



## Cliona's Foundation NEWSLETTER | WINTER 2016

Working together to help struggling families in Ireland

Hello everybody,

It's that time of year again when we're on the final countdown to the last few weeks of 2016. First and foremost, Cliona's Foundation would like to thank each and every one of you for your continued support shown to us over the last 12 months. We really appreciate it but it's our families who are the real beneficiaries; when you read one or two of the stories/thank you letters we've received from them, it makes it all worthwhile. In turn, that's another year where we here at Cliona's Foundation can breathe a big sigh of relief that once again, we've managed to give financial assistance to *all* of the families that were nominated either by one of their Medical personnel or perhaps a family member for funding. This year alone, a total of almost 80 families have benefitted from Cliona's Foundation; over the last 9 years we're very close to having assisted practically 400 families.

We can confirm that we are now Corporate Governance Compliant – at last! Being Corporate Governance compliant ensures a code of practice for good governance for voluntary and charitable organisations. More & more organisations who wish to make donations to Cliona's Foundation are enquiring if we are Corporate Governance compliant as it's strongly recommended by the Charity Regulator so it was in our own best interests to adopt this code.

Already we have a few events lined up for early 2017. Of course we're having our Annual Social in Bulgaden on 21<sup>st</sup> Jan next; it's our 10<sup>th</sup> one, what about that !!!! Lots of the celebrities from the previous 9 years have committed to attending so it's going to be great night; hopefully you'll be able to join us in what will be our final Annual Social as we know it. Castletroy & District Lions

Club contacted us recently to let us know that their Annual Pub Quiz is being held late January/early February and all proceeds are going to Cliona's Foundation. Siobhan Hoey phoned us a few days ago to advise that Cliona's Foundation is one of two charities to benefit from Hurley Hoey 10k in Ennis on Saturday 11<sup>th</sup> March. Transition Year students at Scoil Pól Kilfinane are organising a Walk/Cycle Fundraiser, the date is now set for Saturday 29<sup>th</sup> April. Also don't forget the Great Limerick Run, this year it's on Sunday 30<sup>th</sup> April if you want to take part and maybe raise a few bob for Cliona's Foundation?

Cliona's Foundation would like to thank all our Board Members who have been so supportive over the last 12 months, turning up at Roselawn House religiously to attend Board Meetings. We'd like to take this opportunity to wish our Board Member Fergal Deegan all the very best in his new role as Commercial Director with the Limerick Leader, having spent the last 7 years with Limerick's Live 95 FM. At the same token, we'd like to welcome John King (former Shannon Development) to Cliona's Foundation. With John's previous experience, he will be able to steer Cliona's Foundation through the next part of our journey.

We hope you enjoy reading the Christmas 2016 Newsletter. We wish you a very Happy & Peaceful Christmas and Health & Happiness for 2017.



**Brendan & Terry Ring CO FOUNDERS**



## Remember, Acknowledge and Celebrate

December marked the 10<sup>th</sup> Anniversary of the passing of Cliona Ring and 2017 will be the 10<sup>th</sup> anniversary of Cliona's Foundation which was established in her memory.

The 10<sup>th</sup> Anniversary is a major milestone on both a personal and professional level for everyone involved in the Foundation and we will be marking it in a very special way in the company we hope of a variety of celebrities, sporting personalities, families assisted and supporters and friends.

We want to Remember, Acknowledge and Celebrate all the children of the families we have assisted In the past 10 years and those that have helped us on the Journey.

We also want to launch Cliona's Foundation in to the next decade with a clear and focused mission which will guide us in our goal of assisting even more families .

It promises to be a fantastic night where we will be joined by Miriam O Callaghan, Keith Duffy, Richard Mulcahy, John Hayes and many more yet to be confirmed. Tickets for the monster raffle which includes a €1000 voucher for Inchydoney Island Lodge and Spa will be on sale the first week in January.

The event will be held in Bulgaden Castle and there will be some great surprises on the night including a very unique way of remembering all our loved ones. Further details on this in early January.

So mark your diary and follow us on Facebook and Twitter for further details in the next few weeks.

## COOKING IT UP FOR CLIONA'S FOUNDATION

Hot off the press is a super new Cook Book which has been produced by Cook Medical with all proceeds going to Cliona's Foundation. This is a novel initiative by the Multi National Cook Medical based in the National Technology Park and in particular their endoscopy Division who have produced this high quality publication.

The Cook Book is a beautifully illustrated 102 pages of 47 recipes giving a flavour of global cuisine from Sweet Potato coconut Soup to Josies Easy Peasy Beef Stew.

All of the recipes from starters and snacks to main courses and desserts are favourites of members of Cook Medical staff with some very personal stories behind them.



Content not only with producing the Cook Book, Cook Medical will be encouraging all their employees to purchase the book for family and friends at the great value of €10

with all the proceeds going directly to Cliona's Foundation. The Cook Book is also available to the public by contacting Cliona's Foundation at 061 331333 or by emailing phil@clionasfoundation.ie

These Cook Books are limited editions so don't miss out on the chance to get your hands on one.

We are very grateful to Cook Medical for selecting Cliona's Foundation as their partner in this initiative and want to acknowledge their continuous support to us.

### BABY SHANNON'S STORY

Cliona's Foundation are always delighted to hear back from families we have supported on the importance of our assistance to them but also to understand what they are going through and how their child is progressing.

We think it is very important for us, when we can and with their permission, to share their story with you to give an insight into their struggle and how your monies are helping them in a very significant way. In November we received a very special letter from the family of Baby Shannon which touched us greatly.

Baby Shannon was born in June 2016 and immediately transferred to Our Lady's Children's Hospital Crumlin where she was diagnosed with a rare and complex heart condition that will require ongoing monitoring, treatment and major surgery. She remains an inpatient in the hospital and will do so for several months to come. Shannon's mother has stayed with her throughout her admission staying in Ronald Mc Donald House at a charge of €20 for the first 7 nights and €10 per night thereafter. Shannon's Dad stayed in Dublin for the first few weeks of her life but has since returned home to Mayo. He had to return to Crumlin to stay when Shannon deteriorated on several occasions. Her dad is self-employed so obviously when he is up in Dublin there is no income for the family. Where possible he works during the week while looking after Shannon's 2 older siblings with the assistance of extended family. Given these circumstances the family have been under huge financial pressure with the costs of travel, accommodation, expenses and the usual household bills mounting.

Shannon mother in her hand written letter to us opened up as follows;

*"I am writing to thank you so much for your cheque. Since our beautiful baby girl was born things have been extremely difficult emotionally, physically & financially. Shannon has been in Crumlin since she was born and in the New Year when she's as big/strong as possible will be undergoing life threatening and life changing surgery. Shannon's heart condition is extremely rare and complex. We nearly lost her on numerous times and during those times bills were the last things on our minds. Things started to get on top of us as bills kept piling in.*

*I can't even put in to words how much you have helped us. What you do is incredibly selfless and inspirational. With 2 other young kids and Christmas just around the corner, things aren't as bleak anymore. I will spread the word about how you have helped us enormously during this hard time. It's helped us more than you could know."*

*We wish Shannon and her family the very best on their journey and we'll be thinking of them every step of the way.*







## CLIONA'S FOUNDATION PURPLE PLATOON

For the fourth year Cliona's Foundation was the charity partner for Adare to Survive and once again supporters of Cliona's Foundation donned their distinct purple t-shirts to take on the 7.5km military style obstacle course in Clonshire on the 25th September. While the day started off pretty dismal but when The 'Purple Platoon' set off at 2pm the sun was shining. The Purple Platoon included some regular faces in Brendan Ring, TJ Ryan, and members of the Cliona's Foundation Cycle Club along with a good few very nervous newbies. While challenging it was a fantastic fun experience with the Purple Platoon members literally pulling, pushing, lifting, dragging, slapping and clapping each other around the course through mud and water and up and under many obstacles.

As in previous years the Cliona's Foundation purple wall was the penultimate test for all the participants but thanks to Martin Hartnett,

and Brendan Ring no one was left hanging and everyone was helped if needed over the 16ft obstacle. There was a real sense of achievement crossing the end line, not only because of the physical endeavours but also knowing that the Platoons efforts and monies raised go directly to helping families of children. Cliona's Foundation would like to thank Ray Nash and Mark Touhy event organisers of ATS, and all the brave "Purple Platooners" for taking part and donating €10 of the race registration fee to the charity. A very special thank you to Sandra and Tracey from Morrisons Pub, Ballysimon for supplying the Platoon with refreshments and Trish Corbett for massaging the egos and the aches and pains in the aftermath.

Remember if you are considering doing an and endurance event next year – would be great if you could do it for Cliona's Foundation





# WHAT WE'VE BEEN UP TO

## CLIONA'S FOUNDATION 9TH ANNUAL CYCLE ANOTHER WONDERFUL SUCCESS



Cliona's Foundation's 9th annual cycle was a wonderful success for the organisation with over 250 people turning out in glorious sunshine and cycling club members travelling from Limerick and surrounding counties to be there.



With three routes including a 10km for kiddies and funsters, a 40K family cycle and the 90km Cliona's Foundation Challenge the event appealed to cyclists of all ages with varying levels of ability. It was great to see some of the families we have assisted taking to the road along with our own Terry & Brendan Ring. There was a real fun atmosphere throughout the whole day helped by the fantastic entertainment which included a BBQ, music and a bouncy castle.



This year's cycle was greatly enhanced by a fashion element

thanks to the very generous donation by one of our great supporters of a very personal stock of high quality fashion labels which were on sale throughout the day.

We were very grateful to Bruff Rugby Club for letting us use their facilities at such short notice and also to Trevor Daly and his Team from the Cliona' Foundation Cycle Club, for all their hard work in making this such a successful event.

The 9thth annual cycle raised an incredible €5,600 for the Foundation which allowed us to support 3 families of children with a life limiting illness.

Next year will be our 10th Cycle and would be great if you could mark the date Saturday 26th August in your diary. It's going to be a special one.



# CHEQUE PRESENTATIONS



**The fantastic Malin to Mizen Cyclists  
handing over the fruits of their efforts  
– an amazing €20,000**



**Member of the Ciara Mc Carthy Cycle  
Committee presenting their cheque for  
€2,850**

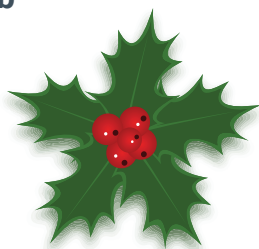


**Fergal Costello Captain  
of Castletroy Golf Club  
handing over €1,396 from the  
proceeds of the Tirconnell  
Cup Auction night in the club  
during the summer**

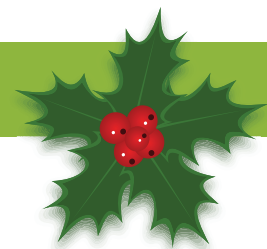
*Johnson & Johnson*



**Brian Mc Namara of Johnson &  
Johnson presenting a cheque for  
€1,416 , which the support services  
departments raised from a number of  
fundraisers for 3 charities in total**







**2nd class pupil from JFK Primary school Ennis Road Limerick with their cheque for €400, the proceeds from their school's colours day**



**Denise Cusack from Ulster Bank presenting their contribution of €4,235 from Ulster Bank's One day in June initiative**



**Keith Duffy and the crew that cycled from Nantes to Lourdes at the presentation of their cheque for €26,328**



### GREYBRIDGE HARVEST DAY

Greybridge Classic Club celebrated 50 years of John Deere in Ireland, by organising a massive John Deere line out display, as part of their annual Charity Harvest Day in Meanus in August and once again Cliona's Foundation were delighted to be part of those celebrations.

There was great activity on the day including a selection of static vintage tractor and car displays, displays from RSA and Emergency Services and lots of free activities for all the family including face painting, bouncy castles and much more. We were once again honoured to be one of the beneficiary charities along with St. Joseph's Foundation – Liskennett House

and Breast Services Unit, University Hospital Limerick and were thrilled to accept a cheque recently for €4,500. A huge thank you to Kieran Lillis, Cora Harty, The Lynch's and all those involved in the great event



### CHARITIES HELPING CHARITIES

The Hospital Saturday Fund is a registered Charity that provides assistance to health charities hospitals and medical organisation which are in need of grants for medical projects and individuals with a medical condition or disability who would benefit from assistance with the purchase of specialised equipment. The Charity is funded by the profits from the sales of the health cash plan administered by its trading Company, HSF Health Plan of which there are 105,000 policy holders all over the UK and Ireland.

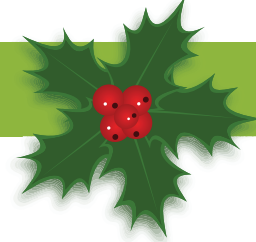
We frequently receive applications from families who are looking for assistance towards the purchase of specialised equipment to enable them transport their child safely and comfortably from home to hospitals or other locations. A specialised car seat can cost in the region of €3,500. We were successful in applying for and securing funding from the Hospital Saturday Fund to enable us provide support towards 3 families and were only too

delighted to accept the cheque of €2,700 from Kay Madden of HSF Health Plan in Limerick a few months ago.

*"Just a note to thank you most sincerely for the cheque we received to help fund the car seat for our daughter. Things are so expensive when they have anything to do with special needs so this was a huge help to us"* Thank you note received from one of the families this grant helped us support.







### CLIONA'S FOUNDATION SCOOPS LIMERICK CHAMBER BUSINESS AWARD



"Honoured" and "Over the moon" were the sentiments expressed by Brendan Ring, CEO and Co-Founder of Cliona's Foundation following our announcement as the winner of the Best Community Entity Award 2016 at the Limerick Chamber Regional Business Awards 2016 in November.

There were 9 Award Categories in total and Cliona's Foundation was shortlisted for the Community Entity Award 2016 alongside Tait

House Community Enterprise and Focus Ireland. "We were delighted just to have been shortlisted in the 1st place and have a presence here with the wider Limerick Business Community, so this is the absolute icing on the cake," said Brendan shortly after the announcement was made.

"To be recognized and acknowledged in the professional business community is extremely important for Cliona's Foundation as we do operate our Foundation in a professional manner with very clear transparency, accountability and corporate governance criteria and guidelines."

It was a fantastic night in the company of some very special people in terms of their business and personal achievements and it was an honour to share the story of Cliona's Foundation with the wider Limerick Business Community. The timing of the award was made more special and personal as it was Cliona's 10th anniversary the following week. The award is dedicated to her and all the children the Foundation has been able to provide support to in her memory.

### *Thank You* **TO SOME MORE OF OUR SUPPORTERS**

Our very generous donor who gave us two tickets for the Justin Bieber Concert in Dublin recently. They made one of our families extremely happy

Julie Donnachie and all the staff at TKMaxx Letterkenny for their generous donation of €1,000

Tracey Hughes who raised €802 from a fundraiser in memory of her niece Eva Tomney

Staff in Dell Limerick who continue to support Cliona's Foundation through their Employee giving Scheme

Ulster Bank staff for their individual donations through their Corporate Community Giving Scheme





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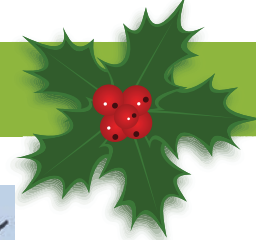
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# Keith Duffy Teeing off for Cliona's Foundation



Since the introduction of Terry & Brendan Ring to Keith Duffy over a year ago, Keith and the Keith Duffy Foundation have become a fantastic friend and ambassador to Cliona's Foundation.

His support and commitment has been hugely evident this year from his attendance at our Annual celebration in January to our selection as beneficiary from the Sparkle & Shine Ball to his massive efforts in cycling from Nantes to Lourdes in June of this year.

So we were overwhelmed when he again selected Cliona's Foundation as 1 of 3 beneficiaries along with Fighting Blindness and The Hub for the Keith Duffy Foundation Annual Golf Classic which took place in September in Roganstown Hotel & Country Club in Swords, Dublin. It was a massive success with many celebrities taking to the course including Brian Mc Fadden, Brian Ormond, Ronnie Whelan to name but a few. A great night's entertainment followed including a Charity Auction which saw extremely competitive bidding resulting in a very positive outcome for all the Charities.

The Keith Duffy Foundation was established in 2015, with the aim of providing support and

financial assistance to the foundation's chosen charities across the country. Keith has been using his experience and contacts, garnered through his 14 years as patron of Irish Autism Action to achieve the goals of the charity.

Keith said, "the work that Cliona's Foundation do is very close to my heart as I have seen the financial burden on families caring for a critically ill child and as part of my work with the Keith Duffy Foundation. I have been working with the charity for nearly a year and I am blown away with the work they do. I was thrilled to be able to celebrate with them back in January when they reached their €1,000,000 fundraising milestone. I was also involved in a fundraising ball in April in Limerick and most recently cycled from Nantes to Lourdes in their honour during the summer."

We cannot thank Keith enough for his support this year which has resulted in an overall contribution in 2016 of nearly €40,000 to Cliona's Foundation from the various events he has been involved in. His association with the Foundation has also increased our profile nationally and internationally to families that may need our support and also to those that may be in a position to support us.





### HOSPITAL PROFESSIONAL AWARDS



We were honoured to be not only asked to present the Hospital Professional News, Hospital Specialist of the Year award at the annual awards night in September but also to be selected as the Charity Beneficiary from the raffle on the night. The event took place in the Hilton Double Tree Hotel and gave us the

opportunity to share with the large number of medical and hospital professionals in attendance detail of the work we do. Platforms like these are extremely valuable to us in letting those in the medical field know the service we provide so they in turn can refer families they are dealing with to Cliona's Foundation for support.

Terry Ring was very well received on the night and the impact of the Cliona's Foundation story was reflected in the proceeds from the raffle on the night which was a fantastic €3,250. We are extremely grateful to all at IPN & HPN for their support in 2016.

### METIS IRELAND SUPPORTING CHARITIES



We are very lucky to have great Corporate Partners and Metis Ireland and their staff has been one of those for the past number of years.

In September they hosted an event in the Belltable in support of Cliona's Foundation & Blue Box.

The keynote speaker on the night was child psychologist, David Coleman who entertained and educated a packed theatre throughout a compelling 1 hour talk. It was great to get the opportunity to chat to him afterwards and update him on the work we do.

In lieu of charging an admission fee Metis Ireland asked those who attended to make a donation to the two Charities on the night, and thanks to their generosity we were delighted to accept a cheque for €2,270.

We want to thank Carl Widger, Karl Daly, Sinead Clinton and all in the staff of Metis Ireland for the hard work they put in to making this event a success and their support for Cliona's Foundation and the families we assist.





# PAT DIVILLY LIFTED BODIES AND MINDS IN THOMOND PARK



An informal chat about Cliona's Foundation between one of our committed supporters Jean Tierney and Pat Divilly resulted in Pat taking time out of a very busy schedule to do a 3 hour workshop in Thomond Park in September, with all the proceeds going to Cliona's Foundation.

Pat Divilly is a best selling author, speaker and award winning entrepreneur from Galway and it was his first time speaking in Limerick following on from full houses at events he has recently ran in Galway and Dublin.

It was a very inspiring and motivational event for the 50 plus that made the effort to get out of their beds on a pretty miserable Sunday morning. In a very informal and relaxed environment Pat shared his journey with the group, from the lows of having nothing and being very down to slowly building his physical and mental wellbeing and his business to where he is at now. Topics covered included nutrition, goal setting, risk taking and positive behaviour and actions.

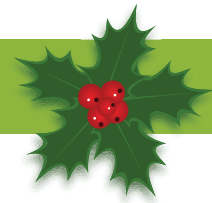
The highlight of the event however was walking down the Thomond Park players tunnel and the group being put through their paces on the famous Thomond Park pitch by Pat and his colleague. It was a tough work out but one lightened by the surroundings in which it was taking place and with Cliona's

Foundation featuring on the scoreboard in the background.

The event was closed off with a few fun exercises in the Munster suite and some final inspiring words from Pat Divilly. All of the participants left Thomond Park in a very positive frame of mind and very appreciative of the opportunity to have shared in the event. We are extremely grateful to Pat for doing this event for Cliona's Foundation and to all those that attended. As Jean Tierney reminded them at the end "You have helped 1 family by being here today"

A huge thank you to Jean Tierney for organising the event , Lifes2good for their sponsorship and Leah Morgan for her fantastic images.





### DAVID LUGATIMAN'S STORY

We have supported families of children across a wide range of life limiting conditions and ages over the past 9 years. This family story looks at one of our older children and the journey he has been on and successfully come through.

David Lugatiman was diagnosed with Systemic Lupus Erythematosus when he was only 9 years old and for the past 8 years has battled with his condition, which has seen him spend weeks at a time in hospital and missing large periods of school. His Lupus was so aggressive that it attacked and damaged his kidneys which were operating at only 50% of their capacity earlier this year. To prevent the Lupus from doing further damage to his organs, the medical team in Our Lady's Children's Hospital, Crumlin referred him to UK for consideration for a Bone Marrow Transplant. He was approved as suitable for a transplant and uniquely his Mum Vallezar was the bone marrow donor. It is very rare for parents to be the best match and in the words of his Mum

*"To me it was a miracle and there was a divine intervention to go on with the procedure".*

After much consideration and in what was a brave decision made by David in consultation with his family, the bone marrow transplant was carried out through Hematopoietic Stem Cell Transplantation in Royal Victoria Infirmary-Great North Children's Hospital in Newcastle Upon Tyne, UK on April. David remained in hospital in the UK for a period of 4 months during which he had episodes of being very sick and extremely low.

It was difficult for his family emotionally and financially. His mother was off work to be with

him at all times with his Dad and older sister making numerous trips over when they could.

In July David was back home in Ireland following the success of the transplant and in August was given further good news on his return for a check-up that the Consultants were happy with his recovery. He may not have fully recovered yet but he is getting there.

At the moment he is Lupus symptoms-free and off his Lupus medications. He is back school and his mother is back at work.

Recently Mrs Lugatiman wrote to us saying;

*"But I was, and will always be thankful for the financial support we received from charity organizations, especially from the Cliona's Foundation. I can never thank you enough for the big help you extend to our family"*

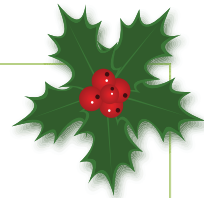
He made history in OLCH Crumlin in that he was their first Lupus patient to have the procedure and gives hope and inspiration to other children with autoimmune diseases.

We are thrilled that with your support Cliona's Foundation has been part of David's journey and wish him and his family all the best for the future.









# *Thank You*

## **from Families helped over the past 6 months**

### ***Thank you from Families helped over the past 6 months***

"I cannot thank you enough for sending us the cheque. We were in pretty desperate circumstances the day it arrived, and I can honestly say I felt lost and alone until I opened your envelope. So thank you from the bottom of our heart."



"We cannot repay you for your kindness but I am praying every day that God will bless you a thousand folds"



"Just a note to thank you for your cheque last week. This means so much to us as we are looking into adapting the bathroom at the moment for our daughter. I just cannot believe your kindness"



"I would like to thank you for your generosity. You have no idea how much it means to us and how helpful it will be. It was an incredible surprise to see it in the post this Friday when we got home with our son for the 1st time in more than 6 months"



"We want to thank you all at Clionas foundation for your generosity it will go a long way in helping us with the financial difficulty that comes with being so far from home and a sick child we ourselves are usually an active family within our communities who with 2 businesses also raise money regularly for local charities this is one we will keep close to our heart and when we can we will raise funds and awareness to your foundation also"

