

PALs Newsletter

Summer 2024

Summer has finally arrived, and our Age & Opportunity Active team has been busy over the last few months with our Grants Launch in April and our Go for Life Games in June. We are delighted to announce that since our last newsletter, we have recruited many new PALs and CarePALs, and both initiatives are thriving. The enthusiasm and positivity of our existing and new PALs and CarePALs is truly inspiring, and we extend a warm welcome to all our new leaders.

PALs

In the past few months, we have launched two more PALs initiatives - the first in County Cork and the second in County Tipperary. We were fortunate to have two wonderful groups of participants who were highly engaged, and we trust that they are now applying their newfound knowledge within their groups. As a result, we have welcomed 37 new PALs across the two counties. After the summer we will be introducing two additional PALs initiatives: one in Dublin and one in Wexford. The Dublin PALs workshops are scheduled to commence on October 24th, while the Wexford PALs workshops will begin on October 16th. For further details on either of these

workshops, please feel free to contact us via email. Spaces are limited.

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Our Cork PALs with our trainers Kathleen and Fiona



Tipperary Titans with trainers Margaret and Biddy

CarePALS

Our CarePALS initiative, which targets individuals working or volunteering in day or residential care settings, has been delivered in six more areas since our last newsletter. We have received an overwhelming response in South Dublin, Kilkenny, Kildare, Portlaoise, Dublin North, and Sligo. As a result, we now have an additional 100 CarePAL leaders actively delivering activity sessions in care settings nationwide. For those interested, we will be conducting training sessions in Wexford, Donegal, Limerick, Galway and Kerry after the summer. Spaces are limited and if you would like more information about any of these upcoming workshops, please don't hesitate to contact

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Kildare CarePALS with trainers Margaret and Barbara



The wonderful Kilkenny CarePALS with trainers Biddy and Margaret



Lively Laois CarePALS ready to step into action



Great turn out at our Dublin CarePALS with trainers Barbara, Margaret and new trainer Colette

Grants Launch

The Age & Opportunity Active National Grant Scheme is funded by Sport Ireland and offers financial supports to local clubs, groups and organisations nationwide who promote physical activity and sport for older people. This year, we received a significant increase in applications, reflecting the enthusiasm of numerous clubs and care facilities to promote physical activity. We announced the list of our successful grantees on April 24th at an event in the Sport Ireland Campus. Local Walking Football groups, along with other older adult groups attended the event and showcased Walking Football and Go for Life games. Pickleball Ireland also joined us, allowing groups to experience the game firsthand.

Sylvia Guckian, a PAL from the Grange Woodbine Group in Dublin, emphasized the significance of the Grant and the invaluable support it provides to her group in enabling them to effectively engage in activities.

We were inspired by the stories shared by Paul Kelly from Kilcoole Men's Shed and Ciaran D'Arcy from Shamrock Rovers, highlighting the positive impact of Walking Football on their lives and the importance of staying active as we age. We sincerely thank everyone who attended the event and who applied for a grant this year. The grant scheme will re-open in February 2025.



Ready for action at the Grants Launch

Go for Life Games 2024

The Go for Life Games made a triumphant return on the 8th of June at Dublin City University, marking the first time back since 2019. This event was filled with healthy competition, fun and camaraderie. A total of 18 teams from 12 counties took part in the games, showcasing the widespread enthusiasm for this event.

The winners of the day were the teams from Westmeath and Dublin City North. The Westmeath team, led by Mary Kate Duignan, Marian Mooney, and Patricia Lynch, displayed exceptional skills and teamwork. Similarly, the Dublin team, under the guidance of their manager Anne Tormey, showcased their talent and determination.

We extend our heartfelt gratitude to our outstanding trainers and volunteers who ensured the smooth running of the event.

The return of the Go for Life Games was met with great enthusiasm, and we eagerly anticipate next year's games. We hope to see representation from every county, as we continue to promote active and healthy lifestyles for all.



Warming up before the competition begins



Westmeath Winners



The Go for Life Games Team (Age & Opportunity Staff, Active Trainers and volunteers)



Dublin City North Winners



All Sorts Team who kindly came together on the day to create a team from multiple counties

About Age and Opportunity

Age and Opportunity is the national organisation that provides a range of opportunities for older people. Our aim is to enable the best quality of life for us all as we age, where we can be more active more visible, more creative, more connected and more confident. If you would like further information on our programmes, you can visit our website www.ageandopportunity.ie.

Best Wishes, Máire Murphy, Active Programme PALs Coordinator.