



Assistance for
families caring for
seriously ill children

Together for **children's families** in crisis

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Cliona's Foundation NEWSLETTER | SUMMER 2018

Hi there,

Hopefully most of you, if not all, are easing gently into the summer and holiday season and enjoying the wonderful weather.

Our Summer 2018 Newsletter is packed with lots of stories, photos of fundraisers, cheque presentations and lots more. Events over the last 6 months include a family donation from their joint Christmas Dinner, donation in lieu of Christmas gifts, bootcamp, memory walk, raffles, collection boxes, donations in lieu of birthday gifts, a glamorous Fashion Show, school donations, wedding favour, Coffee Mornings, Teddy Bears Hospital donation, a terrific Swim for a Mile, bucket collecting, runs, a BBQ, a concert, golf, boxing, exam success donation and of course some quite generous & very thoughtful donations, some of which were anonymous and others not so.

That sounds like a lot of events which raised a huge amount of money. While that is true, it's not nearly enough to support the number of families applying to Cliona's Foundation for financial support. We will continue to do our best to give grants to all qualifying families – at Cliona's Foundation we want to alleviate the financial burden that a family endures while caring for a sick child.

On that note, so far this year Cliona's Foundation has sent out cheques to 45 families nationwide with numerous more Family Applications awaiting funding. Our map is included later in the Newsletter.

There was great enjoyment in Cliona's Foundation recently when we were told that we are one of the three charities to be chosen to benefit from Limerick's Live 95 Stop Tour 2018! The other two are CARL and the Children's Ark including the Neonatal Unit. It's going to be a busy few months ahead. Plans are underway for a grand finale on Friday 21st September in Limerick City – keep an eye on our Facebook page over the next few weeks for the details. If you were free to volunteer with some events we would be very glad to hear from you!

Once again Cliona's Foundation would like to thank all their supporters, volunteers, fundraisers and donors. We really appreciate the kindness and thoughtfulness always shown to Cliona's Foundation.

You are the difference to our families.

We want you to enjoy reading this latest edition of Cliona's Foundation Newsletter.

Best wishes for now,

Phil, John, Terry & Brendan.



Hitting the new year running for Cliona's Foundation



Charity challenge



5k a Day for January

A wonderful kick start to the new year was launched by Go Tri Triathlon Club in Shannon which challenged people to get off the couch and run, walk or crawl 5k for 31 days in January. GO Tri have had a charity fundraiser around Christmas or the New Year for the past number of years and this year we along with Epilepsy Ireland were delighted to be one of the beneficiaries.

Participants were asked to sign up to the challenge for €31. If they missed a day they would forfeit their monies. Every day during the month people posted pictures of their efforts to a Facebook page where motivation was also shared.

It turned out to be a fun but competitive initiative with people posting their efforts from home and away – with some completing their 5k's in places like Heathrow Airport, Amsterdam and even Dubai.

The amazing thing was nearly 170 participated in the challenge and for a lot of them it was a huge personal achievement to complete 5k in one day, not to mind doing it 31 days in a row. What was very special was the generosity shown by the participants with nearly 100% of the registration monies being left in the pot for the charities resulting in a total of €4,800 being raised. We were thrilled to accept a cheque for €2,400 from Stephan, Teeling Lynch, Ray Cordon and the wonderful organising committee



Joining forces with Limericks Life 95fm 95 Stop Tour 2018 to help Limerick Kids

Cliona's Foundation are thrilled to have been selected as new charity partner, for the Limerick Live 95FM 95 Stop Tour 2018 Fundraiser.

Cliona's Foundation joins the existing partners, CARL Limerick and the Children's Ark including Neonatal Unit at University Hospital Limerick. In excess of €600,000 has been raised by Limericks Live 95FM 95 Stop Tour for Limerick Kids thanks to the

generosity of the people of Limerick over the past 8 years and they are hoping that the people of Limerick City & County will be as generous again this year.

This year's tour will take place the week commencing September 17th, with the Live 95FM 95 Stop Tour Team out in force across Limerick City and County, however, there will many fundraising events throughout the summer and beyond.

Fundraising already kicked off with The Limerick Class Car Show at Limerick Racecourse May 27th, City Centre Bucket Collection on June 29th and other events confirmed include The Jeff Power Memorial Soccer Tournament on 11th August, Cliona's Foundation Cycle on August 25, the Family Fun Day in UL Arena on Sunday 16th September and the Metis Morning River Run on Friday 21st September.

Communities, Credit Unions, businesses and schools across Limerick hold fundraising events including Coffee Mornings, Bingo Nights, Welly Wednesday, Fun Cycles, Walks, Pyjama Parties, Raffles, Living in a Window, all in aid of the Live 95FM 95 Stop Tour.

If you are interested in holding a fundraiser for the Live 95fm 95 Stop Tour –we would be delighted to hear from you.



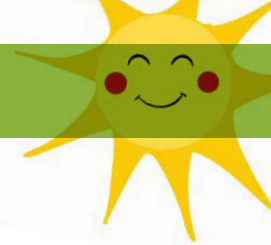
Music made for Cliona's Foundation

St Joseph's Church in O'Connell Avenue Limerick was the perfect location for the annual Queen of the May Concert on 10th May. It was a beautiful evening of the most wonderful music and song from many of Limerick's best known performers.

Cliona's Foundation were privileged to be one of the beneficiaries along with St Josephs Church from the evening and also the opportunity to share the Cliona's Foundation story with those that were there on the night. Such was the impact of our founder Brendan Ring's words that the parish priest of St Josephs donated his portion of the proceeds to Cliona's Foundation. It was a very special gesture at the end of a very special evening and we were delighted to accept a cheque for €2,300 from the very hardworking organiser Michael Nash. Thank you to all who organised, performed and supported.



Getting the win in Croke Park



Wonderful day at the All Ireland Business Summit in April where we had the opportunity to share the Cliona's story with other individuals and organisations in the Board Room at Croke Park and also hear some very inspiring stories. We were also honoured to be presented by Gavin Duffy with the Business All Stars Accreditation for our performance in the Family Charity Category



Last year Cliona's Foundation was introduced to a wonderful charity "Beyond the Moon". Beyond the Moon are based in Belgium and offer seriously ill children, their parents and siblings, only once, a relaxing **all-in cost free** family vacation to a destination that appeals to the children's imagination and takes into account any limitations that may apply to them travelling. Beyond the Moon takes care of everything, families only need to pack their suitcases !!!!

Beyond the Moon give hope, energy and joy. Families with a sick child constantly cherish the hope for better times and more enjoyable moments. The carefree family vacation offered by Beyond the Moon gives them the energy they need to experience some joy in their life and to continue their daily struggle against illness. Cliona's Foundation is privileged to have had 6 families benefit from Beyond the Moon when they travelled to various resorts including Netherlands, Belgium, Eurodisney and Trabolgan where they have spent great holidays. Cliona's Foundation is delighted to be associated with this wonderful charity!



Bon Secours Hospital giving back to the Community

It is wonderful to see organisations have a process to give back to the community that supports them on a daily basis. One such organisation is the Bon Secours group who have a Community Initiative Fund in each of their locations throughout the country. Through this fund they strive to fulfil part of their mission which is "good help to those in need."

The support we provide to families was considered to be a worthy recipient of their support from the fund and we were delighted to be approved funding in the amount of €3,000 to enable us provide assistance to families in Limerick.

We were only too happy to welcome Owen Mc Carthy, Hospital Mission Leader and Jason Kenny, Manager of BSH Limerick to the office to handover the cheque. It gave us the opportunity to share with them in greater detail the scale of the problem the challenges our families face and how we try and help alleviate the stress associated with those challenges. It was also great to hear of their commitment to Limerick and the plans for further development of the services provided.



Purple Family out in Force for the May Weekend.

With Ireland basking in sunshine Cliona's Foundation were privileged to have had the colour purple out in strength at numerous events in Limerick and in Castlebar over the May Bank Holiday Weekend.

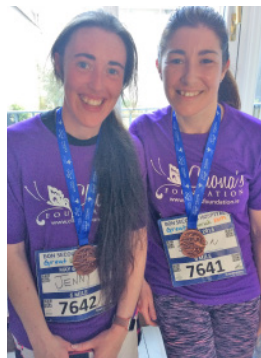
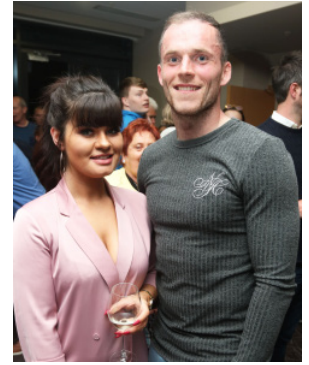
From tots to teens, to 3 generations of one family we were overwhelmed by the level of support we received from family, friends loyal supporters and strangers, which not only generated funds for our families but raised the profile of the service we provide.

What was most special was that families we have supported were part of these events during the weekend.

It all kicked off on Saturday morning with our super barbecue team cooking up a storm on the riverfront followed that afternoon by a few very special children lining out in the Great Limerick Run kids fun run. On Sunday we had our largest ever purple crew participating in both the Bon Secours Hospital Great Limerick Run and also the West of Ireland Women's Mini Marathon. We also got the opportunity for a quick chat with Sir Bob Geldolf at the start line of the Run.

The weekend was topped off with a wonderful evening of fireworks watched from the roof of The Strand Hotel at a purple crew get together thanks to the very generous sponsorship of Tom Tierney and MBS Ltd.

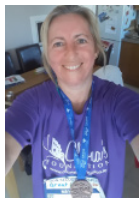
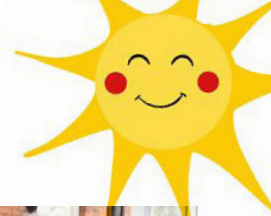
It was a magnificent weekend for Cliona's Foundation and we cannot express enough our appreciation for all those that made it so special.



BON SECOURS HOSPITAL
Great Limerick Run



Our Purple Family



The Legacy of the beautiful Ciara Mc Carthy



We have been blessed with the support the McCarthy Family, their friends and community have given to fundraisers in Ciara's memory since she passed away at the age of 7 in 2013 with so many families benefiting from the legacy left by Ciara.

Monaleen National School for the 3rd year running selected Cliona's Foundation to be the beneficiary of their Ciara Mc Carthy Memorial Fundraiser for which they got their junior and senior infants to participate in before the summer break up. The classes used their "school tour" to the Cinema to raise monies through sponsorship. They did just amazing and raised the huge amount of €2,130. Once again it was a wonderful and entertaining visit to the school 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.

The Annual Ciara Mc Carthy cycle organised by Boher Community Development Association took place on Friday 1st June. There was a fantastic turnout of approx



135 cyclists of all ages and while those that took the shorter route did so in wonderful sunshine, the seasoned cyclists endured thunder and torrential rain on their route.

While they may have returned wet it did not dampen their enthusiasm and all were delighted to have completed the course and were treated once again to

the fantastic hospitality of the Boher Community in the community centre at the finish. It was a wonderful event and we are extremely grateful to the Boher Community Development association and the Mc Carthy Family for their continued commitment to this event.



Element Six shone bright for Cliona's Foundation in 2017

Cliona's Foundation was privileged to be the Element six staff nominated charity partner for 2017 and worked with them on their various fundraising initiatives during the year. One of the highlights was the staff cycle in glorious sunshine through Co. Clare in September.

Other initiatives included a cake sale, a Christmas lunch and a weekly 'bake', all run by employees in 2017 with support from a number of the onsite contractors.

The staff's fantastic efforts raised over €8,000 but a matching contribution by the company has now brought the total amount raised to €16,748. It was a pleasure for us to take receipt of this staggering amount in January and acknowledge the massive efforts that went in to raising this sum and share with those involved the difference it would make



Families running for Families



It is wonderful when families that we have been able to support come back offering to fundraise for other families. It is a testament to the fact that they really value the help received and want families travelling the same journey to benefit also.

Over the past 2 months we had 3 different families putting in very special efforts at various events around the country which really lifted our spirits.

4 year old Eoghan Wallace, a real warrior was 1st out of the blocks when he and his older brother Diarmuid participated in the Kids Fun run as part of the Bon Secours Hospital Great Limerick Run on the May Bank holiday weekend. We were privileged to be able to offer support to the Wallace family when Eoghan was very sick and they have been wonderful supporters of ours since. In intense heat the 2 boys completed the 1km run and raised a wonderful €290.

Louise Mc Dermott and her group of friends got together and fundraised through their participation in the West of Ireland Mini Marathon on the May Bank Holiday weekend. Louise was hugely appreciative of the assistance she received from us in 2015 and she and her supporters paid it forward by raising a fantastic €600 from their efforts.

Alicja Fanning sent us a most beautiful thank you letter when we were able to provide financial assistance to her in 2013 when her daughter Sophie had to spend 5 weeks in hospital in the UK following major surgery " It was like somebody putting an arm around us and saying – It's Ok we understand and want to help you through this. Your gift of support has been a light in what has been a very emotional and trying time for our family" Alicja wanted to place that arm around another family and participated in the VHI Womens Mini Marathon in June and raised a super €1,125.



Eoghan, Pauline & Diarmuid



Louise McDermott and friends



Alicja Fanning





- Right now, there are 4,000 children battling with a life limiting illness in Ireland.
- 400 of these children will die this year with an additional 400 diagnosed
- Parents & guardians of these 4,000 children are coping on a daily basis with the emotional rollercoaster of a seriously ill child coupled with the stress of the additional costs that arise in these situations.
- They are away from home for long periods of time while they care for their child- paying for accommodation, food, transport, having to take time out of work, pay childminders to look after their other children and also have to purchase specialized equipment.
- In a lot of cases one of the parents gives up work to care for their sick child, reducing disposable income while still having to discharge daily household bills and now unplanned and unbudgeted for additional costs.
- Non-medical expenses, particularly for parents outside Dublin who have to travel to visit their child in hospital can run to as much as €160 a day.
- It is estimated that it costs an additional €10,000 per annum to care for a child with a life limiting illness.
- Cliona's Foundation is the only charity that provides nationwide **financial assistance to help families with the multiple non-medical costs of caring for their child.**
- The Foundation receives no state support and is solely dependent on fundraising events, private and corporate donations and charity partnerships.
- Cliona's Foundation was founded by Brendan & Terry Ring following the death of their own daughter Cliona at 15 following 8 years treatment for an inoperable brain tumour
- During Cliona's period of illness and treatment they met parents struggling financially with the hidden costs of looking after their sick child and saw first-hand the enormous toll it took on these families, already struggling to cope with the nightmare of having a seriously ill child

QUOTES FROM FAMILIES WE HAVE HELPED

"Bills were the last things on our mind when our son was in hospital and we spent many weeks in the Ronald Mc Donald House. Thanks to Cliona's Foundation for saving our young family and on the day the cheque was received seeing tears turn to smiles was beautiful"- Family from Limerick.

"You have no idea how much this 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. I had to quit my job to be able to stay with him in hospital and now take him to his check-ups and rehabilitation appointments"- **Family from Kildare.**

"You will never know how much it meant to us being in Crumlin 5 ½ months with our son. It was bad enough him being so sick, but all the added expenses of just trying to maintain our home too along with living in Dublin and even just trying to have money for travelling up and down and eating was near impossible. The cheque we received was a godsend and came at the right time for us as we were at breaking point" –Family from Wexford.

"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 his job as we have 3 other kids, all under 7. This money will help us so much in just our basic day to day life, the food shopping & the diesel costs to Dublin for appointments"- **Family from Sligo.**

**18 FAMILIES
CURRENTLY
ON OUR
WAITING LIST**



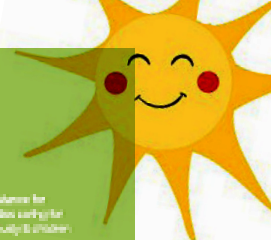
Cliona's

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LOCATION of FAMILIES we have ASSISTED over the past 11 years

Cliona's Foundation for families caring for seriously ill children
Together for children's families in crisis



TOTAL OF 528 FAMILIES
(end of June 2018)





The Ursula Stokes Agency very generously offered to run a fundraising fashion show earlier in the year in the wonderful surroundings of the Limerick Lawn Tennis Club where we were treated to a selection of wonderful fashions from boutiques in Ennis, Charleville and Limerick. The showstoppers of the evening though were our male models with special guests from Limerick & Na Piarsaigh Hurling squads Kevin Downes and Shane Dowling along with veteran models Brendan Ring and Fergal Deegan. Kevin and Shane have been wonderful supporters of Cliona's Foundation and always make themselves available when possible to help out.

It was a lovely evening of fashion and food and we are very grateful to Ursula Stokes and Elvio Nardone, their beautiful team of models, the committee of LLTC and all those who turned out to support.

Aqua Elite Kids and Parents going the Distance for Cliona's Foundation

For the 2nd year in a row we were delighted that Sarah Mc Namara of Aqua Elite Swimming Club used the national Swim for a Mile Challenge as an opportunity to challenge her senior and junior students in the pool but also to raise funds for Cliona's Foundation.



The amazing Sarah McNamara Niamh Blake and Liz Griffin completed the Swim for a Mile Challenge in UL Sport Arena on the 20th March. Sarah then

guided 50 of her Aqua Elite students ranging in age from 5 upwards to achieving huge personal goals in the pool at the Limerick Strand Hotel swimming various long distances in March and April.

Not content in doing the distance they all raised the staggering amount €5,274.10 through a mix of online donation page and the traditional sponsorship cards. We were somewhat overwhelmed accepting the cheque and were delighted to be able to express our appreciation to Sarah, Liz and Niamh at the cheque presentation.

A phenomenal effort was put in by all the swimmers both in and out of the pool, with tremendous support from all their families. A very special thank you to the very special Sarah Mc Namara who spearheaded this initiative and has not only helped us to support more families but also raised the profile of Cliona's Foundation.



Family Story - Clodagh's Journey



“What you do - all that work is marvelous. Please keep it up and help more families like us”.

It can be very difficult for people to truly understand and grasp the stresses and financial pressures that strike when a child gets seriously ill. So it is very special when our families allow us to share their experiences. One such family is the Gordons who we were privileged to be able to support in some small way recently.

July 20th 2017 should have been an ordinary day for the Gordon Family. Except for the fact that mum Eimear is three weeks away from giving birth to her second child, and 17-month-old Clodagh has an eye infection that isn't clearing up with antibiotics, everything else seemed like usual. It was the 1st anniversary of their move from Australia to Ireland.

However Clodagh's mood changed and all she wanted to do was sleep. She was no longer eating and playing and the eye infection seemed to be taking its toll. A trip is made to the GP in expectation of more antibiotics and riding out the infection for a few more days.



Clodagh June 2017



January 2018



June 2018

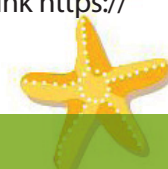
But the GP is not happy and sends Clodagh straight to the local hospital where blood test results come back erratic and inexplicable. Instead of heading home, Clodagh is rushed to the Our Lady's National Children's Hospital in Crumlin, Dublin. This is when the Gordons realise nothing is going to return to normality any time soon, as they are escorted to a special room where they are given devastating news that Clodagh doesn't just have an eye infection – she has leukaemia (Acute Lymphoblastic Leukaemia).

It's a parent's worst nightmare that could hit any of us at any moment in time. And it happened to 17-month-old, Clodagh. Within 18 hours of her diagnosis, Clodagh had her first operation and chemotherapy treatment. In the next two weeks, Clodagh lost her hair, become incredibly weak and the chemotherapy destroyed her ability to fight infection.

Clodagh and her family were faced with spending the next two years of their lives in and out of hospitals working on a treatment plan which will involve treatment to kill the leukaemia cells, six months of monitoring to make sure they don't return and then Clodagh faces the long road of re-building her immune system.

Within a 6 weeks of the diagnosis Eimear gave birth to baby Teaghan, a little sister to Clodagh who was in Crumlin receiving treatment while her mum was in Hospital. Clodagh's dad Cameron had given up work to be full timer carer.

The Gordon family journey since last year has been an incredible rollercoaster emotionally, physically and financially and a journey which so many other families are also travelling. A year later Clodagh is doing well on a maintenance programme which means monthly chemotherapy, bloods and other tests. Clodagh's mum has recorded the journey in a very brave, honest emotional and inspiring filled blog which can be read on the following link <https://clodaghsstory.wordpress.com>





The General Data Protection Regulations (GDPR) came into legal effect in the EU, including Ireland, on 25th May 2018. It establishes a range of strengthened and new rules for how companies can gather and process your personal data.

Please visit our web site at www.clionasfoundation.ie/privacy-statement for more information on how Cliona's Foundation is implementing these regulations.

If you receive this Newsletter in the post and you no longer wish to receive it or have another query about the Newsletter then call Phil on 061-331333 or email your request to phil@clionasfoundation.ie.

If you receive this Newsletter by email you can manage your preferences via the email that delivered the Newsletter or you can 'unsubscribe' entirely from the Newsletter service using the unsubscribe option on the same email.

UP COMING EVENTS

Our 11th **Annual Cycle** is taking place on Sat 25th August, 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). This year all proceeds will go to Limerick's Live 95fm 95 Stop Tour of which we are one of the beneficiaries along with CARL, and the Children's Ark including the Limerick Neo Natal Unit.

Registration will be open from 8:30 am; €30 Family, €25 Adult and €5 child. Hop on your bike and join us for a few hours with fantastic post cycle refreshments and entertainment. Check our website at www.clionasfoundation.ie for further detail.



Take the
next step.

Cook Medical Women's Mini Marathon kicks off from the University of Limerick Sports Arena on the earlier date of the 30th September. Why not gather a group of friends or colleagues and register to run for Cliona's Foundation. In addition to your

event long sleeved half zip 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



Are you registered for the **Airtricity Dublin City Marathon** on Sunday 28th October.

We would love to have you on our purple team for this fantastic event. We already have 2 committed to the team and it would be great to increase this number.

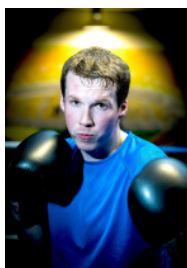
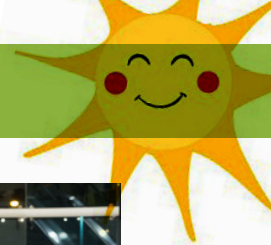
The second **Dieselman's Ball** is being held on November 24th at the Devon Inn where a great meal is guaranteed followed by lively music by the Michael Collins band. Funds raised will go to Cliona's Foundation. More details to follow but check out the Facebook page to register your interest.

We will be **climbing a mountain** again this October following our very successful trek last year. Keep an eye out on our Facebook page and website for details of this year's event.

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 only be delighted to supply you with whatever you need to make it happen.

For further detail on any of the above please contact us at 061 – 331333 or email phil@clionasfoundation.ie

FANTASTIC SUPPORTERS



A selection of the Fantastic Support across a variety of sectors and events

Unity Credit Union selected Cliona's Foundation as their charity partner for 2018 across their 3 branches in Athlunkard Street, Castleconnell and Ballynanty. We are very grateful for our selection and their generous donation of €1,200.

Staff of Dell Ireland for their ongoing support through their wonderful staff giving program.

Well done to the students of the Graduate Entry Medical School in UL who ran the fantastic Teddy Bears Hospital in UL Arena in April and selected Cliona's Foundation to benefit from monies raised during the day. A wonderful group of students

Ciaran MC Carthy read and liked what he saw about the service we provide and put his body on the line in a recent white Collar Boxing event in the Strand Hotel. His massive efforts resulted in a fantastic donation of €1,240.

Thanks to Eamon O Malley of O' Malley Griffin Brokers who supported our application to the Aviva Broker Community Fund through which we were awarded €1,000.

Marc Kiely and Committee of Corbally United FC who selected the Cliona's Foundation Logo to be placed on a new set of playing gear for the U12 Team.

The DFS style team, together with Design Experts GAFF Interiors had a lovely interiors event in the DFS Limerick store in March. Cliona's Foundation were selected to benefit from donations made on the night, amounting to €890.

Management staff and tenants at Roselawn House ensured we had a very successful coffee morning at our shared facility in April. It gave us the opportunity to meet with all the other occupants of our building who were very generous in their support

Our 2nd Annual Bucket Collection facilitated by Conor O'Neill and his colleagues in Punchestown.

Tesco Community Fund for their contribution.

John the Baptist Community School in Hospital for their Easter Raffle donation.

Carmel O'Carroll and Tony Frattorelli for their gift to us of their birthday donations.

The Greybridge Classic Club for their wonderful support and donations from various events held over the past 12 months.

Little Graduates Fitness Class for their donation from their weekly class of €450.

JT Fitness Class for the New Years Eve class Fundraiser.

Staff of Beckman Coulter who went purple in to Hell & Back.

First Year Business Studies students from UL who produced a lovely video for us as part of their Social Media for Social good module.

And many many more wonderful donations from very generous people.





We are thrilled with this novel and current initiative by Fitness guru and Cliona's Foundation Ambassador Leanne Moore. Leanne has teamed up with the Good Food Outlet on the Ballysimon road in Limerick to raise vital funds for us.

The Good Food Outlet and Leanne Moore have put together a healthy and delicious ready-made Go Gym Fitness meal that will be available to buy exclusively at the Good Food Outlet from now until the end of September. For every one of the Leanne Moore meals sold, the Good Food Outlet will be donating €1 to Cliona's Foundation. Leanne was joined by fellow Cliona's Foundation ambassador and World Rugby Referee of the Year Joy Neville to launch the meal. The team at Cliona's Foundation has sampled the meal and it is delicious and nutritious. Don't miss the opportunity have this quality meal on your table.



Keith Duffy

keeps performing for Irish Charities

The Keith Duffy Foundation was established in December 2015 to provide support and financial assistance to various children's charities throughout Ireland. To date, the Foundation has donated €185,000 to Irish charities. It's main annual fundraisers are the Keith Duffy Christmas Ball and the Keith Duffy Charity Golf Day.

During the period of 2016 – 2017 Keith Duffy donated a total of €45,000 to Cliona's Foundation – which helped 30 families during this time. ***We are extremely grateful to Keith and his hardworking team, who have become very good friends of the Foundation.***

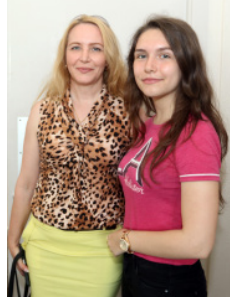


Music, Joy & Coffee teed off us off with Lifting Limerick

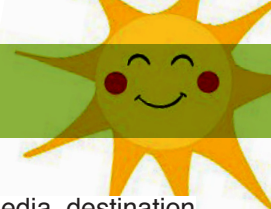
For the 4th year running we were the selected charity partner for the Annual Lifting Limerick Fundraising Golf Classic which took place over 2 days in May in Castletroy Golf Club. While the purpose of the classic is to raise the funds necessary to run the Limerick Teams programme we are delighted to also have the opportunity to raise funds and increase our profile through our involvement.

It was a magnificent 2 days in Castletroy Golf club which kicked off with a coffee morning with a difference hosted by the Golf Club and Cliona's Foundation. We had music by Treble & Bass, an entertaining fashion show by some of the golf club members and coffee and scones sponsored by Jeannie Moloney of On the Tee Catering. But the show stopper of the morning was our special guest and generous supporter of Cliona's Foundation international Rugby Referee Joy Neville. She gave us a wonderful, interesting and humorous insight into her journey so far, the commitment and sacrifices she has made and the support that she has received on her wonderful journey. A true inspiration to all.

The real competition kicked off them with the golfers heading out on the beautiful course. We were particularly delighted with the support for the Women's only competition on the Friday morning from which we received a portion of the registration fee. 9 teams of 4 lined out with members from clubs all over Limerick and beyond. We are extremely grateful to Sean Scanlan and all his team at Limerick GAA for their support of our partnership with them over these 2 days and also to the lady members of the Golf Club for making the coffee morning and the Ladies competition the success it was. The funds generated of €2,500 enabled us to support another 2 families of children with a life limiting condition.



Lisa's Lust for Cliona's Foundation



Lisa's Lust List is a firmly established social media destination on Ireland's fashion scene driven by the beautiful, intelligent and articulate Lisa Mc Gowan from Tullamore. Her straight talking and down to earth approach are some of the many reasons why Lisa is now one of Ireland's top fashion influencers with 188,000 followers on Facebook and 43,000 on Instagram.

Lisa started bringing her online presence on the road with evenings of fashion and food in 2017 and in January this year she was in the Radisson Hotel in Limerick for one of those events.

We were delighted to be chosen by Lisa to be the charity partner for this event which would see us being the beneficiary of the raffle on the night.

It was an amazing event with over 300 women enjoying a drinks reception, shopping, a fashion show and getting style and make up tips from a variety of contributors.

Lisa also very kindly interviewed Brendan about the Cliona's Foundation journey and the impact of his words were evident in the fantastic monies raised on the raffle and the positive feedback from those in attendance. The proceeds from the event enabled us to support 3 families that were on our list and it is always so special when informal chats can result in such a fantastic output.



METIS CLIENTS DIG DEEP FOR CLIONA'S FOUNDATION

Metis Ireland is a fantastic supporter of a number of charities and we in Cliona's Foundation consider ourselves very lucky to have such a strong relationship with them. Their advice, financial support and indirect support through their participation in many of our events and our profiling to their contacts are hugely appreciated.

They recently gave Brendan Ring the opportunity to speak about Cliona's Foundation at one of their recent corporate outings resulting in their clients donating a total of €1,450. Another family supported as a result of an excellent Corporate Social Responsibility initiative.

Doing Miles & Mountains for others

A massive thank you to a very dedicated and committed 8 people who recently undertook a unique but arduous journey as part of the Herbertstown NS Pedal to the Peak challenge. The team of 7 parents and 1 teacher from Herbertstown NS travelled from the lowest point in Ireland to the highest point in under 24 hours. The team left the North Slob in County Wexford on a Friday night at 9pm and cycled through the night to arrive into Cronin's Yard at the base of Carrauntoohil shortly after 9am. Following the 270km cycle, the team hiked to the roof of Ireland and completed the challenge in 16 hours and 40 minutes. On the same day, 43 members of the community in Herbertstown also climbed Carrauntoohil. Pedal to the Peak was undertaken to raise funds for Herbertstown NS as well as Cliona's Foundation and Our Lady's Children's Hospital, Crumlin. An amazing achievement by a group of very special people.





*"Giving is not just about making a donation
– It's about making a difference"*



Staff of Beckman Coulter at Hell & Back

Champion Cliona's Foundation in your Company

Many Companies are becoming increasingly aware of their CSR (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 i.e. 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. We would be delighted to visit your company and share our story.

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 years participating in events where they can be part of the Purple Family

Get Family and Friends involved

Organise a fundraising event with your family members - it could be a walk, a table quiz, a birthday giving initiative, a wardrobe clear out sale. You might even decide to jump from a plane!!

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 advises 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.***

MONTHLY STANDING ORDER

Recurring donations would make a huge difference to our families. It is very easy to sign up online on our website to make a monthly donation.

Donate online on our website or by calling the office on 061 - 331333.
Tax relief available on all donations in excess of €250 per annum.

Participate in one of the many independent events to challenge yourself and raise funds for Cliona's Foundation. We will help you to come up with a fundraising idea and/or support you with any event you might come up with.



Little Giggles for the Kids

Why couldn't the sailors play cards?
Because the Captain was standing on the deck!

How do you know when the sea is sad?
When it is looking blue!

Why can ghosts never get away with a lie?
Because you can see right through them!

When is the letter T like an island?
When it is in the middle of water!

Why did the pig come in from outside?
Because he was bacon in the sun!