

## Go for Life

### 2015

*Go for Life PALs programme* The final four workshops of the PALs programme were delivered to 15 participants from four active retirement groups.

*Go for Life Games* Offaly Sports Partnership facilitated the hosting of a local Go for Life Games to select a team to represent Offaly at the national Go for Life Games.

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### 2014

*Get active presentations / programmes* One get active presentation / programme delivered to the Health Services Executive Community Mental Health Services in Tullamore. Following on from this session, service staff went on to participate in the Go for Life PALs programme.

*Go for Life PALs programme* The first four workshops of the PALs programme were delivered to 15 participants from four active retirement groups.

*Go for Life Games* Three Go for Life games workshops were delivered to 20 people. Following on from these workshops, two Go for Life games blitzes were held. 57 people from three groups participated in the blitz days with a combined team from Birr and Tullamore Community Mental Health Services representing Offaly and securing victory for the "flick" team at the National Go for Life Games.

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### 2013

*Go for Life PALs programme* The final four workshops of the PALs programme were delivered to 15 participants from four active retirement groups. A further 10 people in addition to the existing 25 also completed the additional "Dancing & Prancing" workshop in May.

*Go for Life games* Following an invitation from Go for Life to participate in the National Go for Life Games, the partnership delivered workshops on the Go for Life Games to 37 people from 10 groups. Unfortunately there was not sufficient interest engendered to bring a team to the 2013 Games, but there's always 2014.

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**2012**

*Get active presentations / programmes* One get active presentation / programme was delivered to 15 older people from three active retirement groups.

*Go for Life PALs programme* The first four workshops of the Go for Life PALs programme were delivered to 25 participants from four active retirement groups.

*Go for Life Games* 76 older people from 10 groups were introduced to the Go for Life Games as part of Positive Ageing Week 2012

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**2011**

*Go for Life PALs programme* PALs refresher training for 15 PALs took place as part of Positive Ageing Week 2011.

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