



## Cliona's Foundation NEWSLETTER | SPRING 2015

*Working together to help struggling families in Ireland*

### Quarterly Update

Cliona's Foundation entered 2015 with a bang; since the year began we have already broken a world record and hosted our 8<sup>th</sup> Annual Celebratory Evening which was hosted by the wonderful Marty Morrissey. It has been a wonderful start to the year and we hope a sign of things to come for the rest of 2015.

2014 was an amazing year for the Foundation as we were able to help 53 families all over the country and raised over €160,000. Thank you so much for your support we would not have been able to do this without it.

We are really looking forward to the rest of this year and we are hoping that we will be able to continue to support and help many more families that greatly need financial assistance. In January alone we have already been able to support 7 families.

**Brendan & Terry Ring**  
Founders of Cliona's Foundation



### A big thank you to everybody in Deloitte

who raised €216 for Cliona's Foundation over Christmas by having a Christmas Jumper Day in the office.



### Sporting legends TJ Ryan and Joy Neville announced as Ambassadors for Cliona's Foundation.

Cliona's Foundation is delighted to announce sports stars TJ Ryan and Joy Neville as its new ambassadors.



Hurling legend TJ is current Manager of the Limerick Senior Hurling team, while rugby's Joy Neville was part of the ground-breaking Irish women's rugby team who won their first Grand Slam. They will join broadcaster Miriam O'Callaghan, the Foundation's patron, in supporting the vital work carried out all over Ireland by Cliona's Foundation.

Both said they were proud to be part of such an important charity. Joy explained:

"Life is already difficult enough for the families of critically ill children without battling financial difficulties too. Unfortunately, many of them do. Parents who live outside Dublin and visit their sick child in a Dublin hospital can spend as much as €100 a day between travel expenses, petrol, parking and meals. That's where Cliona's Foundation comes in; they work to ease the burden on families who are already pushed to their limit."

TJ added: "Cliona's Foundation started off here in Limerick, but they now help families all over Ireland. They are a real local success story, and I'm proud to do my part to help them."

Welcoming the new ambassadors Brendan Ring, co-founder of Cliona's Foundation said:

"We're thrilled to have TJ and Joy on board as ambassadors for Cliona's Foundation. They're both amazing sports people who have both been hugely successful in their separate fields, and we're delighted to welcome them to the team."

## Marathon World Record is broken in aid of Cliona's Foundation



Brendan Ring and Tom Tierney with the clock carrying the record-breaking time.

A marathon world record was achieved in Limerick on Sunday 11th of January in University of Limerick. 105 runners turned out in the name of Cliona's Foundation, to set a 26.2 mile relay world record of 1:56:54, 14 minutes faster than the previous best which was 2:10:52.

The challenge was the brain child of Derek Casey of Limerick Brakes who sponsored the event and who is also a member of An Brú AC, in Bruff, Co. Limerick. The rules stipulated that each runner had to run 400m and could only run a maximum of one leg each. The team was led off by Gary O'Hanlon followed by Michael Carmody with a plethora of local athletes, several of Limerick GAA stars all doing their part. With the team averaging 66-second pace throughout, the record was never in doubt!

Liam Reale, Limerick's national 1500m champion and a European finalist in 2006 was given the responsibility and honour of running the anchor leg, which he did in convincing style breezing through a 56-second leg to complete the marathon relay in 1:56:54.

The fastest leg of the afternoon was run by Emerald AC's Lorcan O'Connor with a 54-second run and his club mate Jenna Bromell was the fastest female with a 57-second leg.

## Limerick Chamber of Commerce present Cliona's Foundation with €5,000



Dr Orlaith Borthwick, Limerick Chamber, Brendan Ring, Cliona's Foundation, Cathal Treacy, Limerick Chamber and Allison McNamara, Cliona's Foundation.

A cheque worth €5,000 was presented to Brendan Ring, Cliona's Foundation by Cathal Treacy, President of Limerick Chamber. The money was raised through contributions to a raffle by guests at the Limerick Chamber President's Dinner in November.

Presenting the cheque, Cathal Treacy said, "The work of Cliona's Foundation is unique and admirable. So many families have

benefitted enormously from their support by having potential financial stress taken away when they are already struggling to cope with the devastation and trauma of a critically ill child."

Accepting the cheque, Brendan Ring said, "We are very grateful for this donation. Valuable donations like this help Cliona's Foundation to provide financial assistance to families with critically ill children."

"I would like to thank Cathal Treacy for choosing Cliona's Foundation and the Chamber's members and guests who so generously supported the raffle. This donation will allow us to provide a better quality of life for some families," he concluded.

## Miles for 26 Hero's

Cliona's Foundation is so delighted to be taking part in the 26 Miles for 26 Great Limerick Heroes event on May 3rd in Limerick as part of the Great Limerick Run. It is a great initiative where people are coming together to raise awareness for the many wonderful charities helping families and communities in Limerick. Each organisation has had a mile dedicated to them, Cliona's Foundation have been given Mile 15. Mile 15 means so much to us as Cliona was only 15 when she passed away. We will be running that mile with our heads held high in honour of Cliona.



## Great Limerick Run

Cliona's Foundation is looking for people to join our Ambassadors TJ Ryan and Joy Neville and be part of the Cliona's Foundation Team for the Great Limerick Run on May 3<sup>rd</sup>.

You can run, walk, complete the full marathon, half marathon or the 6 miles whatever you feel that you can achieve. We just want to have you with us. It would be amazing to have a sea of purple taking part on the day.



If you register through Cliona's Foundation you can avail of the following special rates until the 15th March:

Marathon €60.00 | Half Marathon 45.00 | Six Mile €20.00  
Marathon Relay €110.00 | Kids participating in 6 mile event €18.00

Cliona's Foundation will register you on your behalf and will provide you with a T-Shirt and sponsorship card. If you would be interested in joining our team or if you would like any further information please contact Alli on allison@clionasfoundation.ie or call 061-400640.



## Cliona's Foundation 8<sup>th</sup> Annual Celebratory Evening

Cliona's Foundation Annual Celebratory evening recently took place in Bulgaden, Co. Limerick. The Foundation was joined on the night by a host of stars, special guests included RTE Sport commentator Marty Morrissey, Limerick Senior Hurling Manager TJ Ryan, Limerick Senior Hurling Players Shane Dowling, Kevin Downes, James Ryan, Declan Hannon and Irish Rugby International Joy Neville.

"It was an amazing night and wonderful to see so many of Limerick's sporting heroes there to show their support for the Foundation" said Brendan Ring.



Cliona's Foundation organising committee



Brendan & Terry Ring pictured with Marty Morrissey.



Senior Hurling Manager TJ Ryan, Limerick Senior Hurling Players Shane Dowling, Kevin Downes, James Ryan and Declan Hannon



Strictly Come Dancing performance

As well as the many stars over 600 people attended on the night to show their support for Cliona's Foundation and raise much needed funds so that we can continue to help the many struggling families asking for help.

There was entertainment provided on the night by Bruff GAA Strictly Come Dancing, a Junk Kouture Fashion show, music from "The Voice of Ireland" contestant Laura Enright from Glin and the wonderful "Nightfall".

Cliona's Foundation would like to sincerely thank our amazing committee of volunteers who helped to organise another fantastic night, we simply could not do it without your support.

After such an amazing night at Bulgaden this year we are asking you to put us in your diary!! The 9th annual celebratory evening will take place on the 23rd of January 2016 - we are excited already.



Limerick hurling players run a competition for prizes amongst the children attending the event.



Junk Kouture Fashion Show.



Marty Morrissey chats with Sarah Crowe.

## Cliona's Foundation nominated charity for Limerick Racecourse Family Fun Day.

Limerick Racecourse picked Cliona's Foundation to be its' nominated charity at Limerick Racecourse Family Fun Race Day event which was held on December 29th.



*Danny Mullins after winning the Novice Hurdle at Limerick Races supporting Cliona's Foundation.*

"I'm absolutely delighted that Cliona's Foundation was the official charity partner associated with the Shannon Airport Racing Festival. It is a fantastic Charity and the work that they do is incredible for families of sick children throughout Ireland. I would like to encourage everybody to text CLIONA to 50300 to donate €2 to the wonderful work that they do." Conor O'Neill, General Manager Limerick Racecourse

It was an amazing day that greatly helped to raise the awareness of Cliona's Foundation and the work that we do. Thank you so much to Limerick Racecourse.

## Jack & The Beanstalk

Cliona's Foundation got the wonderful opportunity over Christmas to bring some of our families to the wonder Jack and the Beanstalk Panto at the University Concert Hall. Thank you so much to all of the cast who came out to meet the families after the show, particularly Cliona's Foundation Ambassador Leanne Moore. Everybody had a fantastic time.



*Some of the Cliona's Foundation Families pictured with the Cast & Crew of Jack and the Bean Stalk.*



## Cliona's Foundation Buster Night

The Cliona's Foundation Annual €500 Buster Race will take place on Saturday the 28<sup>th</sup> of March next in Limerick Greyhound Stadium.

The Buster race is hoped to raise much needed funds for Cliona's Foundation. With a top prize of €500, the Buster race along with The Con & Annie Kirby Memorial 525 Puppy Sweepstake Semi Final will make for a very exciting evening.

First race is at 7.45pm, tickets cost €10 which includes a race programme and a chance to win the €500 prize money.

It is a wonderful evening and can be enjoyed by all of the family. If you would be interested in attending on the night please contact Alli on 061-400640 or email [allison@clionasfoundation.ie](mailto:allison@clionasfoundation.ie)



## We need your help!

So far this month we have already received 5 applications in the post for funding and received a further 4 phone calls from hospitals all over Ireland in regards to families that need funding.

Every one of these families are different, with a range of heart-breaking circumstances. Their children are of all different ages ranging from a baby born at 23 weeks to a teenage girl receiving a horrendous diagnosis. But the one thing that each of these families have in common is that they are all reaching the end of their hope rope and in desperate need of help.

Cliona's Foundation is going to do everything that we can to support these families and already this year we have managed to support 7 families in January. But to be honest we need your help, Cliona's Foundation have never turned away a family that qualifies for funding before but as the number of applications we receive increases so does our need to raise funds.

If you think that you might be in a position to organise a Fundraiser for Cliona's Foundation over the coming weeks or months we would love to hear from you and would greatly appreciate your support.

**You can call or email Alli on 061-400640 or [allison@clionasfoundation.ie](mailto:allison@clionasfoundation.ie)**



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