



Cliona's Foundation NEWSLETTER | SUMMER 2015

Working together to help struggling families in Ireland

Quarterly Update

Firstly we would sincerely like to thank all those who organised so many fantastic fundraisers in support of Cliona's Foundation already this year. Your support has never been needed so much and we greatly appreciate it.

So far in 2015 Cliona's Foundation has been able to assist 28 struggling families all around Ireland. When you consider that in 2014 we helped 58 families we are already on course to help a lot more families in 2015 – and we need to. The number of applications that Cliona's Foundation is receiving is increasing all the time and for the first time ever we have had to launch an emergency appeal for funding. At the time of going to print we are in the middle of this appeal – we have asked people to help the Foundation to raise €22,500 to support 15 different families that are currently waiting for our help. We have always prided ourselves on the fact that we have never had to turn away a family who meet the criteria necessary to qualify to receive funding and are determined to do everything that we can to make sure that never happens!

Looking forward to the coming months we have some great fundraising events coming up including our Annual Cycle, The Harvest Fair and Adare to Survive. We really hope that we will get to meet you at one or two of them.

Finally we would like to say a heartfelt Thank You to Cube Printing Ltd who support Cliona's Foundation in so many ways including donating office space to the Foundation

for the last few years. The Foundation would not be where it is today without this support, but the time has come to move to our very own offices. Cliona's Foundation now has one full time member of staff and two student interns that work on a voluntary basis and we simply need a bigger base of operations. Thankfully the Foundation recently received funding specifically to help us move to our own offices. The new contact details for the Foundation are at the top of this page.

Needless to mention we think that there are very exciting times ahead for Cliona's Foundation.



Brendan & Terry Ring
Cliona's Foundation Founders.

Limerick Ultramarathon Hero, Martin Hennessey tackles Gobi desert for Cliona's Foundation



Limerick legend Martin Hennessey, who last year completed the Atacama Chile Desert challenge, has set off on his next epic journey to raise funds for Cliona's Foundation – crossing China's gruelling Gobi desert.

Martin's niece Sarah Crowe suffers from Alpers' Disease, a progressive, incurable condition affecting the brain and liver. Martin decided to run the Gobi Challenge to raise €2000 to support Cliona's Foundation, to thank them for the help they have given Sarah and her family.



Martin Hennessey taking part in last year's Atacama Challenge in Chile.

Martin will be the only Irish competitor on the brutal desert trek. All runners face blistering heat, sub-zero temperatures at night and must sleep crammed 10 to a tent. They are forced to carry their own equipment, run until their toenails literally drop off as a result of the relentless pounding, and risk animal attack – the Gobi desert is home to three kinds of poisonous snake. Before he reaches the desert Martin will already have cycled 5,700km across the entire continent of Europe to reach his destination in Tbilisi, a trip that will take him from six to eight weeks.

Terry Ring said: "We're so proud of Martin, and thrilled that he's chosen to support Cliona's Foundation yet again. The Gobi Desert Challenge is one of the toughest races there is, but we know he'll do us proud. He's a true inspiration."

It may be one of the most punishing races on earth but before he left for China Martin revealed he doesn't actually do any special training for ultramarathons - he just tries to get out for a run or a cycle every evening. Terry said, "Everyone in Limerick will be with him every step of the way. Martin is a real hero and an inspiration not only to Cliona's Foundation, but to people everywhere."

You can sponsor Martin by visiting his My Charity Page: www.mycharity.ie/event/martin_hennessey_challenge/ or by texting CLIONA to 50300 to donate €2.

Cliona's Foundation Families meet the Munster Rugby Squad



Walter Burke, Alexandra Costa & Donnacha O'Callaghan



Paul O'Connell, Eoghan & Tony Wallace

Cliona's Foundation got the amazing opportunity to bring some of our families to meet the Munster Rugby Squad after training. It was a wonderful afternoon and we would sincerely like to thank all of the players who took the time to talk with our families, take photographs and sign autographs.



Anthony Foley with the Sweeney Family.



Derek pictured with Conor Murray.



The Crowe family with Paul O'Connell

Thank you to Cliona's Foundation

"Our contact with Cliona's Foundation was when our youngest of three daughters, Eva aged 6, became unwell in 2011. Eva was diagnosed with Acute Myeloid Leukaemia. This was a huge shock for any family to take in, but a bigger one for ours as our middle daughter Isobel had a Brain Tumour in 2006, aged 7 at the time of diagnosis. Isobel had her tumour removed and attended Our Lady's Hospital for Sick Children & St. Luke's Hospital Dublin for radiotherapy for many long weeks. We live in Cork so being away from home was an added trauma to everyone.



Sophie, Isobel & Eva Henry

When Eva got sick in 2011 we had a friend, a nurse in Cork University Hospital, who contacted Cliona's Foundation regarding our situation. We were

facing, yet again, staying in Dublin over a six month period while Eva had aggressive chemotherapy in Our Lady's Hospital for Sick Children. It had been a huge strain on us as a family the first time in 2006 with Isobel being separated for long periods from each other, emotionally and financially it can be draining on everyone. We had been feeling quite low taking in all the information regarding treatment and caring for Eva when we received a call from Cliona's Foundation to assist us financially; we were overwhelmed with the kindness of this gesture.

Cliona's Foundations funding made a reserve for us to fall back to especially as we were both



out of work juggling yet again a serious illness with a second daughter. We had a lot of travel expenses as our two other daughters were at home in Cork and one of us tried to get back every few days to see them. There is a lot of hidden costs for families away from home when a child is in hospital e.g. accommodation, meals & travel. Cliona's Foundation has helped so many families throughout the years including ours and we again would like to thank them so much.

Both our girls Isobel & Eva are doing very well now and hopefully Cliona's Foundation with support from the public can help many more families through a difficult time like ours was."

Some of our Amazing Supporters



1. Thank you very much to everybody in Ballinvreena Social Club who raised €226 for Cliona's Foundation.



2. Thank you very much to the students from Transition Year in Crescent College Comprehensive in Limerick who raised an incredible €900 for Cliona's Foundation by

organising a talent show in the school. Pictured are: Joe Lynch, Leah Van Veen, Eoin Guinan, Nora MacNamee, Michael Fenton, Jenny Morrison, and Aoife Lane.



3. Thank you so much to the Event students in Limerick Institute of Technology - LIT for supporting Cliona's Foundation. The students raised €370

and are pictured here presenting a cheque to Alli from Cliona's Foundation.



4. Thank you so much to everybody who came to our coffee morning in Morrison's Bar & Lounge, we raised a fantastic €512. Pictured are our team of volunteers

with Limerick Hurling Player Kevin Downes and

Limerick Hurling Manager and Cliona's Foundation Ambassador TJ Ryan.



1. Thank you to Sheehy's Centra in Klfine who raised €500 through an Easter Egg Raffle to support Martin Hennessey and his epic cycle across Europe

and Gobi desert challenge to fundraise for Cliona's Foundation.



2. A big thank you to the members of Kilfnane Playschool who had a Pyjama and all day breakfast day to raise funds for Cliona's

Foundation, the group raised €205.50.

Martin McMahon Memorial Cycle



Thank you so much to everybody who came out to support Cliona's Foundation at the Martin McMahon Memorial Cycle.

There were over

160 cyclists and 50 walkers who took part and €2,400 was raised for Cliona's Foundation. Thank you all so much. A special mention to Martin Cosgrave and Mike Coleman for all of their hard work and to Jon Kenny for coming along to support the event.



Six Nations Trophy Visits Cliona's Foundation



TJ Ryan, Cliona's Foundation Ambassador, Allison McNamara & Brendan Ring.

Cliona's Foundation was absolutely thrilled when the 6 Six Nations Trophy dropped in for a visit. Pictures are

Ava



This is the beautiful Ava, Cliona's Foundation were able to help Ava and her family recently so that they could buy some specialist equipment that Ava needs to communicate. We got this wonderful picture along with a fantastic email from her Mum this week.

Ruby



We were delighted to get a visit from Ruby, such a sweetie and full of fun and mischief now that she has started walking. Allie even managed to steal a few quick cuddles before she headed off to investigate the rest of the office.

What Support from Cliona's Foundation really means

Cliona's Foundation received the following email from a family that we supported recently. We think that this email just shows how much it means to the families we support and the difference it can make.

"I received a cheque in the post today. I am overwhelmed. I cannot thank you enough. Our lives have been just turned upside down since we found out that our son has infantile spasms. Every penny we had is gone taking him up and down to Cork and trying to get therapies and special equipment. I have no tax on my car and owe a fortune for central heating oil, and our mortgage is huge. I can't return to work and my husband wage is small. Now I can pay some money off these bills. I really cannot thank you enough. I have been awake at night worrying about the next call from oil company and how would I put them off. Our son has other problems than the spasms, we still are not to the bottom of it and we think there is a possibility we may have to travel further than Cork to get answers. Xx"



Conall

This is baby Conall, Cliona's Foundation were able to help out Conall's family in the last few weeks and were so delighted to receive this wonderful picture from his Mum.



It is such an honour for us to be a part of so many wonderful families lives. Thank you so much to Conall's Mum for sharing this with us.

Great Limerick Run

Thank you so much to everybody who took part in this year's Great Limerick Run for Cliona's Foundation. We had nearly 30 people taking part on the day for the Foundation and even the rain couldn't damp everybody's spirits. Here are a few pictures taken on the day.



Gary O'Sullivan



James, Kieran & Eugene



Jennifer O'Brien, Joy Neville, Dolores O'Shea - McCall, ????, Rosaleen Hartnett, Terry Ring & Noreen Grimes.



TJ Ryan, Terry Ring, Noreen Grimes, Jennifer O'Brien & Davy Ryan.



TJ & Davy Ryan



Dolores O'Shea - McCall, Rosaleen Hartnett & Joy Neville.



Joy Neville

This newsletter has been very kindly sponsored by Cube Printing Ltd. Unit 05, Eastway Bus Park, Ballysimon Road, Limerick, Ireland.

