

Summer 2019

Cliona's

For families with a seriously sick child

There have been some changes to the Board of Cliona's over the last number of months. Previous Board Members Noreen Mitchell & Cllr Brigid Teefy have stepped down and 2 new Members have joined us, namely Eric Delaney and Tony Frawley. We'd like to offer our sincerest thanks to Noreen & Brigid for their unwavering support over the last number of years and of course, we'd like to welcome Eric & Tony to the Board. We're all looking forward to working with them both over the coming years.

Hi everybody,

Welcome to our latest Newsletter and we hope you'll take some time out of your day to ponder over it; it's jam-packed with news from all the events/fundraisers that have been taking place over the last 6 months and I think you will agree it has been a busy few months thanks to the most fantastic people who continue to amaze us.

So far this year, we have supported over 80 families - you will see the break-down on our map later in the Newsletter. If this trend continues it would appear that Cliona's will be supporting over 160 families in 2019; this figure is well over and above the number of families supported in 2018 so hopefully we'll have enough funding to achieve this. Needless to say if you feel you can help Cliona's in any way at all, we would be delighted to hear from you.

On that note we've got one of our most challenging fundraisers ever coming up, it's from the middle of August to the beginning of September under the banner "Packing Your Bags for Cliona's". It's a National Bag Packing day, very kindly offered to us by Dunnes Stores nationwide. While it may sound like a fairly straight-forward affair, it's far from it. We would love if you or somebody you know would be willing to volunteer. If you think you could assist us with this particular project, please get in touch with us by visiting our website www.clionas.ie to register.

You may have noticed the new branding to Cliona's which we're absolutely delighted with. In fact we have received plenty of compliments about it and we think you'll agree that it's eye-catching, colourful and bright while still retaining our butterfly theme. Thank you to Frawley Branding for all their hard work with this project including Tony, Emma & Mandy.

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.

Your support makes a difference to our families.

Enjoy reading Cliona's Summer 2019 Newsletter ! And of course make the most of the lovely weather and summertime.



Regards,

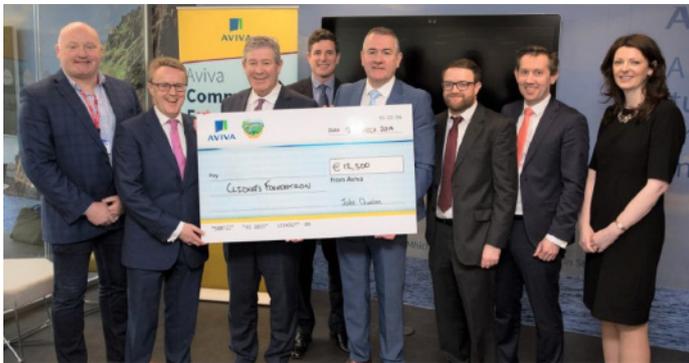
Brendan, Terry & Phil.

Cliona's scoops Aviva Community Broker Fund Prize

Cliona's Foundation were thrilled to come out joint winners in the 2019 National Aviva Broker Community Fund following a presentation to the judging panel in Dublin recently.

Aviva launched the Aviva Broker Community Fund in 2017 to collaborate with their Broker partners in identifying local charitable and community causes that will make a difference to the community.

Cliona's was nominated by a number of brokers, but it was the nomination by Nolan & Partners Financial Advisers that was shortlisted to the final 5 and guaranteed a fund of €5,000.



Each of the five charities shortlisted presented their plans to the independent panel of judges, which included former rugby player, Bernard Jackman, representatives from Matheson and an executive from Charities Trust to be in with a chance of the overall prize.

The outcome of the deliberations from the panel was that it was a draw between Cliona's Foundation and another Limerick Charity Irish Chamber Orchestra – Sing out with Strings for the €20,000 prize fund – with each of the charities being awarded €12,500.

To say we were absolutely ecstatic on the day would be an understatement as this was recognition of our work on a national front in addition to funds that would help a number of families.

Cliona's Foundation would like to thank everyone involved in this very generous fund and in particular Paul Cuddy of Nolan & Partners Financial Advisers and also the other Brokers Metis Ireland and O' Malley Griffin who also nominated us.

The Blue Brigade making dreams come true

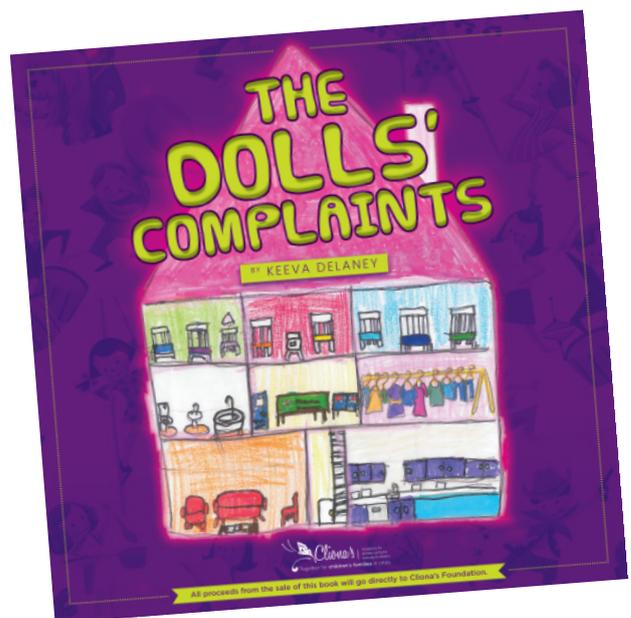
It was lovely to be invited to Henry Street Garda Station in Limerick to be part of the wonderful reception given to young Noah Quish who was made Garda Quish for a day by the members of the force there.

Noah who only turned 2 in March wants to join the forces, is battling serious illness and has had numerous life saving surgeries. But in spite of this he has the broadest of smiles and is such a happy child.

It was fantastic to meet Noah and his family but also to receive a donation from Sgt. Shane Davern on behalf of the station.



Over 6.500 copies sold and still on sale in Dunnes stores



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12th Annual Cycle for Limerick Children

Our 12th Annual Fundraising Cycle in association with Live 95fm Helping Limerick Children will take place this year on Saturday August 31st. The cycle which has become a popular date in the diary of many cyclists will start from Bruff Rugby Club, just 25km from Limerick city.

With three routes including a 10km for kiddies, a 40km family/leisure cycle and the 90km Cliona's Challenge the event caters for cyclists of all levels of ability. On finishing the cycle participants and onlookers can look forward to plenty of food from the famous BBQ, while the kids will be kept entertained with face painting, a bouncy castle and more.

All proceeds from the cycle will go to the Live 95fm Helping Limerick Children fundraising campaign supporting Cliona's Foundation, CARI and the Children's Grief Centre and we recommend you book your slot online at www.clionas.ie

This is a fantastic day out for all the family.



10
kms **KIDDIES**

40
kms **FAMILY**
Leisure

90
kms **CHALLENGE**



Support Cliona's 12th Annual
Charity Cycle

WHEEL Fun (BBQ / Refreshments / Bouncy Castle)
Saturday, August 31, 2019

Book Now www.Clionas.ie

Live 95 Helping
Limerick
Children



Rolls from Bruff,
Co. Limerick!



Bon Jovie rocked Tralee for Charity

We were one of 2 charities that were delighted to benefit from a fantastic night of music earlier in the year when those that could not get tickets for the real deal came out in force to rock with tribute Band Jovie amongst others in the Brandon Hotel in Tralee.

The night of music also included former Ireland Eurovision winner Mickey Joe Harte and Oracle with MC for the night being the very entertaining Brendan Fuller of Kerry Radio.

It was a fantastic night from the prosecco reception start to the crowd rocking end which generated €3,000 for each of the 2 beneficiary Charities, Cliona's Foundation and the Chemotherapy Unit / Hospice University Hospital Kerry.

All the credit for this event goes to Eileen Whelan who along with her team put in a tremendous effort to make this a great success.

A Bull's Eye for Cliona's Foundation thanks to David Wilkie

Delighted to receive €2,060 from David Wilkie following a fantastic fundraiser of 3 nights of Exhibition Darts in March featuring Lorraine & Dean Winstanley at Taffys Bar & Lounge Thurles, The Cellar Bar Abbeyfeale and The Track Bar Limerick. We were able to help out the Wilkie Family a number of years ago when their son Glen was unwell and they have been fantastic supporters since. A big thank you to all three locations, the international guest players and everyone who supported the three darts nights.



Pedal Power from Boher Community in memory of Ciara Mc Carthy

BOHER Co Limerick was buzzing for the annual charity cycle in memory of Ciara McCarthy, the beloved daughter of James and Aoife and brother of Thomas who passed away aged 7 in March 2013 after a long illness.

Boher Community Development Association asked could they organise a cycle in memory of Ciara, and have continued to do so for the past 7 years with proceeds going to Cliona's Foundation.

It is always a wonderful example of local community coming together to make good happen. Once again this year they pulled out all the stops for the 100 cyclists of all ages and proficiencies from a range of cycle clubs who participated in this scenic 40km cycle in glorious evening sunshine.

The McCarthy & Madigan Families and their family and friends have been inspiring supporters of Cliona's Foundation and it is difficult to articulate our appreciation, admiration and gratitude to them.

To date an incredible €24k has been raised for Cliona's Foundation from the annual cycle which really is phenomenal in addition to many more fundraising initiatives in Ciara's memory .

We are so grateful to the Boher Community Development Association for their hard work in making this annual event such a success.



Corporate Partners and Supporters

While First Data are still setting down their roots in Nenagh and expanding their workforce daily we were very happy to be selected as their Charity Partner for 2019 and will benefit from a number of fundraising events they will have during the year.

It was wonderful to have their Director of Engineering Alan Burton participate in the Great Limerick Run for us in May and with the support of his colleagues in First Data handed over a cheque for €610



Metis Ireland have been a very loyal and generous supporter of Cliona's through their sponsorship, support and participation of many events to raising funds directly for us from their own corporate and clients events.

We were privileged to be able to share Cliona's story with their clients at an event recently who in turn dug deep in their pockets to support us by donating €1,510 which we greatly appreciate .

It was a wonderful to get a call from Stryker in Raheen in Limerick advising that we along with Cork Penny Dinners had been nominated to be beneficiaries from a plant fundraising raffle which resulted in us receiving a donation of €1,800. It was a fantastic visit to the Limerick plant for the presentation of the raffle prize of a signed Munster Jersey by Bank of Ireland staff David Wallace and Lucia Randles who is also a member of the Munster Rugby Supporters Choir who donated the prize. Thank you to Hilda Mulvihill and all the staff at Stryker for their support.



Families and Friends running for Families



For the second year running Alicja Fanning ran for Cliona's in the VHI Womens Mini Marathon , and persuaded her friend Patricja Drennan to do the same. We were able to support Alicja and her family 3 years ago and are amazed that she

can put in the miles to support other families raising over €1,000 (and rising) despite still looking after her sick daughter.



How fantastic are these two, Emma Sullivan and Michelle who ran the Clontarf 8k earlier this month and have raised over €1,600 for Cliona's. We were able to give support to friends of the girls who have a sick little boy and have

spent a lot of time in Crumlin. It's very special and uplifting to us when we get this support back which will enable us help another family .



How families of Ireland's sickest children can fall into a financial black hole

Cliona's Foundation vision is that no family should suffer financially while having to care for their seriously sick child – however unfortunately for many of the families of the 4,000 children in Ireland with a life limiting condition this is not the case.



On top of grieving for the loss of a normal future for their seriously unwell child comes the financial pressure.

In our academic report "Too Dear to Visit" launched last year and presented to various Government department officials we highlighted the issue of the huge non medical costs associated with caring for a sick child and the lack of supports available to families to meet these hidden costs. Many of these families are being driven in to poverty.

Cliona's Foundation has for the past 12 years been trying to help these families by providing once off financial support to enable them meet some of the ongoing long term costs. We are the only charity in Ireland providing this support on a national basis from birth up to 16 years of age across all life limiting conditions. We are doing this without any Government funding but with the fantastic generosity of the general public. Naturally we would love to be able to do so much more.

The families we are supporting and the issues facing them was further highlighted in a recent article in the Irish Times in May which looked at the experience of one family and also got the views of the Nurses and Social Workers trying to help them. The following extracts from this article will give you some insight into the struggle and why we are so passionate about helping these families.

"On top of grieving for the loss of a normal future for their seriously unwell child comes the financial pressure of trying to pay regular bills on a reduced income, while bearing increased costs that living in hospital brings – from accommodation, travel and parking, to eating without cooking facilities and often extra childcare for siblings."

"We are dealing with the sickest children in the country and the parents under the most strain, and then we are adding into the mix that they are being put under extreme financial pressure. We have kids living in the hospital for two years."

"A mother having to give up work and father going part-time is a common scenario. Parents often try to work online from hospital, to keep something going. A family I worked with, both parents had to give up work. Their child was in ICU for over a year and neither of them could work, they had another child."



"Couples with higher incomes often have bigger mortgages, so with the loss of one or more income, the debt of a heretofore financially comfortable family can spiral very quickly out of control."

"Think of the profile of kids who are in hospital – they are usually in the very younger age group and the families have probably got a new mortgage and a new house, starting school bills and with other siblings. It is probably at the most expensive time of their life,"

"Parents of long-stay paediatric patients are still their primary carers. Not only do they want to be at their child's bedside, they must be there. The hospital system depends on it."



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“You are not allowed to leave – you can’t just disappear for a week. You are still responsible for your child in hospital, the nurses aren’t there to mind them.”

“There is also lengthy training for parents to prepare to bring home a child who may be “peg fed”, where liquid nutrition is tubed into the stomach, and/or have a tracheostomy, that involves placement of a tube through a hole in the neck into the windpipe”

Yet they are not carers in the eyes of the State when it comes to support payments. Nor will they qualify for unemployment benefit – even though they have lost their job or, at least, their income – because they are in no position to be a “jobseeker”. They’re in a black hole as regards State financial assistance.



For one family, their €1,500 monthly rent and all the other regular bills had to be paid, as well as the additional expenses. With one of them in Dublin all the time, “it was like having two families”,

“My husband would come up one night a week because he would miss us. He would maybe bring his mother up, and my other daughter would come up as well.” But trying to give the family time together in this way came at the cost of higher petrol bills.

The hospital’s parents’ accommodation cost €10 a night, until that was waived after the first four months. With no access to cooking facilities, it was take-aways, eating out or the hospital canteen – all costly and mostly unhealthy. With all that’s going on, self-care is a challenge.”

“The money stops coming in and then you have all these bills to pay,” says mum. In addition to what’s going on in hospital, “you’re on a constant fight as well to try to get everything in place to get home”, such as housing and a home-care package.



**UNIVERSITY
of
LIMERICK**

OLLSCOIL LUIMNIGH

UL STUDENTS sharing their social media skills.

For the 3rd year in a row it was great to engage with 1st Year Business Students in UL on their Social Media for Social Good Module whereby they select a community or non-profit organisation and work with them on developing social media strategies.

We were selected by one of the groups of 4 students led by Nicole O’Donnell and had the opportunity to meet with them and share our story. Our input along with their own research resulted in a wonderful video being produced and their work being presented at a Student Story Fair in the Kemmy Business School in the University of Limerick in May.

This partnership was a great opportunity to engage with an age profile that would not be very familiar with us and for us to benefit from their social media and technology skills.



**YOUR SUPPORT CAN MAKE A BIG DIFFERENCE
TO THESE FAMILIES**

www.clionas.ie



Going to great Lengths for Cliona's Families

Sarah Mc Namara and pupils of her swim school Aqua Elite at the Strand Hotel Limerick once again did a fantastic fundraiser which not only saw them improve their swimming technique but also raise €4,568 in the process.

This brings the total Sarah and Aqua Elite have raised for us over the past 3 years to €13,665 – which is just amazing .

Sarah McNamara, Liz Griffin and Niamh Blake completed the National Swim a Mile challenge in UL Arena while 57 children swam an average of 800 metres each during the month of April in Energize Leisure Centre (total of 45,000 metres or 28miles)

It was also great to hear from Sarah that she was familiar with a family that had received our support earlier this year and could see 1st hand the lift it gave that family as they coped with looking after their sick child. A fantastic achievement and well done and thank you to all the participants and their supporters.



LIT Students take steps to support Cliona's

Huge thank you to Jack Fitzimons and 4 of his classmates in LIT studying Business & Sports Management who as part of their course content needed to organise and run an event and selected Cliona's Foundation to be the beneficiary.

It was great working with Jack and the other students in the planning and promotion of the Fundraising Walk which took place in Ballycuggeran Co. Clare in February. It was also a great opportunity to share Cliona's story with the students and in turn increase our profile to all on the LIT Campus. Through their endeavours the team with the support of LIT staff and students raised a fantastic €1,016.



Local Recognition for Terry & Brendan Ring

Wonderful for Terry and Brendan to be recognised at the Limerick person of the Year award earlier this year in the Clayton Hotel in Limerick . They had received the person of the month award in September 2018 for their outstanding commitment to Cliona's Foundation for the past 12 year and were in the running for the overall award at the annual event in February It was a room full of the most amazing nominees - but the accolade went to the fantastic All Ireland Winning Limerick Hurling Team for their outstanding campaign culminating in their historic win in Croke Park in August 2018 Terry & Brendan were honoured and humbled to be recognised and share the room with such outstanding people.

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Munster works its magic for our families

We were privileged to be selected as one of the charity partners for Munster Rugby for 2018/2019 and have had a wonderful relationship with them over the past 9 months.

But one of the highlights was the invitation we received to have a number of our families attend at one of their training sessions in March at their base in UL Arena.

While the weather may not have been too kind it could not dampen the unbelievable excitement and the sheer happiness experienced by all the kids and their families.

They got the opportunity to see the squad train for half an hour and then it was sheer magic as each and every one of the team led by coach Johann van Graan circled around the waiting families.

Johan spoke the most fantastic words of encouragement to everyone and acknowledged the great work that Cliona's Foundation does before the whole Munster crew engaged with all of the families in the most intimate and personal manner.

It was fabulous to witness and we cannot speak highly enough of each of the Munster Team and management for what they did on the day and the magic memories they made for all.



New Blue Crew shines through for the May Weekend.

With Ireland basking in sunshine Cliona's Foundation were privileged to have had our new brand and T Shirts out in strength 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 a number of children lining out in the Bons Secours Hospital Great Limerick Run kids fun run which included the Wallace boys and also the Tully/Lysaght kids - 2 families we have been able to support in the past and who raised great monies through their participation and sponsorship.

On Sunday we had a wonderful base in the Limerick Chamber Offices with a birds eye view of the race as it started and finished .We had a huge Blue crew participating across all the distances and we were privileged to have our wonderful ambassador Sinead Kane lead out our crew in the 6 mile race. The Limerick Chamber provided the perfect location for all our supporters to meet up before and after the race and swap notes, compare times and plan for next year!

The weekend was topped off with a wonderful evening of fireworks and entertainment watched from the roof of the Limerick Strand Hotel at Cliona's Foundation 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 by running for Cliona's Foundation raising our profile and also funds to help us support our families



New brand , partner & target to Help raise funds for Limerick Children



As part of the overall change in branding for Limerick's Live 95fm radio station recently there has also been a fresh approach to what was known as the "95 Stop Tour for Limerick Kids"

Over the past number of years, Live95, Limerick's market leading radio station, has helped raise over €650,000 for Limerick based Children's Charities through the generosity of their listeners and the Limerick business community who organised events and gave generously of their time and money.

We were privileged to be part of the initiative last year and delighted to be selected again this year along with CARI and the Childrens Grief Centre. The new initiative for 2019 is 'Live 95 Helping Limerick Children' to raise funds and increase awareness around Limerick City and County for all 3 charities.

The new look also bring a new and exciting challenge of doubling the amount raised from last year and setting a target of €95,000. We are reaching out to everyone in Limerick City and County to lend their support be either organising specific fundraisers or supporting the many events that will be taking place over the next couple of months.

Stayed tuned to Live 95fm and our social media pages to see what is coming up and how you can help.



Overwhelming support from the Late Late Show

We previously shared with you the wonderful book written by 11 year old Keeva Delaney which hit the shelves of Dunnes Stores over the Christmas period with all the proceeds going to Cliona's Foundation. With the support of Cube Printing, Dunnes Stores, the Delaney family and many others the book has been a wonderful success.

The story behind the book and also how the proceeds of the book would make a difference to families of sick children was so special that Ryan Tubridy featured the book along with one of the families we have supported on The Late Late Show in March .

It was such a privilege to have Keeva and her family on the show and also both Katie and David Nolan who's beautiful daughter Penelope has been diagnosed with a life limiting condition and who we are able to support earlier this year.

The Nolan family's journey is heart breaking but inspiring. Having survived the Bataclan attack in Paris in 2015 from

which David suffers with ongoing leg pain , the couple went on to have the beautiful Penelope in December 2016. Following numerous hospital visits and appointments Penelope was diagnosed with a unique life limiting condition just before Christmas 2018 and they have a tough journey ahead.

Katie and David spoke about receiving support from Cliona's Foundation shortly afterwards and describing it as a "fairy godmother" moment when the cheque arrived. They urged viewers to purchase " The Dolls Complaints" so more families could be supported.

The subsequent response was overwhelming with sales of books, online donations, messages of support from the public and one very substantial donation from an individual who was very taken by the work we do after seeing the piece on the Show.

The value of this opportunity in terms of donations and increased profile has been amazing and we are hugely indebted to the Nolan family for their bravery and honesty in sharing their story also to the Delaney family for the commitment they have given to "the Dolls Complaints" since last June.



Ingenium drive on for Families of Sick Children



A wonderful event organised and hosted by Ingenium was a outstanding success at Ballyneety Golf Club on the 7th June thanks to huge efforts of the fantastic team at Ingenium and all those that participated and supported.

We were blown away and very privileged to accept a cheque for €20,000 from Dr. Hugh O'Donnell and his team at Ingenium and were delighted to be able to share with them the impact that this would have on a number of families caring for seriously sick children.

20 teams participated in the "Drive for Wellness" Ingenium Inter Company Golf Classic and the unseasonable weather did not dampen the 80 golfers' spirits, as a fantastic winning score of 86 points was returned by Garry Brothers. In second place with 81 points was Trade Electric, who just beat H&MV Engineering on the back nine.

A wonderful evening of dining, discussion, and dancing followed.

Cliona's Foundation patron Miriam O'Callaghan, travelled from Dublin to present the prizes to the winners and also was part of the super discussion panel which included Ambassador Joy Neville, rugby pundit Fiona Steed, Brendan Ring and David Crowe

who's daughter passed away 3 years ago after battling with a rare illness. While the discussion panel was entertaining and humorous the impact that Cliona's Foundation has on families struggling financially to care for their sick child was the strongest message delivered.

It was particularly poignant to listen to David Crowe speak about Sarah, how they struggled on all levels with her illness and the impact the support received from Cliona's Foundation had on them as a family.

Tom Crosse of GVM conducted an auction on the evening, which saw very competitive and generous bidding on some wonderful items including Munster rugby jerseys, Tadgh Beirne's rugby boots, a holiday to Lanzarote and a week's stay in a 5* villa in Vale Do Lobo, Portugal.

The support of everyone present on the day and evening was hugely appreciated and it is very uplifting to have a company of Ingenium's profile support the work we do.

But particular thanks to the dynamic duo of Olivia Hayes and Julie Doyle of Ingenium who organised and drove this event from concept to completion.

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Mayoral Recognition for Cliona's and siblings of sick children

It was a wonderful privilege and honour for our work to be recognized by Limerick Metropolitan Mayor Daniel Butler in February. But what was more meaningful was his recognition of 3 fantastic young people all of whom have played a very special role in caring for their sick siblings in a loving and caring way. Having a sick child in a family is very stressful on everyone, and inevitably the sole focus of the household is caring for this child. Siblings by default, despite their ages also assume a caring role whether it be helping look after their sick brother or sister and their other siblings while parents focus on their sick child.

How special it was that Mayor Daniel Butler understood and recognized the role they play and honored Alan Mc Grath (17) Jimmy Crowe (11) and Fionn O'Hehir (7)



Emotional at times as their parents spoke of how special each of them were and how they cared for their brothers and sisters in many different ways.



Munster Labels do the business for Cliona's and Special Olympics

It is great with Companies take the initiative to put huge resources behind fundraising events and this was the case for Munster Labels of Mallow when they initiated and organised the 1st ever Floor Ball Fundraiser in June

Floor ball is a relatively new sport in Ireland but one that we can see taking off across all age levels. Special Olympics has already embraced the sport in which there is a growing interest. It is an indoor team sport played in a rink with five field players plus a goalkeeper on each team. It is played with plastic sticks and a light ball.

The lightness of the ball and the small number of players on court make it pretty fast and furious and this was the case at the wonderful event in Mallow Community Centre in June.

It was a privilege for us to be partners with Special Olympics Munster on the day who given their

experience with the sport, played a large role in organising and officiating.

Pat, Geraldine and all the team at Munster Labels pulled out all the stops and called in support from their business partners, customers and the community to make this day a great success.

There was a super buzz on the day with strong streaks of competitiveness between the teams. Even our own Phil Deegan participated in goals for one of the teams. It was also great to meet up with Seán Óg Ó Hailpín, the Cork Rose and Dancing with the Stars & Young Offenders star Demi Isaac Oviawe, who spent a huge amount of time with the participants and supporters

Our long time supporter David Ryan and his team from D Pack took the title on the day after a wonderful intense final.

The success of the event resulted in €13,000 being raised which ourselves and Special Olympics Munster were delighted to share between us.



National Network Ireland Conference recognises Cliona's Foundation

Established in 1983, Network Ireland has almost 1,200 members across fifteen branches around Ireland. Network Ireland is a national organisation driving the personal and professional development of women. Their membership is made up of a very diverse group of women, from budding entrepreneurs, SME owners, professionals and leaders in indigenous and multinational organisations to non-profits, charities, arts and the public sector.

This year the organisation selected Thomond Park in Limerick as the location for their annual National Conference coinciding with International Women's Day and Cliona's Foundation was privileged to be selected as their charity partner for the event.

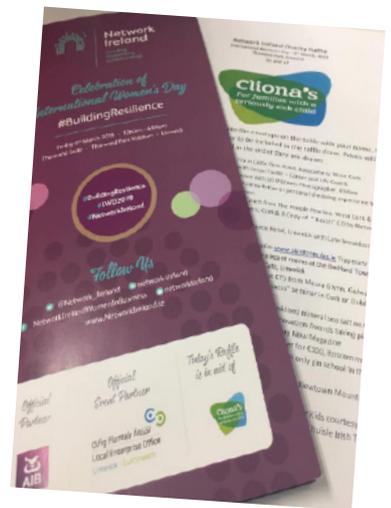
Central to our selection according to National President Helen Wycherly was that one of their core values at Network Ireland is giving support and that many of their members are mothers, aunts, godmothers, grandmothers, who could fully relate to Cliona's and agreed Cliona's Foundation was a perfect fit.

It was a fantastic day of networking, getting insights in to the personal and career journeys of several successful women and the opportunity to win an array of prizes.

But Cliona's mum Terry Ring had the audience of 300 plus in the palm of her hand when she spoke about her and Brendan's journey with Cliona, and how their experience through Cliona's illness and the families they met exposed them to the huge financial pressures brought to bear by having a sick child over a long period of time.

It was a very valuable platform for sharing what Cliona's Foundation are doing but also the generosity of those in attendance resulted in a cheque of €3,600 being presented after the event.

Thank you to Helen Wycherly and her very hard working committee both locally and nationally for this support.



Pat Nolan keeps giving for Charities

The 19th Annual Pat Nolan 50km Cycle with the support of Cycle Sick Children took place on a lovely fresh Saturday in March and once again this was a superbly organised event on all fronts. Pat Nolan has been a phenomenal supporter of a number of charities including Cliona's Foundation and must have raised in excess of €60,000 over the past number of years for Mid West based worthy causes. There was a fantastic turnout for this cycle to Killaloe and back with great support as always from Kinsellas in Thomondgate.

The generosity of all those that participated resulting in a donation of €3,400 is greatly appreciated as is the continuous support we get throughout the year from Pat & the C4SC team.



Physios stretch themselves to help us out

Though our association with Munster Rugby we were delighted when team physios Marc Beggs and Keith Thornhill contacted us and said they were taking part in the Gealforce Challenge in Mayo in June and wanted to raise funds for Cliona's Foundation through their participation.

The challenge involved 66Km in total made up of 18.5km Beach, Trail and Road run, 1km Kayak, 43km Cycle and 4.5km Up and Down Croagh Patrick.

Intense training and commitment was involved for this event coupled with their efforts to fundraise. But they completed and survived and with the support of their Munster team mates and community they have raised in excess of €3,000 and still counting.

What an achievement and huge credit to both Keith and Marc.

School Kids doing it for kids

It is very special when kids and in particular schools organise a fundraiser for Cliona's Foundation. Not only are the funds raised very important but it is always a lovely experience for us to meet with all the kids, tell them about Cliona and Cliona's Foundation, thank them for their efforts and listen to all the wonderful and very innocent questions. We always come away with a real spring in our steps and smiles on our faces.

We have had a few of those lovely trips to schools over the past few months.

The lovely pre-schoolers and after schoolers in Stepping Stones in Derinagree Co. Cork led by their great teacher Marion O Connor had a pyjama day fundraiser for Cliona's Foundation in early May. They raised a super €490 and it was lovely to visit them and hear about all the fun they had doing so but also to hear their own hospital and sickness stories. A very entertaining visit.



The 6th class finished their time in An Mhodh Scoil in Limerick on a high after organising themselves a school jumble sale and fun day for the rest of the school just before they broke for the summer holidays. They selected Cliona's Foundation to benefit from this event and once again it was great to share Cliona's Foundation story and impart on them as they moved on to the next phase of their personal journey, the value of what they were doing for others and the difference it would make.

They were delighted to hear that their amazing monies of €2,100 would bring a lot of joy to 2 families. Thank you to all the pupils and their teachers for making this happen.



Monaleen National School have been wonderful supporters over the past few year and once again this year the Junior & Senior infant classes used their "school trip" day out to raise funds in memory of past pupil Ciara Mc Carthy. We were able to offer support to Ciara's family before she passed away in 2013 and since her passing the level of support for Cliona's Foundation in her memory has been nothing short of remarkable. Armed with sponsorship cards these pupils raised a whopping €2,540 and it was great to meet them all in the company of Ciara's dad James and Granny Anne.

Special thank you to all the parents and teachers and especially Ms Deirdre O'Meara who has thought of us every year.





Session at the Summit for Cliona's

On a glorious sunny day in March a group of 13 people scaled the challenging Galteemore Mountain, the highest peak in the Galtee Mountains.

The trek was organised and led by Claire Barry with the support of her dad Johnny Prenderville.

Claire in her previous working role had become familiar with Cliona's Foundation and the support it provided to families and as a result selected us to benefit from this sponsored challenge.

The efforts of this group was an amazing donation of €3,000 and it's even more special that both Claire and her dad really understood the impact of the support this donation will make to the 2 families that received it.



Shane Dowling is a certain winner for Cliona's

Despite having a heavy training schedule and starting a new job Limerick Hurler Shane Dowling had Cliona's to the forefront at a Cheltenham race night which he organised at his Club Na Piarasigh earlier this year.

Shane and Na Piarasigh very generously gave Cliona's the opportunity to speak at the event but also gave us the proceeds of the raffle on the night and the prize money from a winning free bet given to one of the guest panelists.

We were delighted to accept a cheque in the amount of €3,407 from Shane at Na Piarasigh and express our appreciation for all his efforts and the support of the club and members.

Shane has been a very loyal supporter of Cliona's for the past number of years and we are privileged that he has agreed to become an Ambassador for the future years. We are also very humbled that Cliona's have been with him every time he steps on the pitch with his Cliona's Foundation wristband. We would like to think we have inspired him a small bit and brought him some well deserved luck.

Taking the chop for sick children

The gorgeous Sadhbh Hennessy made the ultimate sacrifice very few young girls with long beautiful hair would make when she cut her long locks recently for Cliona's Foundation & Rapunzel.

She raised a fantastic €800 for Cliona's Foundation and donated her hair to Rapunzel who provide real wigs for children going through chemotherapy treatment.

What a very brave gesture and sacrifice and she should be very proud of herself. Thanks to her mum Mary and all who supported her.



The very special Thank You's

We are always overwhelmed but inspired by the feedback we receive from the families that we support - particularly because their lives have been turned upside down but yet take the time to make contact.

While not expected these thank you cards, emails, telephone calls and photographs reinforce for us that the cheque received really does make a difference financially and psychologically to these families at a very vulnerable time for them.

 is doing well now but with a long road ahead. We start chemotherapy today and he will also need some intervention in the future on his neck bones. - but we will get there and his strength & determination will bring him through. Your generosity has helped us in this already difficult time.
Many thanks,

Terry & Brenda

RECEIVED
28 JUN 2019

Sincerest thanks to you both and Cliona's foundation for the generous financial assistance. We are so grateful to you and appreciate as a unique charity like this that these funds can be hard to get. We will certainly look to repay in the future with some fundraising.



RECEIVED
25 JUN 2019

She has had a very rough time but thankfulness has always bounced back. She never complains and asks for no attention.

She is now 16 and still has many lesions throughout her body. She has numerous hospital appointments. Unfortunately, there is no cure and all treatment's are trials.

Your generous donation came at a very good time as I had to take her to the UK.

As you probably know it is the most cruel thing for a mother to watch her child suffer and be so helpless. The stress of the illness is enough to contend with without having to deal with financial worries.

Thankyou so so much, we put it towards this month mortgage thats why we didnt lodge it until this week as we were afraid we would spend it and then miss the payment
Kindest Regards.

RECEIVED
24 JUN 2019

How you can help us Help Families

Champion Cliona's Foundation in your Company

Many Companies are becoming increasingly aware of the 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 i.e. Swap roles for a day, fire walking 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 years participating in events where they can be part of the Blue Crew.

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!!



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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 or even just raise our profile by wearing our branded T shirt for the event.

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



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 instead on the table which advises your guests that you are donating to the Charity. You will be making a real difference and it's a very special gift that all you guests will appreciate. The finest gift is one that helps others.

We Want to Hear From You

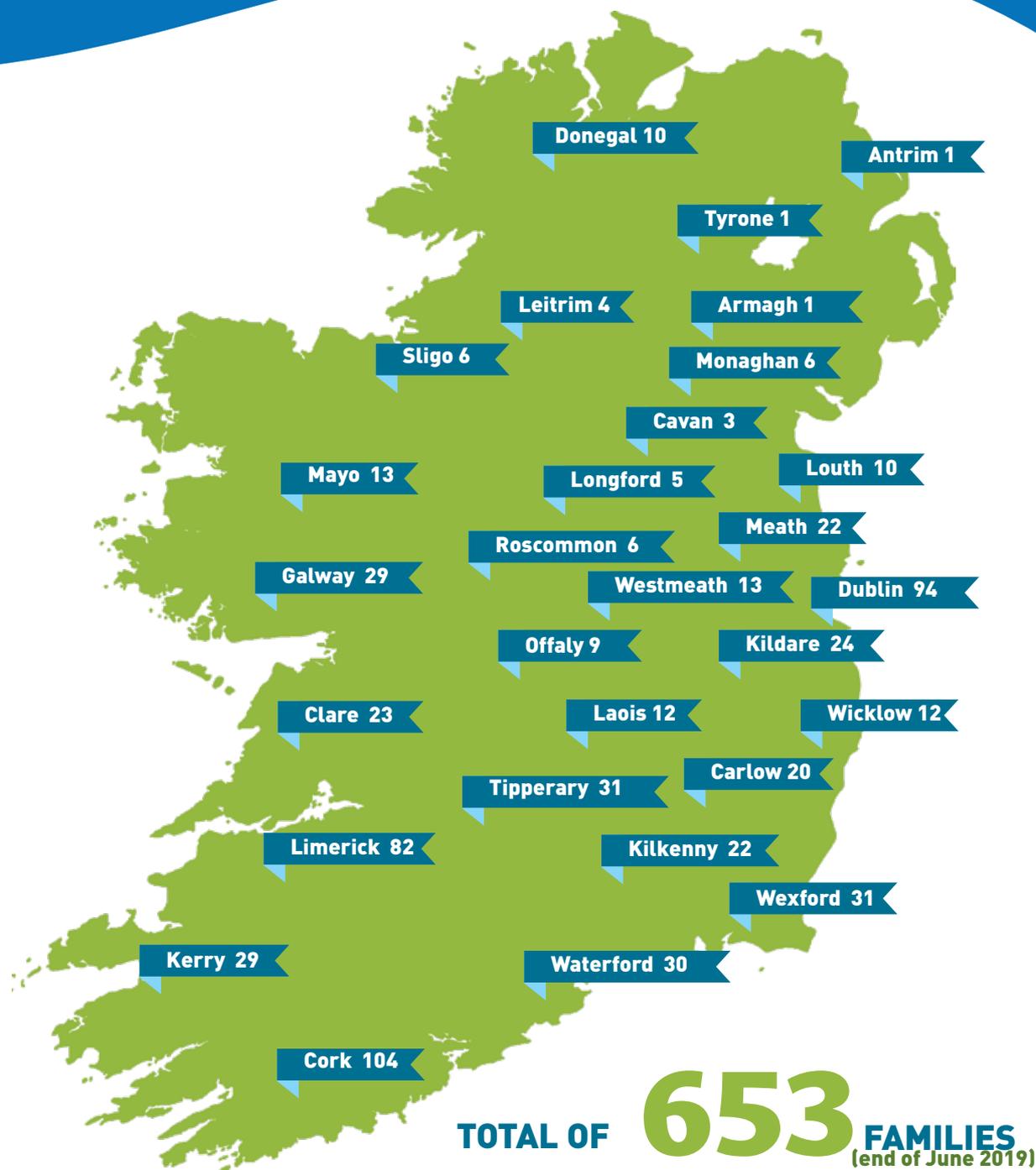
If you receive this Newsletter in the post and you no longer wish to receive it or have another query about the Newsletter then call Phil on 061-331333 or email your request to phil@clionas.ie.

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.

Follow us on all our Social Media Platforms to see what is happening and how you could help through your support or participation.

LOCATION of FAMILIES we have ASSISTED over the past 12 years

Cliona's
For families with a seriously sick child



www.clionas.ie

www.clionas.ie

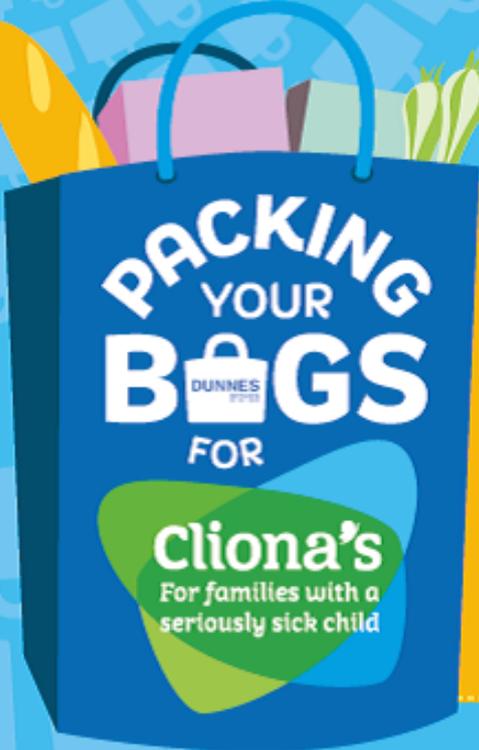
Cliona's
For families with a seriously sick child

Project Pack needs your help

Thanks to Dunnes Stores we have been presented with the largest fundraising opportunity in the history of Cliona's Foundation, but we need your help to make it happen.

Can you be a Leader for one of the 84 stores nationwide? Can you gather your family, friends or colleagues to give a few hours to help out?

All we need is your time and we will help you with everything else.



Cliona's is the only charity in Ireland that provides financial assistance for non-medical expenses for families with seriously sick children.

Our National Bag Packing Day

is a nationwide fundraising initiative that will take place in 84 Dunnes Stores outlets across Ireland.

We need 84 Store Leaders.

Each Store Leader will rally their troop of bag packers in a Dunnes Stores outlet of their choosing.

A full list of participating Dunnes Stores is available at: clionas.ie/bag-packing-day

Fundraising will take place on number of dates in August and September 2019 with **Saturday 31st August** serving as the primary date for fundraising in locations nationwide.

If you are unable to participate on **Saturday 31st August**, please consider these dates:

- Saturday 10th August
- Saturday 24th August
- Sunday 1st September
- Saturday 14th September

77 families will be supported in 2019 as a direct result of this initiative.

To volunteer, register here: clionas.ie

For any other queries, please contact Darren Sheahan on 061 331333 or email darren@clionas.ie

Register now on www.clionas.ie or make that call to project coordinator Darren at 087 - 1887700 or email Darren@clionas.ie

YOUR TIME WILL MAKE A DIFFERENCE

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Cliona's, Roselawn House, University Business Complex,
National Technology Park, Limerick.
Tel: 061-331333 / 1800 90 10 90

www.clionas.ie

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