

December 2018

Cliona's

For families with a seriously sick child

Hi there everybody,

It's Newsletter time again for Cliona's and what a packed one it is !

We've been very busy again thankfully in 2018, particularly in the last few months. There were lots of scratching of heads to figure out how we could manage to support the numerous family applications we were receiving weekly but we're confident that this year alone, we will be able to clear the decks in 2018 i.e. over 100 families receiving cheques from Cliona's. But we're ready to start afresh again in 2019.

It is thanks in no small way to some of our wonderful supporters, volunteers, donors, who have made 2018 a successful year again for Cliona's. We really appreciate your generous time, energy, support, donations and more which gives us the momentum to keep going, despite still not receiving any state funding whatsoever - however, it's not from the lack of trying. There have been some meetings with Government personnel, and to be fair they have looked very favourably on the necessary service Cliona's provides to families; we expect these meetings to be on-going for the time being but also, we sincerely hope to receive positive news from our State that they will be able to grant us some funding to allow us continue supporting families during some of the deepest and darkest times in their lives. Please keep your fingers crossed for us !

In late September Cliona's launched "Too Dear to Visit" highlighting the real hard facts that Ireland has in relation to families caring for children with a life-limiting condition. It's not pleasant reading for some but it's the real world we're living in. The report was written by Prof. Charles Normand and was co-authored by Dr. Julie Ling, CEO European Ass. for Palliative Care.

Throughout the year we had lots and lots of fundraising, most of them organised by people who admire and understand the work we do. It's a great feeling for us when somebody contacts us to say they'd like to organise an event and donate all the funds raised to Cliona's - that happened numerous times in 2018 and we're more than grateful to each and every one of you who were involved in the fundraisers.

We're proud to say that we are still the only charity in Ireland that provides financial assistance for non-medical expenses for families with seriously sick children! On several occasions over the last 12 months, we've been told even by the medical profession how invaluable Cliona's service is to some of the families they encounter in their work, again it's a pleasure to be acknowledged! We'd like to thank John (King) for his time spent with Cliona's over the last 2 years, his knowledge, research abilities and patience is worth anything - best wishes for the future John !

We hope you enjoy reading this edition of Cliona's Newsletter; every good wish to you and your family for an enjoyable Christmas but more importantly health and happiness in 2019.

Terry, Brendan & Phil.



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Fantastic Activity and team work as part of the



Cliona's Foundation were honoured to have been selected during the summer as new charity partner, for the Limerick Lives 95FM 95 Stop Tour 2018 Fundraiser

Cliona's Foundation joined existing partners, CARI 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 we were really excited to be part of this exciting venture.

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

Some of the events included The Limerick Class Car Show at Limerick Racecourse The Jeff Power Memorial Soccer Tournament , Family Fun Day in UL Arena and the CARI Pop up Shop in the Parkway Shopping Centre.

We were directly involved through the Annual Cliona's Foundation Cycle, an 80's Disco night in 13/14, and a Horse racing competition with the support of Limerick Race Track.

Communities, businesses and schools across Limerick held fundraising events including Coffee Mornings, Bingo Nights, Welly Wednesday, Fun Cycles, Walks, Pyjama Parties, Raffles, and so much more all in aid of the Live 95FM 95 Stop Tour.

We were also delighted that our very good supporter Metis Life designated their Monthly Morning run in September to the cause.

It was a great experience working with the other charities and the team at Live 95fm in the run up to and during the official fundraising week at numerous events. Fantastic people putting in huge effort.

We are really excited to hear what the total amount raised will be when the official announcement is made live on air on Christmas Eve. We know that whatever the amount raised, it will make a huge difference to our families.



Tagging for Cliona's Foundation

We were delighted to be the beneficiary of the inaugural CPL Regional Rumble in September which saw their Dublin Tag team take on a combined Regional Tag Team (comprised of Limerick, Cork and Galway team members). This was the first event of its kind in which internal CPL teams faced off against each other, bidding for the honor of being CPL Tag Rugby Champions. Both Teams took to the field in the excellent UL North Campus, and in a very sporting contest the regional team shaded the game by a single Golden Try in extra time!

It was an afternoon of great entertainment and we were delighted to accept a cheque in the amount of €1,250.





Launch of Landmark report “Too Dear to Visit”

A landmark report published Wednesday 26th September and commissioned by Cliona's Foundation 'Too Dear to Visit' reveals for the first time, the extent of the often-invisible costs of caring for a child with a life-limiting condition. There are approximately 4,000 children living with life-limiting conditions across Ireland today. This report shows how non-medical expenses including overnight accommodation, travel costs, additional childcare and extra household bills can amount to become an enormous financial burden on families already under immense emotional stress.

The report highlights that many families are spending upwards of €10,000 to €11,000 per annum which can represent as much as one-third of their post-tax income. The total burden faced by families at a national level is estimated to be several millions of euro each year. The report highlights that travel and related costs which can range from €1,400 to €8,000 in one year are a major part of the cost of caring for a child with a life-limiting condition.

Speaking about this study, the lead author Professor Charles Normand, Professor of Health Policy and Management at Trinity College Dublin (TCD) said:

“This report exposes the punitive financial burden on families caring for a seriously ill child. Very often parents will have to take on a caring role for their child, resulting in a loss of employment and income, significantly impacting their finances, while simultaneously trying to meet unforeseen outgoings such as travel to hospital appointments, hospital parking, overnight accommodation and other non-care related expenses. It makes no sense to provide good medical treatment and no support for non-medical expenses. These expenses are just as much a part of the cost of their child's care pathway as the treatment itself. Despite the outstanding efforts of Cliona's Foundation to support families in dire need, its' funds and work fall far short of being able to tackle the scale of demand, which is evident from our work. No charity should be expected to fill this funding gap. There needs to be a proper state funded system and process which families can readily access for exceptional non-medical expenses when they need it.”

When a child is born or diagnosed with a life-limiting illness or sustains a serious injury, parents are thrust into an enormously stressful and threatening world and yet widespread evidence shows how important their role is in their child's recovery as well as limiting the impact for siblings or other family members. The report sets out three key recommendations:

1. Government to establish a 'looking after a child with life-limiting illness' grant.
2. The establishment of a national database on families caring for children with a life-limiting condition.
3. Cliona's Foundation to tailor its support services to meet the unique needs of the families including partnerships with services companies to provide a range of assistance to the families.

Cliona's Foundation has already engaged with government ministers and Departments to make progress on these recommendations and hope to make further progress in 2019



Running Stateside for Cliona's Foundation

A super group of young people working in New York organised and led by the fantastic Clara Garry from Co, Limerick undertook to raise funds for Cliona's Foundation by running a 10km in Central Park New York on August 19th.

Clashing with the All Ireland Hurling Final this group tore up the course to make sure they got to see the game but also performed unbelievably in raising a total of \$2,638 in the process.

It was wonderful to receive this amount but also very special to know that the purple of Cliona's Foundation was being worn with pride in New York by such a great crew. Well done and thank you Clara and all your great friends.

Super Cycle as part of the 95 Stop Tour for Limerick Kids

There was a fantastic turnout to our Annual Cycle on what turned out to be a glorious morning on August 25th. This year the Cycle formed part of Limerick's Live 95fm 95 Stop Tour for kids fundraising events and it was great to have the Shadows from the station lead out the cyclists.

We were delighted to be joined by Miss Limerick 2018 Beibhinn Haren, International rugby referee Joy Neville and of course the fantastic members of our All Ireland winning Team Sean Finn, Paul Browne , Shane Dowling and Kevin Downes.

With everyone still in celebratory mood after the fantastic Limerick victory the previous weekend, coupled with the great weather there was a huge turnout for all of the 3 distances.

All of our very special guests generated a huge buzz and we were extremely grateful to them for taking time out from their very busy schedules to join us. Thank you to all our participants, volunteers, marshals, sponsors and in particular the members of the Cliona's Foundation Cycle Club who help us organise this event every year.



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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 !!!!

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 were privileged that a number of the families we nominated were selected to benefit from a holiday sponsored by PREM Group Ireland. The testimonials below from 4 of the families highlight what a wonderful gift it was to them and how much it meant.

Thank you and well done to Beyond The Moon and The PREM Group Ireland

"We had an amazing holiday. I will never forget the looks of delight on the children's faces as they discovered all the playgrounds, the swimming pool, etc. This was our

first holiday since our daughter's diagnosis and one that we thought would not be possible. It has opened our eyes as to how it is possible to travel with a sick child. Thank you so much for the wonderful holiday!"

"It was great to be able to bring our daughter on a family holiday as this was the first time we could do this since she was little. Beyond the Moon provided the facilities to make this possible. We were able to sleep at night, knowing she was safe and comfortable in her hospital bed. Having a hoist meant only one parent had to be available for her needs. We had great fun at Fota Wildlife park feeding the ducks and the hungry peacock.



"We will always cherish the relaxed time we spent together. Not only looking after our daughter (medical way), but actually BEING TOGETHER and doing all the fun stuff like swimming, playing in the play zone, dining together, cycling and walking in the forest, playing board games in a lovely and comfortable bungalow. All outside our usual routine. It was a deep breath and a refreshing change for ALL OF US. We would like to thank you from the bottom of our hearts for what you do, for choosing

us, for giving our family the rare opportunity to enjoy time together, especially in such an amazing place. Thank you, you made a big difference to our lives."

"We had a great time at Disneyland Paris. It was great to spend time as a family in this magical place, having fun. It was really a dream come true. The boys especially loved meeting Mickey Mouse and the Incredibles. They really believe they got to meet their superheroes and haven't stopped talking about it."

Cycle 4 Sick Children going the distance for others.

Cycle 4 Sick Children is a fantastic amateur cycling club affiliated to Cycling Ireland that was set up in 2007.

The club promotes cycling as a fitness activity for all levels of ability. The highly distinctive club jersey carries the words "Raising Awareness" as a reminder to us all of the needs of sick and disabled children and their families.

The club are wonderful in organising a variety of fundraising events every year with the funds going either directly to helping children and their families or towards purchasing vital equipment for families, homes, hospitals or respite homes.

They have also been a fantastic supporter of Cliona's Foundation Annual Cycle and we were honoured and delighted when they presented us with a cheque for €1,000 in September. It was a wonderful and unexpected donation but one that was very much needed and appreciated.

Thank you to all the members for their continued efforts in supporting others that need it most.



Dieselman's Ball raised the bar and the roof for Cliona's Foundation

What a fantastic night and success was the 2nd Dieselman's Ball 2018, which took place on Saturday, 24th November in The Devon Inn, Templeglantine.

We could not have envisaged that it would surpass the 1st ball in held 2015 but, all the stops were pulled out by the fantastic organising team let by Anne Dullea and Pat White to make this absolutely outstanding from start to a very late finish.

Trying to find a parking space on the night was the 1st indication that this was a full house.

"From the moment we walked towards the entrance of the Devon Inn, it was exhilarating – the gleaming Monster Trucks, the fashion, style and everything else that goes with an event like this is just a joy to be involved in" Terry said.

There was an unbelievable buzz from the moment you walked in the front door to what was a most beautifully decorated room. Speeches were short but impactful including Brendan getting the opportunity to thank everyone in attendance and sponsors for supporting the event. A most wonderful 4 course meal was served up followed by the very entertaining Frank Forde from Castlebar. Frank was also responsible for the successful auction of the signed Limerick Hurling and Munster Rugby Jerseys.

The Michael Collins Band wasted no time in getting everyone up on the floor and ensured that the dancefloor wasn't empty at any stage from start to finish.

The generosity of everyone there on the night and those that just supported through buying raffle tickets or who provided sponsorship was absolutely overwhelming and the whole night was just a perfect example of how a successful fundraising event should be run.

We were absolutely blown away that the monies raised have exceeded €13,000, an amount which hugely exceeded our expectations and will make a large dent in our waiting list and a huge difference to families this Christmas

This is due in no small part to everyone that was involved – particularly Anne Dullea and we cannot express our appreciation strongly enough.

Photo Credit: Black Diamond Photography



Doing Dublin in Purple

Delighted to have Cliona's Foundation represented in the SSE Airtricity Dublin City Marathon in Dublin on the October Bank Holiday Weekend.

Aileen Stiefel, Beibhin Brennan and Michelle Jennings all ran in purple and raised the fantastic amount of just over €2,000 between them.

It's fantastic when people make contact looking to fundraise because they really love what we do and want to support in some way.



Family Feedback & Stories

Update on Clodagh Gordon

In our Summer Newsletter we shared this story of one of our families and how their life was turned upside down in 2017 when their then 17 month old daughter was diagnosed with Leukaemia.

Since then Clodagh has had an operation, chemotherapy, lost her hair and has spent a lot of the time going in and out of hospital working on a treatment plan.

Thankfully Clodagh has been doing very well as her treatment programme of chemotherapy, bloods and other tests progress.

We were delighted to get a photo from her mum Eimear recently clearly showing how much stronger she has become and how her previously straight hair has grown back curly.

It is very special and uplifting for us to receive updates from families and I think you will agree that Clodagh is looking fantastic and just beautiful.

Clodagh in January



Clodagh in December



From: [redacted]@hotmail.com>
Sent: Thursday 8 November 2018 09:58
To: Info - Cliona's Foundation
Subject: Additional Info

Hi

I dropped in a application for funding yesterday 7th Nov, [redacted], Son [redacted]. I need to add that [redacted] will be going to Manchester Royal Infirmary to get stem cell treatment, this treatment could take up to 3 months, for that 3 months we will be away from home living next to [redacted]ed, also we will have our daughter with us as we have no one to take care of her for that time period. I honestly don't know how and what to do as when we will be away all our home bills will be still adding up, rent, phone, electric plus the cost of staying in Manchester. Our only source of income is my social welfare payment of 384.00 a week plus [redacted] monthly child Allowance for which she will not be able to collect when we are away..any help would be very much appreciated...

Kind Thanks

29.11.2018
Dear Terry and Brendan Reilly
Cliona's Foundation



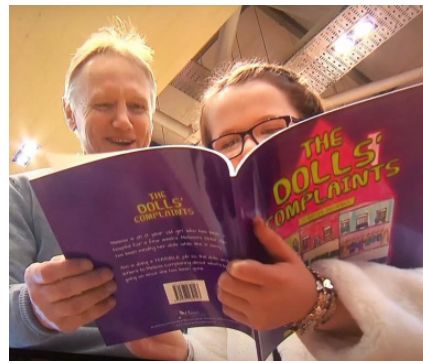
I'm writing to thank you for your kind donation to us. It's mean a WORLD to us. We are really appreciate all your job/money. We have went through rough times this year and next year will be even harder. Our boys [redacted] and his 2 brothers) deserve a magical christmas. But because I needed to leave a job and my husband have to take often some extra days off (unpaid), because I'm not driving and [redacted] have many appointments in Dublin (Crumlin, Beaumont, St. Lucus hospitals) ... the magical christmas couldn't really happening but because of you, the boys will be really happy to have some fun for christmas. Thank you so much.

The Dolls' Complaints book is making headlines and should be in every house in the country

What a journey we have been on with Keeva Delaney and her family for the past number of months which led to the publication and launch of "The Dolls Complaints" book and its distribution through Dunnes Stores in early December .

We never envisaged that there would be a book with all donations going to Cliona's Foundation on the shelves for Christmas and we are privileged to have been part of what has been an amazing story.

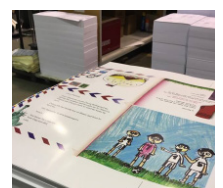
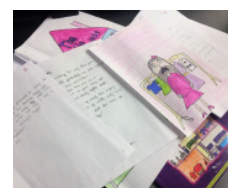
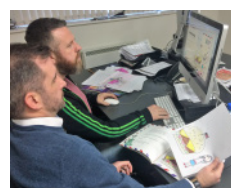
It all started with a phone call from 11 year old Keeva's mum Maurita advising that her other daughter Sarah's class had an end of school year jumble sale and that Cliona's Foundation had been selected (as nominated by Sarah) as the beneficiary. Maurita had come across our leaflet 2 years ago, was touched by what we did and said she would support us at some stage.



She then proceeded to share with us how Keeva had written a few stories about her dolls, illustrated the stories and how there may be a potential for a book with Cliona's Foundation as the beneficiary.

The rest is history but what followed was numerous meetings with the wonderful Delaney family, introducing them to the designers in CUBE of which Brendan Ring is the Director and "The Dolls' Complaints" became a reality.

But getting it into the market was going to be the real challenge or so we thought. Keeva had other ideas however and contacted Anne Heffernan of Dunnes Stores directly. After meeting with Keeva and Cliona's Foundation Anne offered to stock the book in Dunnes Stores instore and online – all for nothing.

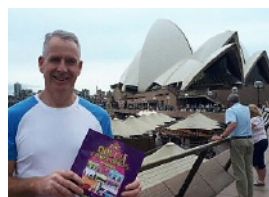


The book came off the press the end of November. It is a beautifully written, illustrated and produced piece with dolls stories that resonate with young and old. The dolls owner is in hospital and while there her dolls are being cared for by her sister. But not very well and the dolls send letters of complaints to hospital to their owner pleading with her to make things right. Starting with it's Launch by Miriam O Callaghan to book signings in Carlow, Dublin with Miriam O Callaghan and Limerick with Joe Schmidt. There was also an appearance on Ireland Am and other TV coverage on Virgin One and RTE and numerous radio and newspaper interviews across the country . In addition there has been unbelievable support and video testimonials from different sporting personalities, celebrities, bloggers and even the gold medal Olympian Justin Caitlin. The book has even been shipped to Dubai, New Zealand and pictured in Sydney Harbour.

We are hugely indebted to the support from Keeva Delaney and all her family, the team at CUBE for their input in to the design and print of the book and also Dunnes Stores who have put so much effort behind the distribution and profiling of the book in their stores and online.

We have set ourselves a sales target of 12,000 books and we are a quarter of the way there.

Every cent of the €8 will go towards helping us support the many families that need help with the non medical costs of caring for their child.



PLEASE MAKE A DIFFERENCE AND BUY A COPY OF THE BOOK

www.clionas.ie



Fantastic Fundraisers and Supporters

Thank you to Leanne Moore of GoGym, the Good Food Outlet and everyone who purchased the specific purpose designed meals during the month of September which generated an amount of €1,000 for Cliona's Foundation.

The Fine Wines group who continue to support Cliona's Foundation through the placement of our collection boxes at all of their outlets throughout the country. Raising great money but also increasing the profile of the Foundation



The Old Barracks Café in Birdhill Co. Tipperary for their official opening fundraiser and donation of €200.

Dell Inc and their employees who are very supportive through their employee giving scheme and their generous donations throughout the year.

The increasing number of people who are doing birthday fundraisers for us – whereby instead of getting presents they ask their family and friends to donate to Cliona's Foundation instead through a specific birthday fundraising page on Facebook. These include David Campbell, Diarmuid Ring, Tom Stapleton, Louise Crowley, Eimear Lynch, Mike Mulholland, Carmel O Carroll, Melissa O Neill and Sandra Morrisson

Donal Quinn and staff from Cook Medical who raised funds climbing the Silvermines during the summer.



The Pedal to Peak crew and organising committee who undertook their amazing challenge in July and handed over a cheque of €2,000 each to ourselves and Crumlin recently.



The students of the Education Unit in Limerick Prison who completed a 500km treadmill challenge and donated €500 to Cliona's Foundation. Delighted to receive the cheque in person from one of their tutors Fiona.



Delighted to be the beneficiary of the wonderful evening of Fashion held in King Johns Castle recently and a huge thank you to Fiona Doyle of Glamour Agency for selecting us. Thanks also to our super supporters Kevin Downes and Shane Dowling who modelled at the event.

Thank you to the TY Students of Scoil na Trionoide Naofa in Doon who trekked Keeper Hill during December and fundraised for Cliona's Foundation.



The wonderful staff at Wyeth in Askeaton once again nominated us to be a beneficiary from their Christmas Charity Donation Fund 2018 and we had a lovely afternoon in the plant where we received a cheque in the amount of €1,000.



A match made in Thomond Park with Munster Rugby

We are privileged to have been selected as one of the Munster Rugby Charity partners for the 2018/2019 season along with the Irish Cancer Society. Having gone through the application process for the past few seasons we are honoured to have been selected in what must have been a very difficult application review and approval process for Munster Rugby.

Munster Rugby has an excellent community and social responsibility ethos, which we have previously benefitted from through very special player "meet and greet" sessions with some of our beneficiary families. Jerry Flannery and John Hayes have both also been excellent advocates for and supporters of the Foundation.

Being an extended part of this family with a worldwide profile and support is a huge honour for Cliona's Foundation.

One of the many benefits of being a charity partner was that we were asked to nominate a child to be mascot for the Munster V Gloucester Champions Cup Match on the 20th October. We were delighted to be able to nominate Olivia Daly, whose family we were able to support a few years ago when Olivia was quite sick. The Daly family in turn have been more than generous to us in speaking publicly about their experience and the impact our financial support makes to families dealing with a sick child.

Olivia had a fantastic day with her family in Thomond Park. Visiting the dressing rooms, getting a full set of Munster Rugby gear and having the honour of running out on the pitch with Peter O Mahony. It was a very special moment for us and for the Daly Family.

We are looking forward to working with Munster Rugby on raising awareness of the hidden financial struggles families of sick children endure and how Cliona's Foundation supports them.

Our hope is that this increased profile and awareness will result in much-needed funds being generated to enable us to continue provide this service.



Celebrating Limerick's Achievement in winning the Liam Mc Carthy Cup

KIELY'S MEN

(By Tom O' Sullivan)

*This morning we awoke as Champions,
Equals, second to none,
And Limerick pride on Shannonside
Warmed hearts like the Summer sun.*

*Yes, we endured our winter,
Long and dark and bleak,
And in truth we often wondered,
If we could ever make the break.*

*Break with the ghosts of losses past,
Our lot since '73,
When Limerick men tried hardest,
Harder still, tasted bitter defeat.*

*Then Kiely's men from town and glen,
In '18 took the field,
And Tipp. nor Cork or the mighty Kats,
Could make our warriors yield.*

*Next Galway in the Final,
Champions brave and proud,
They came within a single point,
But we stood firm, unbowed.*

*Our flag is raised in victory,
"Remember Limerick" it proclaims,
We will forever remember Kiely's men,
And pour blessings on their names.*

by Tom O'Sullivan.



2019 Charity Partnership

First Data.

Delighted to announce that we have been selected by US financial technology company First Data to be their Charity Partner in Ireland for 2018.

First Data will have over 100 staff in their state of the art facility in Nenagh in January 2019 and we welcomed the

opportunity to speak on site with senior management and staff about what we do and how we can work together with them. We are really excited about this partnership.



Really excited for our wonderful supporter and founding committee member of Cliona's Foundation Jean Tierney who has been selected as a Leader for Operation Transformation 2019.

Jean is such a fantastic person on all levels and we are looking forward to giving her every support we can and following her on this exciting journey.

Please follow her if you can and watch out for her when the show airs in January.

Pushing to the Limits at Westport Sea to Summit

As the name would suggest this is no ordinary run or cycle but an endurance event that really puts pressure on every part of the body both mentally & physically.

But it was an event that Carl Widger, Tony Frawley and Damian O Connell all registered to participate in and raise funds for Cliona's Foundation. This was a tough undertaking not only because of the training involved but also because of the commitment to raise monies.

Both Carl & Tony participated in the Spirit Course which is a total of 30km of a mix of cycling, running and climbing Croagh Patrick. Damian went a step further by registering for the Supreme Course which is 56km, again a mix of cycling, running and climbing but particularly testing is the 35km cycle of the steep Maum.

But true to form this trio rose to the challenge and while each of them had to pull the energy and willpower from their toes on various stretches of the course they completed safely and strongly.



Remembering others at Christmas

We have had a wonderful time in December by the Remembrance Tree in Bedford Row Limerick meeting and chatting with people of all ages. The tree is a beautiful initiative of the Limerick Thomond Rotary Club which allows people to remember loved ones at Christmas by writing a name on a yellow ribbon when is then placed on the tree. On January 4th all the ribbons are then placed on the altar in the Augustinian Church in Limerick for a special remembrance ceremony

While the ribbons are free, the public are invited to make donations and these donation are then given to Charity. We were thrilled to be selected as one of the 3 Charities this year which includes Cuan Mhuire Addiction Centre and OSF. We are also very grateful to the many volunteers who helped us out our nominated days and in particular the transition year students of Castletroy College.



But they also exceed themselves with their fundraising efforts and we were overwhelmed with the €4,000 raised by Carl and the €2,000 raised by Tony & Damian. An absolutely amazing achievement on all fronts. Well done guys and a huge thank you to everyone who supported you.

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Trekking in Co Limerick for Cliona's Foundation.

The 2nd Annual Cliona's Foundation Walking challenge took place on Saturday 6th October and with the weather being more than favourable the trek on the Paradise Hill Loop with a trip up to "The Pinnacle" was just fantastic.

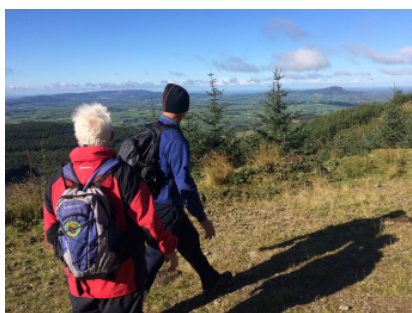
More than 50 walkers participated and with blue skies overhead the trek saw us departing from Anglesborough Community Centre at 9.30am and walking the main road for a short distance. We then moved on to forest track, climbing slightly with soft and wet ground conditions which were challenging at times but not impossible. We then ascended on to gravel path for a large portion of the walk climbing slightly as we moved on further.

The Paradise Hill Loop is on the western end of the Galtymore Mountains in Co. Limerick and given the clear day, there were spectacular views of the Golden Vale and the Glen of Aherlow along the route. The group took a break for snacks and to catch breath before setting off to the Pinnacle. This section proved more challenging with cutting cold winds as we moved to higher ground. But with fantastic encouragement from everyone the group made it to the top to experience what was a most beautiful landscape stretched out in front. The steepness of the descent and the slippery ground conditions ensures everyone took it slow and steady on the return leg of the journey.

Everyone was delighted to arrive back to the Community Centre where soup and sandwiches courtesy of Gallahues Bar & Restaurant of Ballylanders and Supermac's SuperSubs awaited a cold and hungry crew.

It was a great success which raised over €2,000 and we are really grateful for everyone's participation and support. It was fantastic to meet up with a family whom we were able to support some years ago. They saw the walk advertised and decided that they would like to lend support in return.

We would particularly like to thank John King for organising the walk, the members of the Crecora/Raheen/Mungret Walking group who turned out in force to support and also encouraged others to do the same, Mark Leahy for his safety support, Anglesborough Community Council, Gallahues Bar & Restaurant in Ballylanders and Supermac's SuperSubs.





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.

Stars Align for Cliona's Foundation

Over the space of 1 week in December we were blown away by the generosity of two very large donations.

One came from a family that were familiar with what we did, had heard Brendan & Terry speak on a few occasions and wanted to support our work.

The other came from a family that had never heard of us, but by accident saw the "Dolls' Complaints Book" author Keeva Delaney along with Brendan Ring interviewed on Ireland AM. Writing the name Cliona's Foundation on his home office whiteboard he did further indepth research on us later in the day and liked what he found.

The family were ready to make a donation to a charity at that time and it would appear that the stars aligned on that day for us and them. We were delighted to meet with them a few days later and accept a very generous donation from what were a wonderful couple.

We believe that these were Cliona's indirect gifts to us in the week leading up to her 12th Anniversary.

Ordinary people doing extraordinary things



Terry and Brendan Ring are "Persons of the Month"

Cliona's Foundation Founders Brendan & Terry Ring were given duly deserved recognition for the selfless commitment and energy they have given to supporting families of sick children all around the country when they were selected as person for the month for September. The monthly award, which is sponsored and selected by the Limerick Leader, Southern Media and the Clayton Hotel looks to recognise people and organisations that have made a difference in Limerick City and County and beyond

It was acknowledged without doubt that both Terry and Brenda who have volunteered their time to Cliona's Foundation since the loss of their daughter 12 years ago have made a huge difference to the families of sick children who are struggling with the non medical costs of caring for their sick child.

They will now go forward to the overall winner selection event which takes place early in 2019.



Going the distance for Families of sick children

Once again we were delighted to see our purple family out in force for the Cook Medical Women's Mini Marathon on the 30th October. While it is fantastic to raise monies from these events it is also very important that we have a strong presence at events like these so we can share our story with many others.

Many of the 30 plus crew that participated in purple are very loyal supporters of Cliona's Foundation and fly the flag for us and support us throughout the year.

A lovely morning made this a great event for everyone that participated and there was a great buzz during the pre-race wam up and also at the finish line. Well done and thank you to all who participated for us.

Special mention to the duo of Karen Kiely and Eileen Holohan. These two have been running around the Mid West for Cliona's Foundation for most of the year having participated in the Clare Run Series, The Great Limerick Run, The Cook Medical Mini Marathon and finishing off the year with the Clonlara half marathon in December. Huge congrats to them - a super achievement and we really appreciate all your efforts.



"Giving is not just about making a donation - its about making a difference".

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 ie Swap roles for a day, firewalking event, barbecues, staff car washing , corporate family sports day etc. . You could even encourage your colleagues to participate in one of the many independent events organised throughout the year as a fun but rewarding team bonding and building exercise.

GET THE KIDS IN SCHOOL GIVING FOR OTHER KIDS

As a teacher in a primary or secondary school why not encourage events and fun days where the pupils can contribute to Cliona's Foundation. Could be a cake sale, colours day, sports day, donate % of communion or confirmation monies. Get transition 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 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 your guests will appreciate.

The finest gift is one that helps others.

 /clionasfoundation

 /ClionasFDN

 /clionasfoundation

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

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 fund for Cliona's Foundation

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

Up Coming Events

Bon Jovee Tribute Night in the Mount Brandon Hotel, Tralee
Fantastic night scheduled for Saturday 16th February. Line up includes the Bon Jovee Tribute Band, Oracle and Mickey Joe Harte. Tickets are €20 and proceeds are being divided between Cliona's Foundation, Chemotherapy Unit & Kerry Hospice both at University Hospital Kerry.

For further details check out the Bon Jovee Tribute Band Fundraiser event page on Facebook.

THANK YOU.
We Made A Difference.
You Made It Possible.

Words cannot express strongly enough our gratitude and thanks to everyone that has lent their support to Cliona's Foundation during 2018.

In the absence of state funding we rely solely on the general public both individual and corporate to enable us to support the families that need financial assistance while caring for their sick child.

There are 4,000 children with a life limiting condition in Ireland, 400 of whom will have died during the year and an additional 400 diagnosed. These are 400 families whose world has been turned upside down and are facing an emotional and financial struggle.

By the end of 2018 we expect to have provided financial assistance to 101 of these families. This could not have happened without you, whether it was a small or large donation, a fundraiser you were involved in or lending your support in some other way.

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