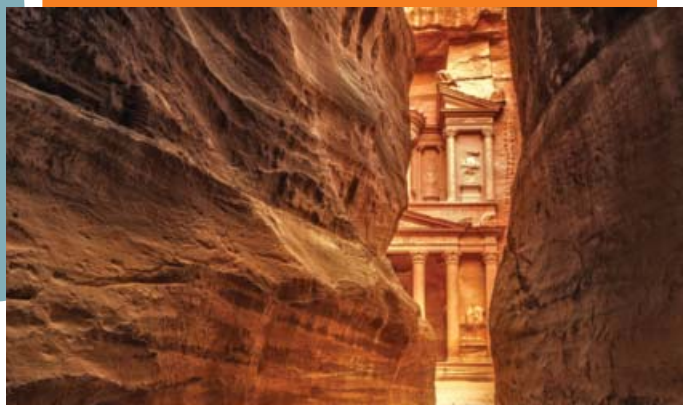
If you are not already receiving our newsletter by email and wish to do so, email tcurran@irishheart.ie. If you do not wish to receive further communications from us call 01 668 5001. For more information on our health promotion programmes, visit www.irishheart.ie or join us on www.facebook.com/irishheartfoundation where you can post any stories or events related to heart health on our wall. You can tweet us too on www.twitter.com/irishheart_ie

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 strategies, support research and provide vital public information. We need your support — through donations, as a volunteer or on our training courses. We value your feedback, please contact us with any thoughts or suggestions on how we can improve the newsletter.



Don't forget to register your walking group at www.getirelandwalking.ie to avail of walking leader supports and insurance

JORDAN WALK 18 — 26 SEPTEMBER
CAMINO WALK 30 AUGUST — 6 SEPTEMBER
Secure your place with a €200 deposit
For more information contact ekennedy@irishheart.ie



JOIN OUR 2014 OVERSEAS WALKS

This year the IHF are travelling to Jordan for an 8 night, 9 day walking trip, walking on average 3—5 hours a day, over lunar-like landscape. Starting in Madaba and visiting the sights of the ancient city of Petra and the Dead Sea.

This trip is a great opportunity to take in the star filled desert skies in the absence of noise. Or join the IHF team on the Portuguese route of the Camino. This less travelled route, offers real rustic charm and warm hospitality especially from the locals that you meet along the way!

Follow in the shoes of the many people who have walked the Camino over the years and gain your unique Camino passport! Collect stamps along the way to prove that you walked the 100km of St. James' Way!

For more information contact: ekennedy@irishheart.ie or on 01 668 5001



Happy Heart Walks 2014

Sunday 28th September 2014 to mark World Heart Day

Help us turn 50,00km into €50,000!

Register at: www.irishheart.ie/happyheartwalks



THE GET INTO WALKING WORKSHOP

Developed by the Irish Heart Foundation, delivered locally by the HSE and Local Sports Partnerships the Get into Walking Workshop aims to...

- To encourage people to walk more often
- To enable people get more health benefits from walking
- To support the establishment of local walking groups
- To promote the Community Walking Leader Training Course

The practical based workshop can be tailored to suit the needs of different community groups. To date we have trained 29 tutors in 14 counties. To find out more about the Get into Walking Workshop or to find a trainer in your area please visit our website or contact your Local Sports Partnership.