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Cliona's Foundation NEWSLETTER | SUMMER 2017

Working together to help struggling families in Ireland

Hi there,

Well hopefully Summer has happened wherever you are - we're still waiting for it here in Limerick, except for the odd few days every so often ! But anyhow, we won't let the weather dampen our spirits. Things are good here at Cliona's Foundation thankfully. It's been a busy 6 months for us all and you'll see more about these events in this Summer 2017 Edition of our Newsletter.

In January we held our 10th Annual Social in Bulgaden. It was a wonderful night; lots of our previous guests were able to make it on the night; our traditional monster raffle was a huge success and much like our 1st Social, we also held an auction - together with bringing in extra funds it was great fun !

We had numerous events both large and small held in aid of Cliona's Foundation such as one of 4 charities chosen by UL Students for Charity Week; "Shed the Pounds" being a massive success for the community in Ballylanders; Cliona's Foundation very first "Cook" Cookbook; cycles, walks, runs swimming, skydiving, pony-tail cutting, golf classics, wedding favours, coffee mornings, table quizzes, BBQ's and bucket collections. One of the highlights over the last 6 months was attending a talk by Ireland Rugby Coach Joe Schmidt organised by one of our Corporate supporters - Joe was so entertaining and insightful both on the rugby front but also everyday life issues !

We informed you in our Christmas Newsletter that we are now Corporate Governance compliant; well Cliona's Foundation are now "Triple Locked" i.e. compliant with the Charity Regulator's requirements, fund-raising principles and accounts. We are now registered on the Charity Institute of Ireland's website, being 1 of only a small number registered out of a possible 8000 charities.

You will see in this edition our up-dated Map relative to families who have benefitted from funding from Cliona's Foundation. So far in 2017, over 60 families have received cheques from us, making the number of families who have benefitted since the inception of Cliona's Foundation to well over 400. That's a lot of families but equally, it's also a lot of fundraising bearing in mind we don't receive any funding whatsoever from the State.

Our summer fundraising campaign is underway so if you or anyone you may know would like to support Cliona's Foundation, we would love to hear from them. Our contact details are included in this Newsletter.

Once again we would like to thank our Board Members who have been so supportive to us on a continuous basis. We appreciate the guidance and advice brought to our regular Board Meetings. Also we wish to acknowledge the generosity of our Landlord PJ Noonan and his staff in Roselawn House, thank you all so much.

We'll sign off for now, health & happiness for the next 6 months and enjoy the rest of the summer !

Terry, Brendan, Phil & John



Brendan & Terry Ring CO FOUNDERS



Jam packed May Weekend went off with a Bang

The May Bank Holiday weekend is a busy weekend in Limerick with carnivals, festivals, fireworks and the Great Limerick Run and this year Cliona's Foundation was caught up in all the fun, frolics, madness and mayhem with all hands on decks for what turned out to be a marvellous weekend.

It kicked off in style at the Mayors Ball on Friday night where we were guests as one of the Charity Partners, followed by bucket collection on the Saturday in Punchestown Race Track, Barbecue Team in Annual Barbecue Competition and on Sunday an amazing day in Limerick with our largest purple platoon to date in the Great Limerick Run. The weekend was rounded off perfectly courtesy of the Ripplecom sponsored fireworks display social evening in the top floor of the Strand Hotel.

While there was just about enough time to draw breath between events it was so rewarding and humbling to see so many people give time to supporting and acknowledging the work of Cliona's Foundation. One very special donation came from Metis Ireland Carl Widger's children who raised €273 by taking part in the kids event of the great Limerick run

Most inspiring and humbling was the opportunity to spend time in the company of Sinead Kane who ran the full marathon for Cliona's Foundation on Sunday in the company of her guide John O Regan. Sinead became the 1st blind runner to complete 7 Marathons in 7 Days in 7 Continents earlier in the year. We got the opportunity to share Cliona's Foundation story with her at an event in March and she was so taken with the work we do offered to run for us in GLR. She is a very special person and listening to her speak about the obstacles she has overcome during her life is inspirational.

Our team headquarters for the day was in the beautifully restored home of Narrative 4 Limerick on O'Connell street. This space proved to be invaluable to us in allowing us to greet, meet and acknowledge our great runners and walkers. We had a team of close to 100 clad in purple participating across all the events from the full marathon to the 10k run/walk. These included a group of approx. 50 that Joe O'Connor from NISUS Fitness brought from Kerry, team CPL, team Woodlands House Hotel, husband & wife combinations, veteran supporters of Cliona's Foundation and friends of Cliona, to name but a few. There was a great buzz in our headquarters from start to finish and it was fantastic to be able to share in the sense of achievement with everyone.

We cannot thank all of our participants enough for their efforts, their donations and for helping us to increase the profile of Cliona's Foundation. It was so rewarding to hear people comment that "Cliona's Foundation purple was very visible throughout the day"

We had the perfect finish to the perfect weekend in the top floor of the Strand Hotel where we were able to acknowledge some of our supporters during the previous few months at the Ripplecom sponsored fireworks display social evening. The view of the fireworks display and Limerick city was spectacular and once again Sinead Kane had everyone enthralled with her brief but impactful few words. Followed on by our own Brendan Ring. A big thank you to Ripplecom for their support and also the 3 Chords for entertaining us on the night

We want to say a massive thank you to everyone who supported us throughout this very busy but special weekend.

"You have made a difference"





WHAT WE'VE BEEN UP TO



Limerick GAA a winning team for Cliona's Foundation

For the 3rd year running we were honoured to be the Charity partner of the Lifting Limerick Golf Classic which took place on our doorstep in Castletroy Golf Club on the 25th and 26th May

Blessed again with great weather the event kicked off with a coffee morning sponsored by On the Tee Catering in the club house and a flower arranging demonstration by the very talented and entertaining Bernadette Scanlan. In front of a good turnout of club members she created the most amazing of displays which she then very generously donated as prizes in the raffle which was run on the morning.

We want to thank all the lady members of the club who supported the coffee morning so generously and also the Ladies competition on the Friday morning from which Cliona's Foundation benefitted.

Over 60 teams then competed in the 2 day classic and we were delighted with all of their support for the challenging but exciting Hole in One competition specifically for Cliona's Foundation. While some were close unfortunately no one drove away with the Mercedes Benz or the other holiday prizes on offer. The Cliona's Foundation Tent was once again put to great use for the refreshment stop on the 11th which was a very welcome respite for the golfers.

Unfortunately while the golfers were unsuccessful in claiming any of the prizes Cliona's Foundation came away a winner at the end of the event with in excess of €4,000 raised

At the prize giving ceremony later that evening it was great to have the opportunity to share the Cliona's Foundation story and raise our profile with those in attendance

A big thank you to Sean Scanlan and his team at Lifting Limerick, Castletroy Golf Club Manager Louis Keegan and golf club members for making this a very successful event.





Monaleen National School remember Ciara Mc Carthy

We have been blessed with the support the McCarthy Family have given to fundraisers in their daughters name since she passed away at the age of 7 in 2013 and lots of families have since benefitted from the legacy left by Ciara.

Monaleen National School for the 2nd year running selected Cliona's Foundation to be the beneficiary of their Ciara McCarthy Memorial Fundraiser for which they got their junior and senior infants to participate in before the summer break up. It was a real fun way of remembering Ciara who was a pupil in the school and who would have been graduating from 6th class this year. The classes used their "school tour" trip down to the park in Castletroy to raise monies through sponsorship. They did just amazing and presented us with a cheque in the amount of €2,300 before their summer break. A bonus and a very touching surprise on the morning was an additional contribution from Ciara's class mates who donated an amount left over from the production of their 8 year school review DVD. It was a very special trip to the school wonderful to meet the kids, teachers and family of Ciara and thank them all for what they had done.

Thank you to teacher Deirdre O Meara, School Principal Tony Cahill and all the teachers and parents for their support of this lovely initiative.



Bulgaden Free Falls for Charity

All fundraising events are challenging but when you select one that involves falling from a plane then that takes real courage and commitment. But this is what a group of 22 people did recently spearheaded, encouraged and threatened by Conal Kelly of Bulgaden Castle, Co. Limerick.

The group of 22 signed up and committed to doing a sky dive and raising funds for Cliona's Foundation, Redhill School Limerick and St. Joseph's Foundation in Charleville.

A lot of events were organised by the group over a number of weeks including bag packing, coffee mornings, open mic nights, and culminating in a fantastic celebration and auction night in Bulgaden Castle on April 22nd.

But weather plays a part in this type of fundraiser and it took a few trips to Kilkenny before all of the group could get to jump which is further testament of their commitment.

But all of the efforts paid off and we were thrilled to share in the amazing amount of €15,541 that was raised by the group. Thank you to Conal Kelly for the huge amount of organisation he put in to this event and the fantastic team who participated.



WHAT WE'VE BEEN UP TO



Cliona's Foundation benefits from Hurley/Hoey Activity Day

The 5th Hurley-Hoey Run/Walk/Cycle took place in glorious sunshine Saturday March 11th with fantastic numbers turning out at the super facilities of Doora/Barefield GAA complex to cycle, run and walk for Charity.

This wonderful community led event is held in memory of two well known figures in Ennis, Eilish Hurley and Ger Hoey and who both passed away at a very young age in 2004 and 2009 respectively. Whilst it was under the Hurley-Hoey banner, the intention of the organizers was very much to give runners/walkers and cyclists the opportunity to participate in an event in memory of their own loved ones.

We were delighted to have been selected along with Clare Haven Services as the beneficiaries of this very special event. Particularly special is that the Hurley/Hoey event and Cliona's Foundation are both legacies of very special people who have contributed so much to others in their passing.

It was a pleasure to participate in the event and to witness the fantastic community spirit and volunteerism over the course of the day for what was a superbly organised and enjoyable day out for all ages.

The success of the event and respect which Eilish Hurley and Ger Hoey were held resulted in each of the Charities receiving €6,000 during the month of June. This is a massive boost to Cliona's Foundation following a very busy period of family applications and for which we are extremely grateful for.

In addition to the monies raised we welcomed the opportunity to raise the aware of Cliona's Foundation to the people of Ennis and surrounding areas who supported the event and also to learn about the fantastic service that Clare Haven provides to many families in that area.



Cliona's Team goes to Punchestown

Punchestown Festival is one of the most popular events in the Irish racing Calendar and Cliona's Foundation experienced why when it was given the opportunity to collect at the annual AES Family day on the final day of the Festival.

The day provided a super platform for Cliona's Foundation to raise its profile to a huge audience and Brendan Ring also got the opportunity to speak about the Foundation from inside the parade ring to those in attendance.

A big thank you to the 15 volunteers who made the journey and braved the elements on the day to shake our buckets and raise much needed funds.

This opportunity would not have happened without Conor O'Neill formerly of Limerick Race Course who along with General Manager Dick O'Sullivan, Hilary Cahill and all the staff were so accommodating and made us feel part of the Punchestown Family





We feel it is important to share with you where your donations go and the impact this support has on families. In this family story which is one of the most moving we have received Susan opens up very bravely and honestly on how they are coping after both their children were diagnosed with a life limiting condition

Olivia has nearly died four times in her short life - and she is not out of the woods just yet.

At just four years of age, the little girl began to seem poorly. - listless, tired and with more infections and tummy bugs than she'd ever had. Her mum said she knew there was 'just something not right'. Then, during Christmas week, in the middle of the night, her parents woke to hear screams. Little Olivia had had a major internal bleed. Her mum said what she faced in that bedroom was like a scene from a horror movie.



"I felt that it wasn't really happening. This couldn't possibly be happening to my child. I was frozen in shock - I just saw blood everywhere. We raced to A and E where everyone sprung to action. I could see that we were losing her, fast. Thankfully, my baby came back."

The family were then given the shocking news that Olivia had a huge mass on her liver and would have to travel to Kings Hospital in the UK for treatment. Susan said that she completely lost it.

"I was trying to come to terms with it. I was trying to cope. I'd try to keep a degree of normality because you can't be frantic all the time. But everywhere I went, like the supermarket, well-wishers would rush over to say how awful it was and how sorry they were. You get just so worn out. People mean so well and try to help but they have no idea what you are going through, and I pray they never do. As soon as I put the kids to bed, I would cry my eyes out. I was so angry with myself for crying but you can't be brave all the time."

Susan spent the next four months living on chocolate and microwave meals as she sat by Olivia's bedside in the UK. Most of her daughter's liver was removed. Luckily, Olivia narrowly avoided a liver transplant, but this remains on the cards.

Despite everything that was going on, Susan was also massively torn. Her son, Christian, needed her too. He was diagnosed with a life-threatening condition called Hydrocephalus at birth. The brave little boy had 9 neurosurgeries before the age of three.

Susan said when she travelled to the UK with her daughter, her son had felt completely abandoned.

An application for support was submitted to Cliona'Foundation and thankfully we were able to assist them.

Susan said it meant the world.

"Because we were between Crumlin Children's Hospital in Dublin and Kings Hospital in the UK, I had to stop working. But the bills don't stop. We fell behind. Everything started adding up, flights, medicine, everything. You can barely put one foot in front of the other, so applying to the bank for help was just not an option. Suddenly, a cheque came in the post and I have never been so grateful."

"These people were strangers - they wanted to help us. I was so touched by the generosity and most of all, the dignity that came with it."

Now, Olivia is back in school, and back to her beloved Irish dancing. Her mum carefully monitors her condition, she has regular blood checks and her treatment has implications for her future. A liver transplant is not completely off the cards. Christian will find out shortly if he has to undergo yet another surgery. This remarkable mum says the family can only plan things month to month because anything further is much too difficult.

"I have seen other families not come out the other side, families who we got extremely close to, and knowing my children get to come home to me after everything we have been through, is what keeps me going."

"That is how I cope - I get to bring my children home."





Happy Feet Fundraising in Kilfinane

For the second year running, Scoil Pól Kilfinane transition year as part of Mental Health Awareness in organised an event called "Happy Feet 2" to encourage the pupils and the local community to get out and get active and at the same time have a fun day out. They also used it as an opportunity to raise monies for the school and Cliona's Foundation.

The event took place in glorious April sunshine and included a challenging 60Km or 35km cycle and a 5km run or walk. It was a great family day out which included bouncy castles, face painting and a barbecue.

Cliona's Foundation was delighted to be chosen as the beneficiary and to have so many of our regular supporters participate. Cliona's Foundation has a special association with Kilfinane because of our relationship with the Crowe Family. Sarah Crowe passed away in March 2016 aged 12 after battling very bravely with Alpers Disease. For 9 years Sarah was a fantastic ambassador for Cliona's Foundation and her family were and continue to be advocates of the work we do and the need for it'

It really was very inspiring to see all these young people putting in enormous effort to make this day a success and we were over the moon to be able to accept a cheque in the amount of €3,000 from them.

Well done and thank you to all involved





UL students giving time and money to Charity

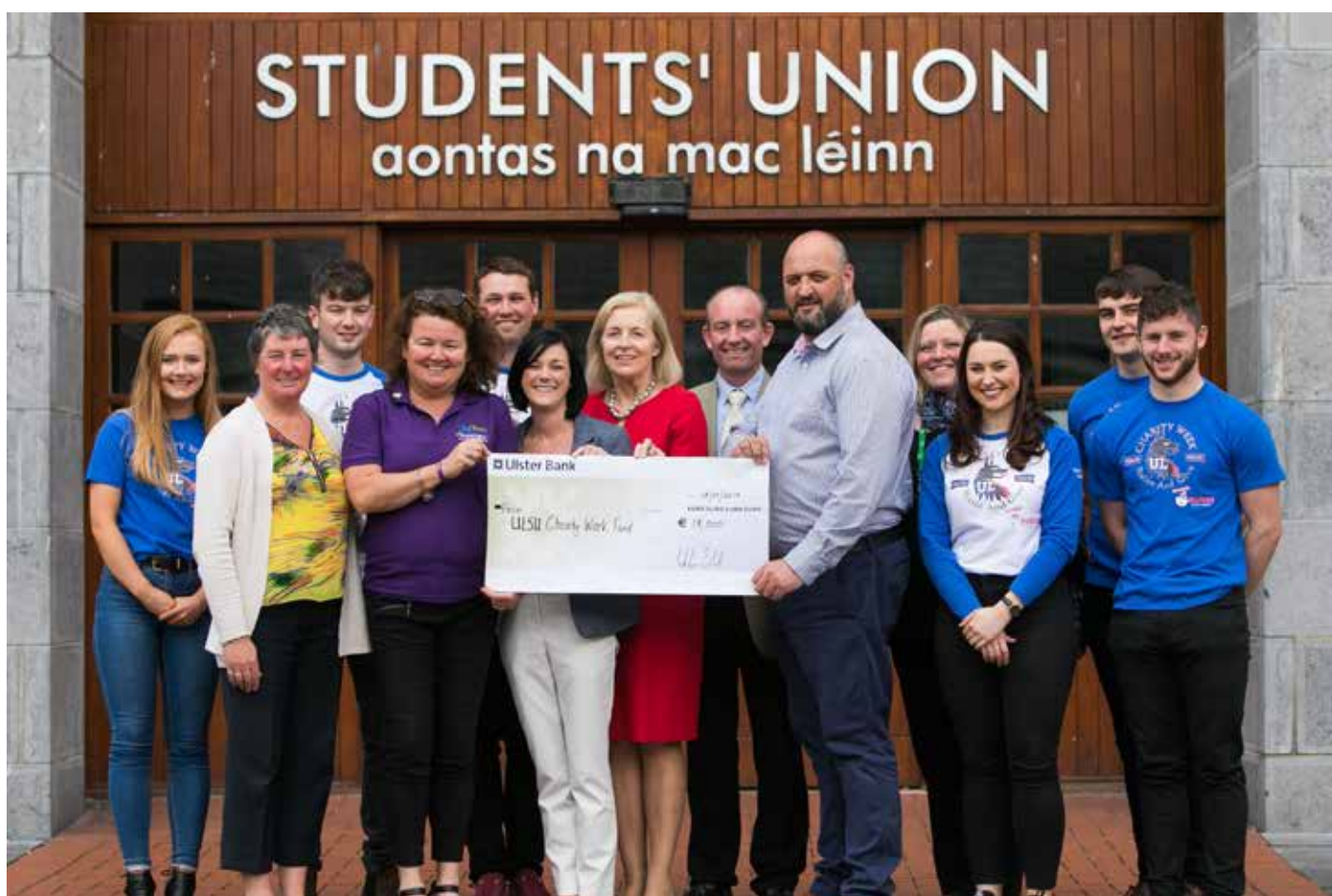
It is always very exciting and inspiring to engage with the student population on the work we do and with the University of Limerick on our doorstep we are extremely lucky to be able to link in with them on several initiatives. One of these was the annual Charity week

The UL Charity Week is a permanent fixture in the UL student and academic calendar and is a week of fun, challenges and entertainment during which the large student population put the books aside, let the hair down, and put their hands in their pockets to raise funds for selected charities. Each year the charities are chosen based on the student nominations and we were honoured and delighted to be one of the 4 chosen charities this year.

We were even more astounded with the amazing €19,000 that was raised over the period of 5 days which we shared with Focus Ireland, St Gabriels School & Centre & Midwest Spina Bifida, It is fantastic to see the student bodies and the students putting in huge effort in to making this week a real winner for Charities and they deserve huge positive acknowledgement for same.

A very special thank you to all the UL Students Union team and in particular the outgoing sabbatical team of Sarah Dunphy, Caolan O'Donnell and Donal Foley.

We also had the opportunity to engage with 1st year Business students in UL during the year who selected Cliona's Foundation as their case study for their Social Media for Social Good module . They reviewed and made recommendations on how best to use our social media platform but also produced an excellent video clip that we can use as part of our ongoing promotional campaign





Very Special 10th Anniversary Celebrations

The 21st January was a very special day for Cliona's Foundation as we celebrated our 10th Anniversary in Bulgaden Castle in the company of those that have travelled with us over the past 10 years since Cliona's passing. The annual celebratory night is a permanent fixture in the diaries of many and each year it gives the charity the opportunity to thank those who have enabled Cliona's Foundation to donate much needed funding to families of children with a life limiting illness while also raising additional monies to continue our work.

The fantastic organising committee with the support of the local community once again ensured this was a night to remember for all those who attended and we are indebted to them for their commitment to this event for the past number of years. This year we wanted to especially Remember, Acknowledge & Celebrate, those that we have supported over the past 9 years and those that have supported us on our journey. We tried to capture some of these through our video presentation which ran throughout the night.

We were also honoured and touched to have a number of the families supported join us but also to have in attendance many of our celebrity guests from the previous year's annual event. These included our Patron Miriam O Callaghan, Keith Duffy, Ted Walsh, John Hayes, Richard Mulcahy, Sami Long and Leanne Moore. We had also received a video message from Jerry Flannery earlier in the day. The fact that Miriam O Callaghan had travelled directly back from Washington that morning to ensure she could attend the event was a testament to her connection with the Foundation. Each of our special guests were only too happy to chat with and pose for any photographs with both young and old much to their delight.

During a very entertaining Q & A session it was very humbling to hear from each of our guests about their personal relationship with Cliona's Foundation, their admiration for Brendan & Terry Ring, for the tremendous work being carried out and their commitment to supporting the Charity in the future.

We were also delighted to have Richard Lynch and his "I Love Limerick" team with us on the night. He has been a tremendous supporter of the Foundation for the past number of years, and has done enormous PR on our behalf through the "I Love Limerick" platform.

A return addition to our annual event was our Super Auction and thanks to very intense & competitive bidding and the generosity of our supporters, supplemented by our Kids and Adults raffles resulted in significant funds being generated on the night. Special thanks to all those who donated the vast array of fantastic prizes.

In conjunction with the event in Bulgaden the Cliona's Foundation #forgettheworld campaign also took place throughout the day. We had reached out and asked everyone to join together on January 21st, wherever they were in the world, to remember their loved ones by releasing a balloon and sharing the moment on their social media with the #forgettheworld. The Snow Patrol song "forget the world" has special meaning for Cliona's Foundation as it was the track that Cliona listened to the last few days of her illness.

The response was phenomenal with very special social media posts being shared all over the world from Dubai to New Zealand, Cliff of Moher to Lough Gur, Limerick board walk to Brooklyn Bridge and very special messages being received from families that we had supported since our foundation.

The #forgettheworld was also celebrated in Bulgaden and in a very emotional but beautiful tribute and remembrance, and to the music of the Snow Patrol song (complimented by the singing of our guests) 100's of purple balloons were released in the function room.

Fantastic music was provided once again by the wonderful "Nightfall" and sound supplied by Tom Walsh and his team, all of whom have been very good to the Foundation.

It truly was an amazing night and Cliona's Foundation would like to sincerely thank our amazing committee of volunteers, the Kelly Family of Bulgaden castle and all our guests and supporters who made it very special night for everyone.

10th Anniversary Celebrations





Shed the Pounds Weigh Out in Style

This time last year we were delighted to share the story of the fundraising weight loss and exercise initiative that had been launched in Ballylanders by the local community. It involved teams from various parishes committing to lose weight, get sponsored for same and compete for the highest weight loss against all other teams.

The results of their efforts are outstanding and in April at a celebration night in Ballylanders we were delighted and overwhelmed to accept a cheque for €10,102.44. The numbers speak for themselves - 14 being the number of weeks, 16 being the number of teams, 20 being the amount raised, 75 being the number of participants and 150 being the number of stones lost.

We are deeply indebted to Colette Frewan, Dave Dineen Gallahues Bar, Frewan Fitness and all the committee and participants.



Aqua Elite going the Distance for Cliona's Foundation

We are very humbled when we get a call telling us that Cliona's Foundation has been selected to be a beneficiary of a fundraising event and particularly when the event involves kids as well. This was the case when we took a call from Sarah McNamara owner and swim teacher at Aqua Elite based in the Limerick Strand Hotel. Sarah and a number of her Adult stamina class had registered for the national 'Swim for a Mile' initiative in the University of Limerick Sports Arena swimming pool. Not content with just clocking up the miles in the pool, they decided to use it as a fundraiser also.

Sarah also included her Elite Children Swimmers. She set them a target of swimming 500m at Energize Health Club in the Limerick Strand Hotel. Sarah said, "I saw this as an opportunity to raise money for a charity and asked parents of my classes for suggestions. Cliona's Foundation was mentioned several times and I liked the idea of picking a local charity, more importantly, one associated with children."

On March 21, 2017, in UL Arena Sarah and her adult team all completed the 'Swim for a Mile' Challenge. In the same week, the Elite Children Swimmers completed their 500m swim in

aid of Cliona's Foundation, swimming 5 lengths front crawl in roughly 20 minutes. A super achievement by all.

Their achievements were exceeded by their fundraising amount and we were blown away by the funds raised in the amount of €3,805.

A very special thank you to the very special Sarah Mc Namara who spearheaded this initiative and all the swimmers and their families.





Corporate and Business Supporters

During the first 6 months of 2017 we have been extremely grateful to have had the support of a number of businesses and Companies that have selected Cliona's Foundation as their charity of choice for certain events and initiatives. In the absence of any state support these relationships are of immense value to us in helping us continue to support the increasing number of applicant families

BROWN THOMAS

The staff in Brown Thomas Limerick selected Cliona's Foundation along with Limerick Marine Search & Rescue as the Charities to benefit from the proceeds of staff events organised in 2016 culminating in their instore Christmas Wrapping service. These initiative resulted in an incredible amount of €5,687 being handed over to each of the beneficiary Charities



COOK MEDICAL

The endoscopy division of Cook Medical in Limerick came up with the novel idea of producing a Cook book containing recipes submitted by employees and selling it primarily to staff, with all proceeds going to Cliona's Foundation. What was produced was a top quality publication that would match any of the most popular cook books on the market and which has generated sales in excess of €5,000 to date. We are very indebted to the staff at Cook Medical for this initiative which has raised our profile immensely both in Ireland and overseas. Books can be purchased by contacting us at info@clionasfoundation.ie



METIS IRELAND

Metis Ireland continue to be a very loyal supporter of Cliona's Foundation and during the first 6 months have supported us at two of their corporate events during which Cliona's Foundation received great profile but also was the beneficiary of raffles and auctions. We had the pleasure of meeting Ireland Rugby Manager Joe Schmidt at one of these events and briefly telling him about Cliona's Foundation work



ALL IRELAND BUSINESS SUMMIT

We had the fantastic opportunity of sharing our story with the wider Business Community when we were the nominated Charity Partner for the All Ireland Business Summit which took place in Croke Park conference Centre in April. In addition to having a presence at the event our patron Miriam O Callaghan addressed the delegates on our behalf, telling them how she became involved in Cliona's Foundation, the work we do, and encouraging them to support the Foundation in whatever way possible.

It was a very valuable platform for raising the profile of Cliona's Foundation and gave us the opportunity to meet with a number of key people in various companies. We also got to hear from some very inspiring people including the amazing Sinead Kane who has become a great supporter of Cliona's Foundation.





Some of our Amazing Supporters

We have so many people giving in so many different ways through corporate, local community, school fundraisers, individual donations and monthly standing orders. Each of these donations make a big difference to the work we do and the families we help and we are very grateful for every cent we receive.

1. The Castletroy Lions Club who organised a table quiz and donated €1,000
2. Students from Scoil Pol in Kilfinane who as part of a Science Project devised a Star for Sarah project and raised in excess of €300 in memory of Sarah Crowe
3. Pupils from Knockainey National School, and Stonehall National School for their donations
4. John Mc Nally and his friend Michael Mc Laughlin who flew the flag for Cliona's Foundation in the Ocean to City Race in Cork on the June Bank Holiday weekend
5. Thomond Asset Management who hosted one of our families in their Corporate Box in Thomond Park for one of the Pro 12 Munster games
6. Staff in Johnson & Johnson who raised €1,750 from their Christmas Gift Bag Campaign
7. 3 well known sporting personalities who for various events they attended donated their fee to Cliona's Foundation
8. Mayor Kieran O Hanlon for our selection as one of Beneficiaries from the Annual Mayors Ball and donation of €5,000
9. Lough Gur Pre School for their donation from their pyjama morning
10. Analog Devices and AIB Limerick for their contributions
11. Dell employees who through their employee giving fund have been supporting us throughout the year
12. St Ailbes LGFC and Ballybricken Bohermore GAA for their fantastic donation of €1,000 from their "Sync the Stars" fundraising event
13. Pat Nolan & Cycle for Sick Children for the fantastic cycle in aid of Cliona's Foundation which raised over €2,000
14. Boher Community Development Association for their cheque of €1,500 from their annual cycles.
15. Team King Barbecue who raised an astonishing €1,010 from participating in the Riverfest Barbecue Competition
16. Shannon RFC for their partnership on their "Champ or Chimp" initiative.



WHAT WE'VE BEEN UP TO



Helping Cliona's Foundation since before she was born

Leanne Ryan is a very special girl who has been raising funds for Cliona's Foundation with the help of her mum Shona since before she was born. When Shona was pregnant with Leanne she raised money for the Foundation with a novel "Guess the weight of the Baby" fundraiser.

5 years later Leanne very bravely donated 16 inches of her hair to Rapunzel Foundation while raising an amazing €1,164 for Cliona's Foundation. It really was a beautiful and generous gift that both Leanne and her mum Shona made to both charities and we are so grateful to them for their donation and all who supported.

Regardless of hair length Leanne has the most beautiful of smiles and as you can see was very happy with her new style. It is so special when kids give to other kids



Purple Platoon in VHI Womens Mini Marathon

On the June bank holiday Monday we had our largest group to date running in the VHI Womens Mini Marathon. It was fantastic to get a call from the mother of one of our families asking if her group of 50 could run for Cliona's Foundation. These are special calls to receive, especially when from families and we were only too delighted to be part of the fundraiser for ourselves and Make a Wish.

In addition Siobhan O'Connor and her Team of 10 from Codex Office solutions in Dublin also donned the purple t-shirts for us and donated €1,500 to help us help an additional family during the month of June.

It was fantastic to have a purple platoon of 60 in this event and we are so grateful to them for the amazing effort they put in.





Cliona's Foundation now a Triple Lock Charity

This time last year we were on the Governance Code Journey. The Governance Code is a code of practice for good governance of community, voluntary and charitable organisations in Ireland. We can now confirm that we have completed the journey and are now fully compliant thanks to a detailed review and amendment (where necessary) to our various policies and procedures of operation over the last 2 years.

As Cliona's Foundation relies on fundraising and the generosity of people and businesses for its annual income, it is critical that that the Foundation is fully accountable for all monies received and its distribution. The ethos is one of openness, transparency and being fully compliant in all the key measures of good governance and management.

The Board of the Foundation approved and signed off on its policies & procedures in February 2017 and then submitted these to Charities Institute Ireland. The Foundation received news of its compliance in May 2017.

Cliona's Foundation is now a 'Triple Lock' organisation in terms of its overall Corporate Governance. It is compliant with:

1. The Governance Code: A code of Practice for Good Governance in Community, Voluntary and Charitable Organisations in Ireland. You can get more information at <http://www.governancecode.ie>.
2. The Statement of Guiding Principles for Fundraising. More information on these guidelines is available at <http://www.charitiesinstituteireland.ie/fundraising-principles>
3. The financial accounts of the Foundation are prepared to the FRS102 (SORP) standards and are published online at www.clionasfoundation.ie/accounts

We are now one of a small number of Irish Charities that have achieved this Triple Lock standard to date out of over 8,000 registered charities.

Cliona's Foundation has ongoing systems of review and self-evaluation underway to ensure there is continual adherence to the triple lock standards.

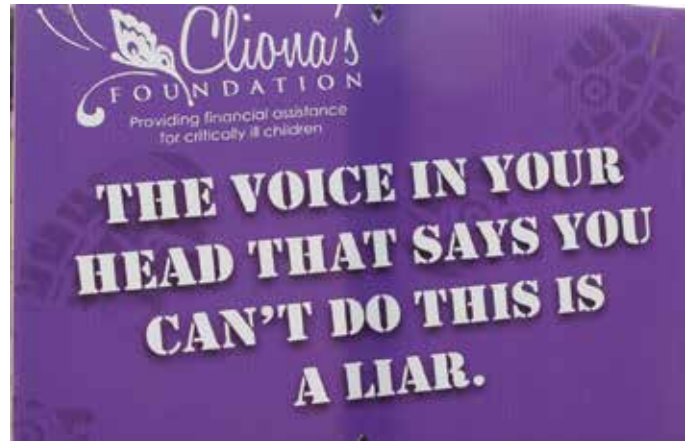


Upcoming Events



Cliona's Foundation Annual Cycle Saturday 26th August

Our 10th Annual Cycle is taking place on Sat 26th Aug next, starting from Bruff Rugby Club. As usual we have 3 routes, 10k Kiddies Cycle, 40k Family/Leisure Cycle and 90k Challenge Cycle (over 18's). Registration will be open from 8:30 am; €35 Family, €20 Adult (cycling Ireland members/€25 otherwise) and €5 child. Hop on your bike and join us for a few hours with fantastic post cycle refreshments and entertainment. Check out Cliona's Foundation Cycle Club facebook page for further detail.



Adare to Survive Sunday 24th September

Adare to Survive (ATS) is taking place on Sunday 24th September at Clonshire Equestrian Centre. What can we say about Cliona's Foundation Purple Platoon only that it's such great fun. Yes, it's crazy; yes, it's challenging; yes, it's mucky and muddy but it's worth it all !!!! Regardless of what condition you cross the finish line in, one thing is guaranteed - EVERYBODY crosses it with a smile on their face ! If you wish to participate in ATS and in turn support Cliona's Foundation, you should register with the Purple Platoon , selecting the Cliona's Foundation option on www.ats.ie and Cliona's Foundation will receive €10.00 of your registration fee. You in turn will receive a purple platoon t-shirt, hot beverages afterwards, a massage if needed and be part of a great team. Sign up NOW

Cook Medical Women's Mini Marathon Sunday 29th October

Always a great fun day and kicking off from the University of Limerick Sports Arena on Sunday 29th October. Why not gather a group of friends or colleagues and register to run for Cliona's Foundation. In addition to your event t shirt we will also supply you with your fundraising pack which includes the Cliona's Foundation Purple T Shirt. You can register at www.limerickminimarathon.com

Airtricity Dublin City Marathon – Sunday 29th October

Ready for something more challenging. Then we would love to have you on our purple platoon team. Switched from the Monday to the Sunday this year (to aid recovery) 4 people already have committed to run for Cliona's Foundation in this super event We would love to hear from others that are already registered or are considering this event. Further details can be found at www.sseairtricitydublinmarathon.ie

There are many other events around the country and in your locality that could give you the opportunity to participate and raise funds for Cliona's Foundation. Let us know what you are doing and we will supply you with whatever you need to make it happen.





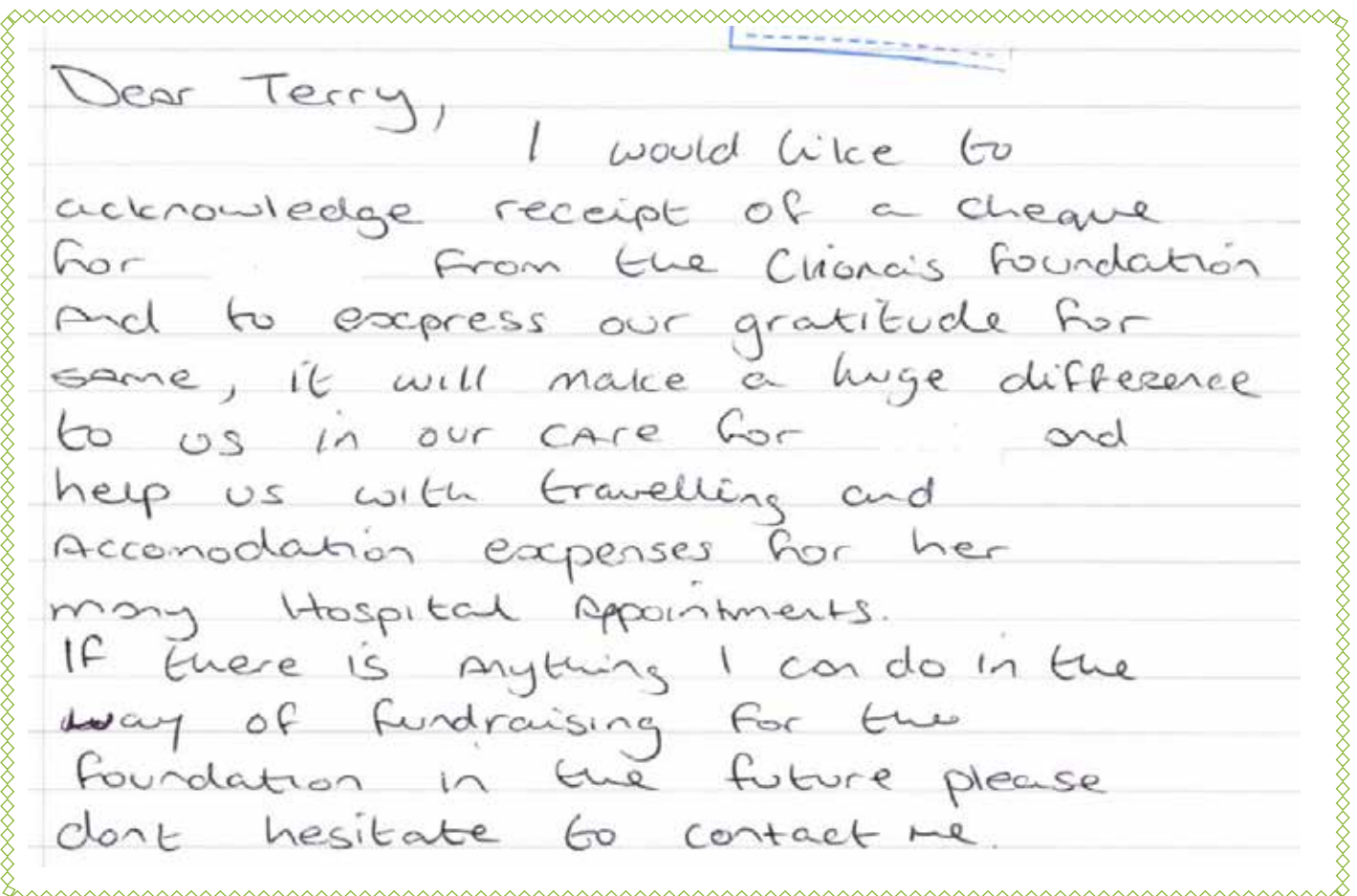
It is so gratifying to get a letter, card or call from the families we have been able to support and hear about their appreciation of and impact our donation has made to them at that point in their journey with their child. We think it is important to share these with you so you too can see that your support does make a difference. Here are a few recent acknowledgements.

"Hi, thank you so much for the money we received. This has helped us so much, my daughter has seizures every day and has to be with me around the clock so the ppod we were able to buy from the money you gave us has been life changing, this chair means she has somewhere safe and comfortable to lie downstairs in our house, it means she can sleep off a seizure safely in our kitchen while I make dinner (I have two other kids so these things have to be done) it means she has her own chair to lie up in in the sitting room while we're watching a family movie! Thank you for this xxx"

"Thank you so much for helping us financially for our son, we greatly appreciate it. Words can't describe how much this means to our family. Thank you all for everything you all do to support families like our all around the country – this has lifted a huge weight off our shoulders"

"First of all I want to thank you both from the bottom of our hearts for your cheque. You said you hope it helps in som small way. You have no idea what this means to us & it will help us in a huge way. When our daughter got sick my husband had to give up work as we have 3 other kids a(all 4 are under 7) . So as you can imagine money is very tight. We don't know how to thank you enough for your very kind donation, it will help in just our basic daily life re good shopping and the diesel costs to Dublin for petrol"

"Thank you so much for the wonderful gift you have given us"





Champion Cliona's Foundation In Your Company

Many Companies are becoming increasingly aware of their CRS (Corporate Social Responsibility) and are looking at opportunities to support and encourage their employees to become involved in helping out Charities. If your Company is looking for nominations for their Charity Partner of the year it would be great if you could keep Cliona's Foundation in mind. You could also encourage your Sports & Social Club to run an event for Cliona's Foundation ie Swap roles for a day, firewalking event, barbecues, staff car washing, corporate family sports day etc.. You could even encourage your colleagues to participate in one of the many independent events organised throughout the year as a fun but rewarding team bonding and building exercise.



Get The Kids In School Giving For Other Kids

As a teacher in a primary or secondary school why not encourage events and fun days where the pupils can contribute to Cliona's Foundation. Could be a cake sale, colours day, sports day, donate % of communion or confirmation monies. Get transition year students participating in events where they can be part of the Purple Platoon.

Charity Wedding Favours

Are you planning for your wedding? Are you considering little gifts or wedding favours to place at the table for your guests? Why not consider substituting these gifts with a donation to Cliona's Foundation instead. We can design and provide you with a little card to place on the table which will advise that you are donating to the Charity. You will be making a real difference and it's a very special gift that all your guests will appreciate.

"The finest gift is one that helps others"

*In lieu of a traditional
wedding favour a donation has been
made in your name to
Cliona's Foundation
Sara & David*

Participate in one of the many independent events to challenge yourself and raise fund for Cliona's Foundation

Donate online on our website either once off or on a regular standing order basis - Tax relief available on all donations in excess of €250 per annum

Donate by texting Cliona to 50300 to donate €2 to Cliona's Foundation. We will receive a minimum of €1.63. Service Provider: LIKECHARITY. Helpline: 076 6805278.

We will help you come up with a fundraising idea and/or support you with any event you might organise.

Volunteers

If you want to be on our list of volunteers for various events we have throughout the year or have a skill that we could use we would love to have you on board. You can contact us at 061 - 331333 or at info@clionasfoundation.ie

We Need Your Help



There are 4,000 children in Ireland with a life limiting condition with approx. an additional 400 being diagnosed each year. The additional cost of looking after a child with a life limiting condition is estimated at €10,000.

Cliona's Foundation is the only charity providing support towards the non- medical costs which can include, accommodation, travel childcare cost, specialist equipment costs to name but a few .We support families of children from birth to 16 years of age across all life limiting conditions and throughout the country

Our profile has increased significantly over the past few months and during the month of May alone we were featured on 5 Radio Stations throughout the country and on 2 national media publications.

This increased profile has also resulted in an upsurge in applications and to date this year we have provided financial assistance to 63 families – ahead of what we had approved this time last year.

In the absence of any state funding we need the public's ongoing assistance to enable us support all the eligible applications we receive. We estimate this could be 120 families in the current year

If you can help in any way please donate online at www.clionasfoundation.ie or contact us at 331333 or at info@clionasfoundation.ie

