



Providing financial assistance for
children with a life limiting condition
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Cliona's Foundation NEWSLETTER | SUMMER 2016

Working together to help struggling families in Ireland

Hi there,

We here at Cliona's Foundation hope you're well and getting a chance to enjoy the summer - despite the weather! If you're not in touch with us via the various social media options, well this Newsletter will keep you up to date on all that's been going on for us over the last 6 months. Thankfully we've been kept very busy with numerous fundraisers and that in turn has allowed Cliona's Foundation to help several families seeking financial assistance whilst caring for a child with a life limiting condition.

People have been unbelievably generous with their time and money over the past 6 months and we have been overwhelmed with the level of support that we have received from individuals and all sectors of the community.

We're very proud to say that, this year alone 36 families have received funding from us and in total, since the inception of Cliona's Foundation the total is 336 families. We think it's fair to say that's a lot of families, that's a lot of fundraising and noticeably, these families are spread throughout all of Ireland, we expect that makes us a national charity. It is fantastic to get feedback from some of these families on what the support has meant to them and it is this feedback that continues to drive us forward.

In January of this year, we passed the €1,000,000.00 figure raised which allowed us celebrate this at our Annual Social in Bulgaden Castle Co. Limerick. Keith Duffy and his lovely wife Lisa were our guests this year. Once again, it was a great night. In fact Keith is so passionate about Cliona's Foundation that he has supported us at several events already this year; he co-mc'd Sparkle & Shine Ball with our fantastic patron Miriam O' Callaghan; he cycled from Nantes to Lourdes with 18 other cyclists and 6 back up crew and there is a Golf Classic coming up which Keith is involved in and has committed to donating some of the funds raised to us.

Cliona's Foundation is one of 5 charities chosen by the GAA for 2016. We were really excited when we received this news and also delighted to have been in Croke Park on Sun 31st July for the Football Quarter Finals to say a few words about Cliona's Foundation.

Before we sign off, it would be remiss of us not to address the unsettling issues surrounding certain charities at the moment. We were really disappointed to hear about the mishandling of funds by individuals in authority at a recognized charity recently. We want to take this opportunity to reassure our supporters, donors, fundraisers, volunteers and more that all funds raised for Cliona's Foundation go directly to the families. Of course we have outgoings in connection with the day to day running of the charity but this is necessary to allow us continue with our valuable work.

We can also tell you that Cliona's Foundation is 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 have signed up to adopting this Code and are on the adoption journey to being fully compliant with the help of Roseanne Dunne

We'd like to welcome Phil Deegan on board. Phil joined us in March after a long period with Shannon Development in a number of key roles which included Tourism Product Development and Industrial Property Management and is settling great in to the job. We have a really generous and kind Landlord and we'd like to thank PJ Noonan and the girls in Roselawn House for their support.

Thanks also to Rachel Leahy who has been juggling lots of balls for the past year and kept the show on the road for us here in Cliona's Foundation. So, enjoy our Summer 2016 Newsletter. If you ever want to hold a fundraising event for us, just get in contact and we'll help in any way we can, we'd love to hear from you.

Brendan & Terry Ring | Co Founders



WHAT WE'VE BEEN UP TO

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. JFK National School who raised €300 from a School Colours Day
2. Students from Transition Year in Laurel Hill Colaiste in Limerick who raised €444 for Cliona's Foundation by organising a sponsored silence and coffee morning
3. 5th and 6th Class pupil in Crecora National School who contributed €221 from their Confirmation monies to Cliona's Foundation
4. Emlý National School who held a cake sale and raised €350
5. Sami Long and her partner John Mc Nally and his friend Michael Mc Laughlin who raised €160 in the Ocean to City Race in Cork on the June Bank Holiday weekend
6. Limerick Lions club for their very generous donation of €500 recently
7. Coláiste Chiaráin in Croom for raising €1,217 on their Christmas card campaign
8. Pallaskenry Agricultural College for their donation of €1,172 from various fundraisers
9. Herbertstown Development Association for the €1,000 proceeds of their performance of "A Wake in The West"
10. AMCS Resource Technology in Fedamore, Co. Limerick who raised a massive €1000 for us over Christmas.
11. The Organisers of the Tom Walsh Memorial 10k Run & 5m Walk for their fantastic donation of €1,250
12. Ulster Bank Team in Limerick for selecting us as one of the beneficiaries for their National "One day in June" raised €4,235.56
13. Michelle Clifford & Karen Mc Donnell who raised a fantastic €1,290 from a fundraising dance in Cahirciveen earlier this year



Teaming up with Brown Thomas

It is always great to be chosen by staff within an organisation to be their chosen charity for the year so we were delighted and honoured to be chosen by staff in Brown Thomas Limerick for 2016. Along with Limerick Marine Search & Rescue, the staff will run a number of in house staff fundraising events during the year which will be topped off by the very popular Christmas gift wrapping in December. Already this year there has been a very successful staff Bake Off competition and a quiz night with many other fun events planned. Cliona's Foundation ambassador TJ Ryan says "it's the support from local businesses like Brown Thomas that essentially keeps the Foundation going; it's always great to see Limerick people supporting each other."



Feedback from our families

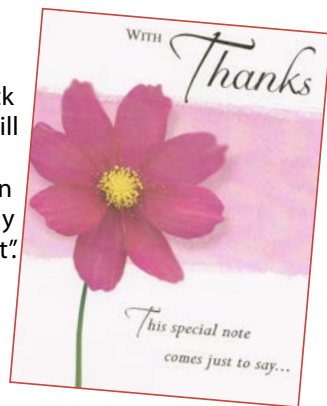
It is always very rewarding to get feedback from the families we have supported and below is some of the many words of thanks that we have received over the past few months

"I will never forget the morning I opened your letter. To receive this cheque from the Foundation meant so much to us. I simply cannot thank you enough. We are going to Temple Street this week for 5 days and in addition to all the hospital stays we have already had the cost incurred to us have been so worrying. Thank you all so very much"

"Just wanted to say a huge thank you to everyone at Cliona's Foundation. We are so, so grateful for your donation and it has made a huge difference to us by taking a big financial burden of being without wages off us"

"Just a note of thank you for your help. This will make life a bit easier for Mark. He has put down a turbulent 6 years and for what time he has left with us we want to make it really special. Thanks to your help you have made this possible"

"Thanks you so much. Hopefully when we are back on our feet we will be able to help the Foundation in some way. It really is a great support". We are very grateful"



Cliona's Foundation hits the €1m in Bulgaden

We celebrated our 9th anniversary on Saturday 23rd January in Bulgaden Castle, Co. Limerick. with a massive bang. 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

This year's event was made extra special as we were delighted to have singer, actor and philanthropist Keith Duffy as our guest and were also thrilled to announce that the Foundation had reached a massive milestone and had just hit the €1,000,000 fundraising mark. Keith and his beautiful wife Lisa were greeted with huge excitement when presented to the crowd in excess of 300 by our fantastic MC Tom Tierney. Keith did not disappoint and he chatted with both young and old and stood in for photographs with nearly every one that was there to their huge delight.

While doing a Q&A Keith mentioned how during the week Brendan and Terry Ring, charity founders, sent him old photos of Cliona and himself meeting many years ago at a Boyzone concert. Keith felt that Cliona brought him and the Foundation together and he told the crowd that Cliona and his good friend Stephen Gately were now "watching over them like two angels in heaven."

It was humbling and emotional to see the crowd give a standing ovation when the cheque of €1,000,000 was displayed, particularly as there were a lot of family and friends in attendance that have played a key

role in the Foundations journey for the past 9 years.

In addition to Keith and Lisa Duffy we were delighted to have both Richard Lynch and the Rose of Scotland Brid Madigan, a native of Ballyneety join our celebrations. Brid continuously promoted the Foundation during her time as Rose of Scotland and gave us a huge endorsement live from the Dome in Tralee last August. Richard Lynch 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 . In fact we have Richard to thank for introducing Keith to Brendan & Terry Ring and being instrumental in him travelling to Bulgaden for the night

One of the highlights was the unique kids raffle and also the monster adults raffle where much fun was had and fantastic prizes were won which resulted in much needed funds being raised to enable us continue to help the many struggling families asking for help.

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.

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

The next one will be the BIG ONE, celebrating 10 years of Cliona's Foundation. It promise to be an epic night with lots of celebrities, fun, frolics and prizes for all ages. So mark your diary for Saturday January 21st 2017. A night not to be missed.

WHAT WE'VE BEEN UP TO *continued*





Ciara Mc Marthy Memorial Fundraisers

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

The 4th Annual Ciara Mc Carthy Memorial cycle took place in blazing sunshine on the June Bank Holiday and the local community turned out once again in great numbers to support. It was fantastic to see a huge amount of families all in summer gear getting on their bikes and enjoying the family friendly route which could be adapted to suit the experienced cyclist or those who were just beginning. Thanks once again to the community in Boher for organising this super event.

Monaleen National School selected Cliona's Foundation to be the beneficiary of their Ciara Mc Carthy Memorial Fundraiser 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 involved them having a teddys bears picnic and taking a trip to the cinema. We were delighted to be able to supply them with sponsorship cards and they did just amazing and raised the huge amount of €3,030. It was great to meet the kids, teachers and family of Ciara at the cheque presentation after the end of term Mass and thank them all for what they had done.'



Irish Pharmacy Awards and Cliona's Foundation

We were delighted to team up with the Irish Pharmacy News for their Annual National Pharmacy Awards on the 21st May. Not only were we selected as their Charity partner to benefit from their raffle on the night but we were also honoured to have one of the awards named after us – Cliona's Foundation People's Pharmacist of the Year. Competition in this category was very intense and there were a number of pharmacists from the Munster region in the final listing of nominations. Terry Ring was given the opportunity to speak of Cliona's Foundation on the night to the 1,000 who attended this very glitzy affair in the Double Tree Hilton. In Oscar style format each of the nominees in each of the various categories were announced with the overall winners name coming from the very tightly closed envelope. Terry was delighted to able to present the Cliona's Foundation Peoples Pharmacist of the year award to James O Sullivan of O'Sullivan's Pharmacy in Fethard in Co. Tipperary. James O Sullivan and his family have a long established fantastic family run business on the main street in Fethard and was truly deserving of the award.

Fine Wines Chips in For Cliona's Foundation

Since the year 2000 The Fines Wines Annual Charity Golf Classic has raised over €395,000 for numerous local Charities and this year we were privileged to be selected as the beneficiary for their '16th Annual Classic. It was a sports star studded event on Friday 30th April at the fantastic Dromoland Golf and Country Club where we saw Paul O'Connell, Keith Wood, Richard Costello and many more sporting personalities tee off in aid of Cliona's Foundation. After a showery start the sun shone for what was a fantastic day out with great food and prizes. There was a novel element on the 3rd hole where players had the opportunity for an additional contribution of winning a bottle of prosecco or Cliona's Foundation branded golf balls if they could land their 1st shot on the green. Needless to say we did not run out of stock of either on the day despite their best efforts!

A fantastic day was had by all and we are delighted to have received a massive €14,000 from the event. This will help us support another 10 families who have a child with a life limiting illness who are dealing with continuous expenses to ensure the best treatment for them. In addition we were given the opportunity to raise awareness of the Foundation and the work we do which is very important to us also. We wish to thank Ralph Parkes, Maureen Daly and their team in Fine Wines for the huge amount of work they put in to ensuring this was an outstanding success on all fronts. It is very uplifting to see local business supporting locally based Charities and to see the wider business community come out and support.



Collection Boxes

Have you a business or location where you could display one of our new Cliona's Foundation Collection Boxes. Please contact us and we can arrange to send one to you...

Please email: phil@clionasfoundation.ie

Cliona's Foundation

National GAA Charity Partner

We have been very lucky to have a great relationship with Limerick GAA who have been very supportive for the past number of years of the work we do. So we were absolutely delighted to get the call from National Headquarters to be advised that we had been selected as 1 of their 5 National Charity Partners for 2016.

This is part of an on-going GAA initiative stretching back to 2010 that has seen the GAA select a number of specific charitable organisations and Foundations each year in a bid to assist them in raising awareness about their work and also champion them in their fund-raising efforts throughout the coming year.

A trip to Croke Park followed where we were presented with a cheque for €20,000 and received great words of support from Aogán Ó Fearghail, Uachtarán CLG. We were honoured to be in the company of 4 other great charities The Cormac Trust, The Kevin Bell Repatriation Trust, Shabra Charity Foundation and Pieta House.

While the financial donation is significant, it is the exposure to the wider GAA community at home and abroad that is very important to us in raising awareness of Cliona's Foundation, the work we do and the support we need. We are very excited about the opportunities this partnership will bring.



Great Limerick Run

Thank you so much to everybody who took part in this year's Great Limerick Run for Cliona's Foundation. We had nearly 30 people taking part on the day for the Foundation including 3 generations of one family, group of colleagues, 1st timers and some that were running for the 3rd time for us and of course our own Brendan Ring and Martin Hartnett. It was great to see the weather staying settled for most of the event.



Lifting Limerick gives Cliona's Foundation a Lift

For the 2nd year running we were delighted to be the Charity partner of the Lifting Limerick Golf Classic which took place on our doorstep in Castletroy Golf Club on the 16th and 17th June.

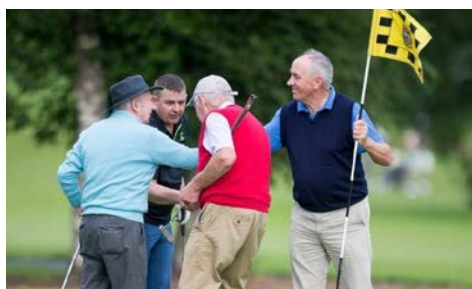
Lifting Limerick is an association of like-minded supporters of Limerick hurling who have come together to help re-invigorate interest in Limerick hurling through the provision of a platform over a sustained period that will deliver the success that Limerick hurling deserves.

In addition to the proceeds from the very exciting Cliona's Foundation Hole in One Challenge we had the added benefit of a fantastic coffee morning which kick started the 2 day event on the Thursday morning. With the assistance of a number of the golf club members this was a packed house for what was a fantastic social occasion which raised great funds but also allowed us to let people know about the work that Cliona's Foundation does. The event was hugely enhanced by the beautiful flower arranging demonstration by Bernadette Scanlon,

who not only wowed everyone with her knowledge and skills but did so in a very entertaining manner. She then donated her amazing creations as prizes in the raffle that was run on the morning,

The serious element then tee'd off in the afternoon and continued in fantastic weather right through to Friday evening with over 70 teams competing in the classic. We were delighted that all those teams contributed to participating in the very challenging Hole in One competition for the holiday prizes on offer in addition to the Mercedes Benz. We were also delighted to have our Cliona's Foundation Tent 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 €5,000 raised

A big thank you to Sean Scanlon and his team at Lifting Limerick, Castletroy Golf Club and Alice O Dwyer and Michelle Magnier who put huge effort in to making this a very successful event for all involved.



Nantes to Lourdes

Doing the distance for Clionas Foundation

While most people's focus in June was on the Euros in France we had our own boys in green cycling through France from Nantes to Lourdes to raise monies for Cliona's Foundation and The Limerick Lourdes Pilgrimage Trust. This is the 4th year that this mammoth cycle has been undertaken in the direction of Fergal Deegan and his outstanding committee and the 2nd time Cliona's Foundation has been the beneficiary. It involved a team of 19 supported by a back up crew of 6 cycling 800Km over 6 days taking in the very scenic La Rochelle and Bordeaux in the good company along the route of thousands of Irish soccer supporters. It was also the 2nd time our own Brendan Ring has cycled, along with another great Cliona's Foundation supporter Martin Hartnett and while conditions were very tough at times the mix of personalities, and the support given to each other made this a hugely emotional, personal, unique and enriching experience for everyone involved – in addition to being shattering!!

What started out as banter and a very off the cuff comment at the launch of the cycle saw the very popular Keith Duffy of Boyzone and Coronation Street fame jump on his bike, and make the full trip with the rest of the team. His popularity and interaction with the fans encountered en route saw Cliona's Foundation getting huge profile on national media throughout the 6 days. In particular the recording of him with fans on the streets of La Rochelle went viral, resulting in numerous media interviews. In all of these he very strongly profiled Cliona's Foundation, and following his piece with Ryan Tubridy our Text to Cliona's no received substantial support. An impromptu sing song in the Cycle teams hotel in Bordeaux which was thronged with a mix of soccer supporters saw

a bucket being passed around resulting in €500 being collected.

But it was a huge team effort, with tears and laughter, cyclists being picked up mentally and physically, busted tubes and buckled wheels, wet gear and sun cream, water and beer, power bars and power naps, daily media interviews and daily Mass, Boyzlife and sing songs and some great performances on and off the bike.

Arriving in to Lourdes to be greeted by a large number of friends and family was very emotional for all the team, emotions which were hard to contain when heartfelt words were spoken by Brendan Ring and Finbarr Brougham (Team leader) outside the Alba Hotel. Cliona's Foundation were honoured to be selected as beneficiary and Brendan Ring was humbled to be in company of a great group of people all of whom made personal sacrifices to do what they did and raise what will be substantial monies for Cliona's Foundation and the Limerick Lourdes Pilgrimage Trust.

It is difficult to truly express the gratitude we have for all the team including the one solo female member Sarah Deegan for what their efforts and commitment mean to us.

"At this stage each and every one of the gang had tears in their eyes. Some more than others but we all knew that this adventure of ours was at an end. With lumps in our throats a few words were spoken and we mounted our bikes for one last time and took to the last ride in together. Arriving at the hotel with friends and family being there was a fantastic end to an amazing adventure. Needless to say we celebrated until the early hours with our new found friends and a trip that will never be forgotten!" (Sarah Deegan Team member Nantes to Lourdes 2016).



Up Coming Events

Cliona's Foundation Annual Cycle

Our 9th Annual Cycle is taking place on Sat 27th 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; €30 Family, €20 Adult and €5 child. Hop on your bike and join us for a few hours with fantastic post cycle refreshments and entertainment. A new addition this year is the sale of some very kindly donated second hand designer clothes in the Club House from 10.30 am. Check our website for further detail.



Adare to Survive

Adare to Survive (ATS) is taking place on Sunday 25 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 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



EPIC Journey

Malin to Mizen in 24 hours by Cliona' Foundation Cycle Club

Malin to Mizen nonstop: departed Malin 10:30 am Saturday 11th of June. Arrived Mizen Head Sunday 12th June 12:45 pm. Cycle time 21 Hours 31 Minutes: 594 Kilometres. How unbelievable is the commitment, and strength of body and mind this fantastic group of cyclists and back up crew demonstrated in undertaking this massive journey.

The team gathered on Friday morning and were cheered off by the children in Lough Gur National School and a group of hardy supporters as they headed to Malin to kick start the journey the following morning. At 10.30 on Saturday the 11th June 10:30 am the lads hit the road and the fun started. First stop Enniskillen followed by Athlone where the chef in the hotel held back to ensure the team were fed and watered when they eventually arrived at 9.30pm. A long few hours in pitch darkness followed on route to Charleville with only the odd glimmer of light from the bikes and the reassuring words on the radio from their road Captain.

But in Nenagh reinforcements came on board, - eight cyclists from Mallow come out of the dark like guardian angels to help the cyclists charge through the night towards Bruff (staying with them until Kanturk). The stretch from Bird Hill to Charleville saw the team get phenomenal support from family and friends at numerous locations. A great boost for them all which carried them into Charleville at 4am to a tremendous welcome.

On from Charleville to Dunmanaway moving through the spectacular landscape of West



Cork in splendid sunshine (finally) with a sense of relief. Following quick break in Dunmanaway to refuel and gather their thoughts they took off on the relentless roads of Mizen safe in the knowledge they would finish it.

Arriving in to Malin at 12.45pm was naturally emotional for them, greeted by their families, exhausted bodies and minds but with a massive sense of achievement. Mission accomplished.

We are hugely indebted to this group for what they have achieved not only over the 2 intense days but also in the months leading up to their journey through the various fundraising events they organised. A huge thank you to all the team consisting of 6 cyclists Andrew Mc Namara, Ken McEvoy, Malachy Carew, Brian Mc Namara, Gary O Sullivan, Derek Connaughton, the fantastic support team and everyone that supported them in any way.

"It is difficult to sum up an epic journey in words; it was made up of moments of worry, happiness, joy and laughter, on our trip from Malin to Mizen. But most of all satisfaction, the satisfaction of knowing that a job was well done and that the legacy of a girl called Cliona was protected by the people who are proud to cycle with her name on their jerseys."



Our Families

The McGinnis Family

We want to share with you a piece on one of the families we have been able to help and we thank them for sharing their story with us. The McGinnis family story highlights the struggle families face in caring for a sick child but also how much Cliona's Foundation support means to them and the difference it can make.

When Brendan McGinnis was born, doctors told his mother Tracy he was perfect. Today the brave 11-and-a-half year-old is severely disabled, suffering from epilepsy, scoliosis (a spinal deformity) and lung disease. Mum Tracy, who wanted to tell their story to pay tribute to Cliona's Foundation, said a common virus that affects 80% of the population by the time that they reach 40 years of age attacked Brendan while he was still in the womb.

Tracy McGinnis said: "At first Brendan seemed perfect, everything about him looked normal. But when he was examined at two weeks of age, doctors discovered he had microcephaly. Microcephaly is an extremely rare condition that causes a child's head to be smaller it should be for stage of development. This congenital condition is also associated with incomplete brain development." Tracy soon discovered this was just one of the health problems caused by Cytomegalovirus CMV, a common childhood illness that she caught while pregnant with her son.

Tracy said:
"Cytomegalovirus affects most people in their life. In fact doctors believe 80% of the world's population catch it by the time they reach 40 years of age. It's a very common childhood illness too. Most people presume they have flu because the symptoms are similar, you run a temperature, have aches and pains and you feel sluggish. But if you're pregnant when you catch it there is a one in three chance that your child will be affected."

Brendan needs 24 hour care as he can stop breathing when he suffers from a seizure and was on the verge of starving to death last year as he could no longer take food.

Brendan has deteriorated since he was a toddler – at three-and-a-half Brendan could stand, fully assisted by a standing frame, hold a toy and even eat pureed food. Now he is non-verbal and confined to a hospital bed or his wheelchair. He is unfit to travel very far as a two hour drive can be extremely taxing on him.

Tracy said:

"Cliona's Foundation has been a fantastic support. The funding they have given me has helped me to buy groceries, pay the electricity bill, pay rent, buy kerosene for my central heating – Cliona's Foundation literally helped me to survive. It's very expensive having a child in hospital, between parking charges, buying food in the café as the hospital obviously don't provide food for parents, and then paying a childminder to look after my other son Declan, who is seven. In fact at one point Crumlin Children's Hospital ended up admitting Declan to hospital so that he could stay with me and Brendan as I had literally nowhere else for him to go."



Cliona's Foundation Angels

May they Rest in Peace

Sarah Crowe

We were devastated to hear of the death of beautiful Sarah Crowe (12 years) from Kilfnane, Co. Limerick in March after a hard fought battle with Alpers Disease. She was diagnosed approx. 9 years ago with this rare neurological condition for which there is still no cure. Sarah was a fantastic Ambassador for Cliona's Foundation and featured many times over the years on our website, Facebook page, at several of our fundraising events and in numerous newspaper & magazine articles. Sarah was hugely popular when she appeared on stage at Stars Choirs & Carols in Croke Park with Miriam O'Callaghan in December 2013. Our deepest condolences to her wonderful parents David & Mary and her devoted brother Jimmy



Alexandra Costa Burke

Alexandra Costa Burke was born healthy on the 4th of March 2010, but was diagnosed with an aggressive brain tumour in November 2011. At the time she was given three weeks to live by the doctors in Crumlin. But Alexandra was a warrior and along with her mum Tracy and the support of her wider family members she travelled between Crumlin Hospital and the Limerick Regional Hospital to undergo very intensive chemotherapy and treatment. She made it through her treatment, made a great recovery and appeared as a very happy healthy 5 year old in a feature on Cliona's Foundation on Nationwide in August 2015. In October 2015 the tumour re-emerged and despite putting up a valiant fight, Alexandra sadly passed away in February of this year. Her family have been ambassadors and supporters of Cliona's Foundation throughout her illness and treatment and we extend our deepest condolence to her Mum Tracy, sister Vanessa and her very extensive family and friends



Cliona's Foundation stands out at the Sparke & Shine Ball

The Sparkle and Shine initiative was set up a number of years back to raise funds for Breast Cancer services in the Limerick region and this year they teamed up with the Keith Duffy Foundation for their annual fundraising ball in the Limerick Strand Hotel on the 29th March. We were delighted that the Keith Duffy Foundation chose Cliona's Foundation to be their chosen charity for its inaugural event in Limerick and were honoured to be in the company of the Midwest Cancer Foundation and Symptomatic Breast Unit in the University Hospital Limerick, as beneficiaries of this star studded event. What a night it turned out to be and what generosity and goodwill was displayed on the night by those in attendance towards the 3 Charities which resulted in a whopping €35,000 being raised. Very important to us also was the opportunity to tell "The Cliona Story" to all those in attendance. A very big thank you to Keith Duffy, Miriam O Callaghan, Richard Lynch and to the committee of the Sparkle and Shine Ball Shine for the massive amount of effort put in to this event and in particular our very own Rachel Leahy who played a key role in ensuring it's success. Roll on 2017.



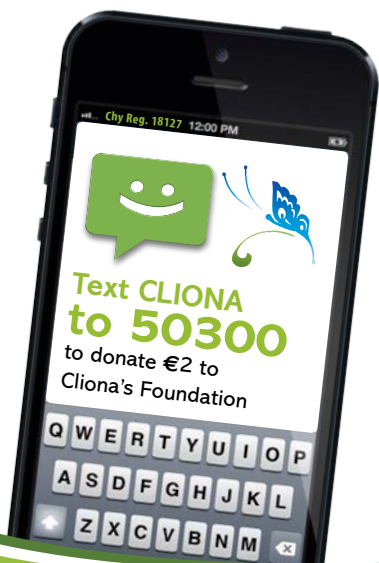
Shedding the Pounds for Charity

A fantastic initiative is nearing completion in County Limerick which not only involves getting healthy, and bringing communities together but is also raising funds for Cliona's Foundation and the LauraLynn Hospice. The Shed the Pounds initiative which started off as a joke in a pub on St Patricks Night now has 17 teams from parishes in Co Limerick and Cork walking the roads, working out and eating healthily over a 14 week period. In a challenge to see which team will have lost the most weight when it finishes on the 14th of August – the annual Pattern Festival in Ballylanders. The greater the loss the greater the funds raised. See how it all finishes out on our facebook page and in our end of year newsletter.



HELP NEEDED

So far this month we have already received 5 applications in the post for funding. Every one of these families are different, with a range of heart-breaking circumstances. But the one thing that each of these families have in common is that they are all reaching the end of their hope rope and in desperate need of help. Cliona's Foundation is going to do everything that we can to support these families and already this year we have managed to support 36 families. But we need your help. Cliona's Foundation have never turned away a family that qualifies for funding before but as the number of applications we receive increases so does our need to raise funds. If you think that you might be in a position to organise a Fundraiser for Cliona's Foundation over the coming weeks or months we would love to hear from you and would greatly appreciate your support. You can call or email Phil at 061 – 331333 or at phil@clionasfoundation.ie. You can also donate online at www.clionasfoundation.ie or by texting Cliona to 50300 to donate €2



Where we are helping

While we always knew we were helping families all over Ireland it is interesting to see the geographical spread - 336 families in 27 Counties in 9 years. Definately a National Charity



Volunteers

IF you want to be on our list of Volunteers for various events that we have throughout year we would love to hear from you. It may only be a couple of hours in total but would be great to have you on board. Email phil@clionasfoundation.ie



Pat Divilly is coming to Town

We are delighted that Pat Divilly well known author, speaker and entrepreneur is coming to Limerick for a personal development seminar in Thomond Park on Sunday 18th September with all proceeds going to Cliona's Foundation. There will be an interactive nutrition and goal setting workshop on how to set goals that mean something, lose weight, get fit and stay that way, followed by a 45 minute workout that'll be suitable for everyone Details to be finalized but keep an eye on your face book page and website as all his events are a sell out, Check him out on www.patdivilly.com.