

December 2019

Cliona's

For families with a seriously sick child

Hello there,

We are approaching the end of another year as you know and we hope that you are all looking forward to the Festive Season and the beginning of a new decade.

Once again thankfully, we've had a very busy year of a wide range of very different, imaginative and challenging fundraisers and this newsletter gives you an idea of what has happened over the past 6 months since our Summer Newsletter

It was with the wonderful support of people like you who have held fundraisers that has allowed us to continue to provide financial support to families all over Ireland

150 families will have been supported in 2019 alone, bringing the total number of families supported by Cliona's to 738 over the last 12 years.

We're proud of these figures and we'd like to thank everybody who has contributed in any way at all to make this happen. We've enjoyed many days out with the two other charities under the umbrella of Live95 Helping Limerick Children - CARI and Children's Grief Centre. We'd like to thank all the team at Live 95 but a special mention must be given to Caragh O'Shea who voluntarily helped to co-ordinate the various events and keep us all motivated.

It would be remiss of us not to publicly thank Dunnes Stores owners and all the Management & Staff for affording Cliona's some wonderful opportunities over the last 12 months; in particular the selling of Keeva Delaney's book *The Doll's' Complaints* which raised an incredible amount of money and then the Bag Packing Project which was a great success. A massive thank you to Keeva and all of her family for being so supportive to Cliona's also.

We would also like to thank our Board Members for their continued and unwavering support shown to Cliona's, we really appreciate their time, energy and commitment. We welcome Darren Sheahan to Team Cliona's. Darren joined us in May to help with the massive Dunnes Stores Bag Packing Project and we're delighted to say that he's going to remain with us going forward. In fact a date has already been identified for 2020 Dunnes Stores / Cliona's bag packing so keep Saturday, 28th November free for a few hours if you can to help bag pack in your area.

However it is a fact there are an increasing number of families struggling with the huge non- medical cost of caring for their seriously sick child and it can be heart breaking to read and hear the details of their journey. For many their children's diagnosis has blindsided them completely and while naturally their main focus is ensuring their child receives the best medical care, the associated hidden costs places huge pressure on the whole family unit.

Our support relieves some of that pressure for a period of time and we know from the feedback received the impact it can make. We would love to be giving these families more but with limited resources and no State funding we are doing the best we can.

The families and their children will always be to the front of what we do and at this time of year we particularly think of those children that have grown their angel wings over the past 12 months. May they rest in Peace.

Every good wish for a joyful & peaceful Christmas and of course health & happiness in 2020.



Regards for now,

Brendan & Terry, Darren, Phil



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Closing in on the target for the Live95 Helping Limerick Children Initiative



For the 2nd year in a row Cliona's was delighted to be part of the new look and newly branded Live95 Helping Limerick Children Fundraising initiative. In addition to our 2018 partner CARI we welcomed the wonderful Children's Grief Centre on board. All of these 3 Limerick based Charities were a wonderful fit with each of us supporting the most vulnerable of children and their families at various stages.



Not content with reaching last year's amount raised of €54,000, we set ourselves the early challenge of reaching €95,000 which we knew would be difficult but achievable with the support of the Limerick public and business community. To help us get to this figure we were delighted that Caragh O Shea of COS Events offered her services in a voluntary capacity to coordinate all our efforts and put the call out for support in partnership with the team at Live95.



Well we hit the ground running at the start of the year and the pace has continued for the past 12 months. We have had the most unbelievable support from a broad sector of the community with 2 events most months. We started off our events with a Wine Tasting evening with O'Brien Wines, had the Vintage Car Classics, Tag rugby, the Jeff Power Memorial Tournament, Cycles, Table Quizzes, coffee mornings, pop up shops, movie viewings, barbeques, coffee cups and much more.



Two of our flagship events were the World Cup Rugby Breakfast Morning in Thomond Park in partnership with ActionPoint and more recently our Inaugural Inter Firm Charity Race Day in partnership with Limerick Racecourse, Fitzgerald Woodlands House Hotel & Spa, Frawley and Mid West Mentoring. A lot of effort and hard work ensured these 2 events were a fantastic success with the business community coming out in force to support generating in excess of €25,000.

We are nearly there and not too far off our target as we go to print so the pressure is on in the hope that at the end of the year we will have hit that figure of €95,000. Regardless, it has been a year of engagement, cooperation, support and most of all raising the profile for the work of the 3 charities.

Final Annual Cycle makes it's mark

There was a fantastic turnout and the weather was perfect for the 12th Annual Cliona's Cycle on the traditional last Saturday in August. With a range of routes to choose from there was a great mix of young children, families, leisure cyclists and the serious cyclists. We were also delighted to have a number of local cycling clubs strongly represented and in particular the Cycle 4 Sick Children group who made a wonderful donation to the fund.

With the sun shining there was a super atmosphere with people taking time to enjoy the banter and the refreshments.

But there were mixed emotions with the announcement that this would be the final one. Founder of Cliona's Brendan Ring said "This has been a fantastic annual event for the past 12 years and has generated amazing funds for Cliona's. But with the increasing number of weekly fundraising cycling events and the level of organisation involved we have made the difficult decision to take a break."

Brendan went on to thank everyone that has been involved over the past 12 years and in particular the Cliona's Foundation Cycling Club who were instrumental in the events organisation and success.

This wonderful event finished on a high and generated €4,000 for the Live95 Helping Limerick Children Fund. Thank you to all the participants and the volunteers for making this possible.





The Dolls' Complaints goes on Tour

The Dolls' Complaint book written by Keeva Delaney hit the shelves of Dunnes Stores nationwide in November 2018. We knew it was a fantastic book and the level of support it received and the volume of sales has been phenomenal.

The book cost €8 and every cent of the purchase price went to Cliona's Foundation with neither the author, the print company or Dunnes Stores receiving anything from the sales.

The Author Keeva got the opportunity to appear on Ireland Am and also The Late Late Show with the book and all her efforts with the support of Dunnes Stores & Cube generated €64,000 for Cliona's.

With another 3,000 books in stock we were delighted to be given the opportunity by Dunnes Stores for Keeva and The Dolls' Complaints to be part of their unveiling celebrations at 4 of their flagship stores in November. These included Bandon Road Cork, Cornelscourt Dublin, Briar Hill Galway and Jetland Limerick where we were delighted to meet so many celebrities and get the opportunity to share the story of The Dolls' Complaints and Cliona's Foundation. Very special also was to have some of our own guests with us who supported Keeva with her book signing and readings. Thank you Sinead Kane, Bernard Jackman and Shane Dowling for giving us their time.

The book is available in Dunnes Stores nationwide and online and we would encourage you to give a gift that would make a real difference this Christmas.



Cliona's Reaches Everest Base Camp



The variety of fundraising ideas and the level of efforts people make for Cliona's never ceases to surprise us.

One of these was the very challenging adventure undertaken by a loyal Cliona's Foundation supporter Ray Cordon and his crew of 6 who climbed to Everest Base Camp in October .

Over a period of 11 days they trekked approx 140km to Base Camp at 18,000 feet and it was very moving to see the image of this crew flying the Cliona's Flag at the finish.

This was a tough challenge which required huge commitment in terms of training, a substantial financial outlay and then to add the task of fundraising into the equation makes it even tougher.

It was a privilege to meet with three of the team , Treise Earls, Raymond Cordon and Sandrine Lestage Purcell on their return when they presented us with a staggering €6,503.70. Their account of the trip was amazing in terms of landscape, living conditions, physical and mental challenges , the people they met on route and the sense of achievement on completion. A unique experience for them and a wonderful donation to Cliona's by a special team of 7.



Cliona's Day for International Credit Union Day

Wonderful to get a call from St Ailbe's Credit Union advising that they would be generating funds and raising awareness for Cliona's as part of International Credit Union Day Celebrations on the 17th & 18th October, For these 2 days across all 5 offices customers were treated and encouraged to make a donation. We were delighted to accept €1,500 which included a donation from the Board. Thank you to all the members, staff and Board members for this support .



Hospital Saturday Fund supporting our families

It was wonderful to be one of 30 Irish charities who received donations from The Hospital Saturday Fund (HSF) at a special reception hosted at University College Cork in November.

In total, €140,000 was donated to the charities at the event, which was hosted by UCC in the Aula Maxima in the presence of the Deputy Lord Mayor of Cork, Cllr. Des Cahill, and special guest, former Ireland and Munster Rugby International, Marcus Horan.

The monies received by Cliona's will be used to support families requiring specialist equipment that will make the daily routines of their sick child more comfortable.

Cliona's goes Bag Packing Nationwide

Cliona's Foundation undertook its biggest ever nationwide fundraiser to date during August and September with Our National Bag Packing Day.

Dunnes Stores very generously gave us access to 84 of their stores on various dates in August & September to raise monies for Cliona's and it was a fantastic opportunity to raise much needed funds and increase our profile.

We knew this was going to be a logistical and rostering challenge but under the direction of Cliona's Chairman Tom Tierney and Project Leader Darren Sheahan and amazing support from so many people it was a great success. We had great interaction in each of the locations with staff, volunteers and customers and it was wonderful to see the Cliona's Brand in so many locations.

Cliona's were present in 38 stores which required a total of 400 volunteers. We had some great store leaders who coordinated the rostering and collection in a number of stores on our behalf and also support from companies who came out in force with their staff. These included AIB, Apple, PWC, Salesforce, State Street and Metis Ireland.



The result of all the efforts was a fantastic €46,237.53 and we are so grateful to Dunnes Stores for giving us this opportunity, to all the volunteers who made it happen and to the Dunnes Stores customers for their donations.



We can also now announce that Project Pack 2020 is now scheduled for Saturday 28th November so mark that date in your diary.



Firserv share their festive spirit with Cliona's



We received a great Christmas present this time last year when Firserv (then First Data) who were not long in their new offices in Nenagh selected Cliona's to be their Charity Partner for 2019.

12 months later and with a staff of 137 and growing we were delighted to be back with them this month. After a year of fundraising events which included staff doing Marathons and Shaveathons and much more we were very excited and so grateful to accept a cheque for over €5,000.

There was a real spirit of generosity at the cheque handover and we were so happy to be told that they would continue their support for us in 2020. Well done and thank you to all at Firserv – the world's leading payments and financial technology provider.

Wheels in motion for Limerick to Lourdes Cycle 2020

CEO and Co Founder of Cliona's Brendan Ring along with Board member Fergal Deegan will be clocking up the miles over the next 6 months as they prepare for the Limerick to Lourdes Fundraising Cycle 2020.

Brendan and Fergal are part of a group of 27 Cyclists and 6 back up team including a Physio and a Doctor from Limerick that committed to undertaking 800KM Cycle from Nantes to Lourdes over a period of 5 days in June.

For a core number including Fergal this will be the 5th time they have undertaken this cycle since 2008 and raising over €250,000 in the process. The team have been fundraising hard for the past 12 months and will continue until they arrive in Lourdes on the 16th June,



The beneficiaries of the monies raised are Cliona's & the Limerick Lourdes Invalid Fund.

We in Cliona's are very grateful for the huge effort that is involved in this undertaking in terms of training, time commitment and fundraising.

If you wish to make a contrubution please contact Brendan directly at +353 87 251 8949.

Increasing number of families need support

Since Clionas Foundation started in 2007 our applications have been steadily increasing each year.

This is a reflection of the increased profile we have received through national media platforms but also the increasing numbers of families that are struggling financially with the additional cost of caring for a sick child.

Up to the end of November we have supported 133 families bringing the total to 720 with an additional 20 expected to be supported before the end of the year.

All of these families are struggling emotionally with caring for their sick child and the additional non medical financial costs brings added strain that they should not have to endure.



Family Story

One of our families shared their experience with a national news paper recently;

Their son was born with most of his organs outside his body.

The condition was detected during pregnancy and medical specialists gave him a 5% chance of survival beyond a few days.

But 11 months later, Mum says thanks to the wonderful medical treatment he is receiving in Temple Street the skin continues to grow over the cavity through which his organs protrude.

But the family have been making 2 round trips a week to Dublin to keep a vigil by their sons bedside for the past 11 months who they believe would not have thrived unless she and her husband had decided that one of them would be at his bedside every day since his birth.

They do this by shuttling the 300km that separates them at least once a week.

"We wave to each other at a service station at the half way mark she explains.

My husband travels northwards while I travel south to spend a day or so with our five-year old-daughter.

He is on his laptop while our son is resting in the hospital," explains mum who has finished her maternity leave and is no longer being paid by her employer.

The family has been sustaining all the extra expenditure involved in staying with their son on one salary, while paying their mortgage, which was taken out when they were both working.

"We receive no financial help from the State to ease the pressure.

It is ironic that we will qualify for the €300-plus monthly Domiciliary Care Allowance only when our son is discharged from hospital and the new chapter of caring for him at home begins."

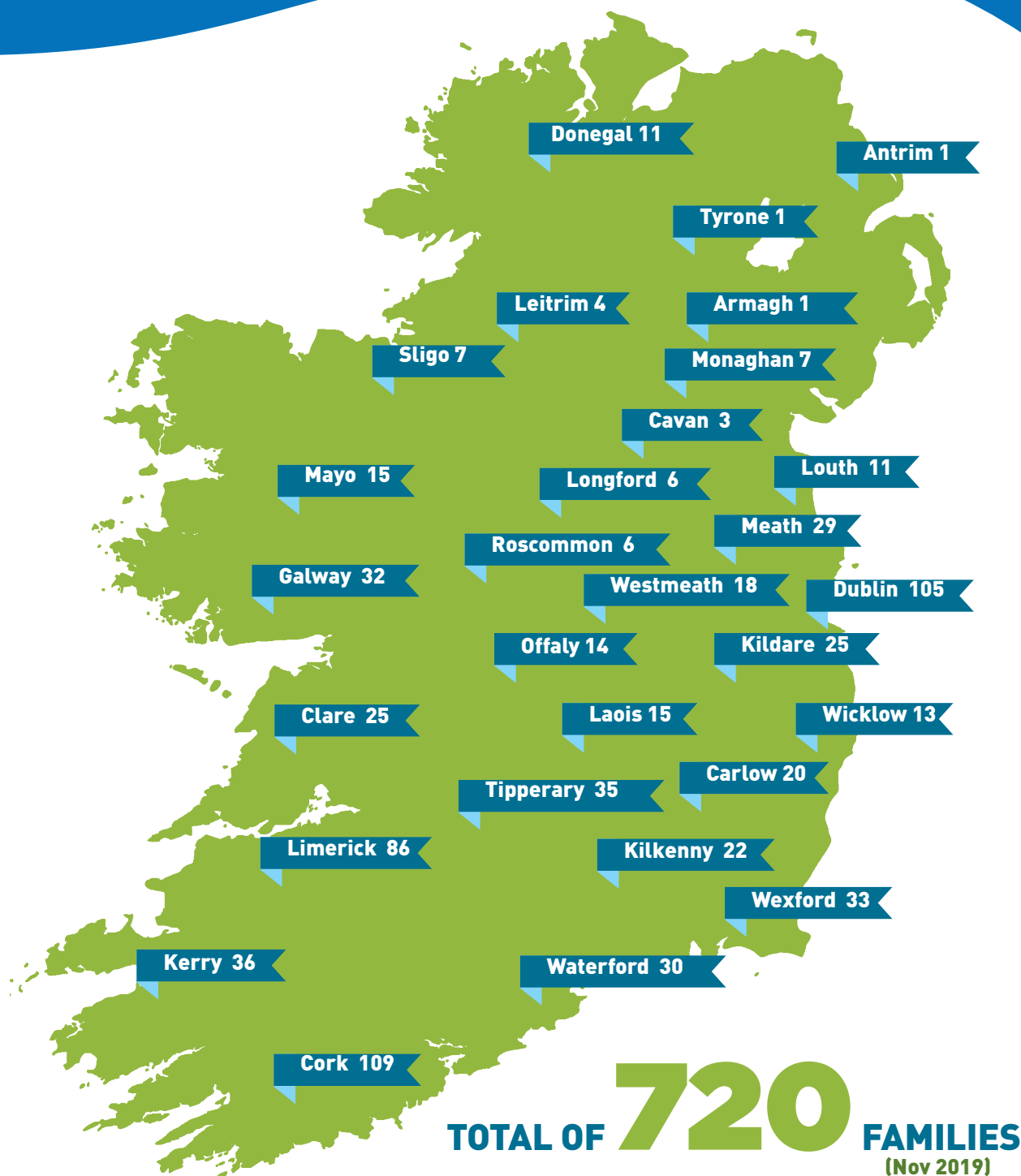
Domiciliary Care Allowance is only paid when a child is at home and not when a child is a long-stay patient in hospital.

The above experience is similar for all families that are caring for a seriously sick child .

Struggling financially while the focus should only be on caring for their child

LOCATION of FAMILIES we have ASSISTED over the past 12 years

Cliona's
For families with a
seriously sick child



Thank You Munster Rugby



We were privileged to be selected as one of the Munster Rugby Official Charity Partners for 2018/2019 season and have to acknowledge the wonderful support we received from them over that period.



Our partnership with them saw us being featured in their opening match programme, having one of our families children Olivia Daly walk out as mascot, sharing proceeds from the Stephens Day match programme, receiving hospitality packages and match tickets for use as fundraisers and interacting with players and coaching staff for a number of events.

The highlight of the partnership however has to be the family day where the Munster Team welcomed a number of our families to a training session and also chatted with them in a very engaging and emotional manner afterwards. A very special moment for all involved.

The profile received was invaluable with Munster Rugby's worldwide reach and support and we have to acknowledge the support received from Claire Cooke, Fiona Murphy, Coach Johan Van Graan and all the players and back room staff for their support and understanding throughout the season. The very best of luck from all of us for the 2019/2020 Season



Helen Winters Memorial 5k



It was fantastic to receive a cheque in the amount of €2,565 from the Winters Family and staff of the RSA in Ballina, Co. Mayo being the proceeds from the Helena Winters Memorial 5k that took place in September. Helena who worked in the RSA and was a mother of 3, passed away in 2017 and her colleagues and family wanted to remember her.

It was an amazing success and testament to the love for Helena. Thank you to her husband Mark and family, the staff of RSA Ballina and all who supported for this very special donation.

Cliona's Website is Changing



We are delighted to announce AGENT Digital as our new digital partner for the future.

Kevin Meaney and his team at AGENT digital have been working on upgrading the Cliona's Website over the past number of months and we are delighted with the way it is looking.

As the digital partner AGENT Digital will be supporting Cliona's with the full range of digital services including website design, development, hosting, maintenance and support. An extremely generous package and support we greatly appreciate.

The new look website has gone live but you will be seeing more changes and improvements over the coming weeks.

Check it out at www.clionas.ie



Bikers Tour Ireland for Cliona's

An interview by Keeva Delaney, author of the Dolls' Complaints book on BBC Northern Ireland Radio earlier this year resulted in Cliona's being selected to benefit from a very novel fundraising initiative.

Organiser of the initiative "The Emerald Biker Relay" Samatha Kyle Fulton recalls "My mam heard Keeva speak and was taken with the support that Cliona's Foundation provide to families all over Ireland that she said this was the Charity that should benefit".

The initiative involved 27 lead riders with support riders covering 27 stages, of a 1,150 mile circuit around Ireland in June with the baton changing at each stage. They raised a fantastic €2,249.47 for Cliona's Foundation and Samantha and her co – organisers Steve and Pauline travelled from Ballymena to hand over the monies in September.

Extra special that the rider for the Clonmel to Cork leg was David Crowe, dad of Sarah who passed away in 2016 but has been so supportive of Cliona's.

Cliona's on the Camino

Always lovely to see our brand going international and this is only made possible by our wonderful supporters. One such couple are Karl & Mary Daly who have been very loyal and generous supporters for the past number of years. They celebrated their 30th wedding anniversary recently by walking a section of the Camino and we were delighted that they brought us with them. Thank you both for a very special picture.



Going the distance for Cliona's

Thank you to everyone who participated in the Cook Mini Marathon for Cliona's.



This year all monies raised from our Cliona's Crew was donated to the Live95 Helping Limerick Children Initiative – supporting CARI, Children's Grief Centre and Cliona's.



UL MBA Students are a Class Act for Charities



The 2nd year students of the MBA Class of 2019 in UL continued in the practice of having a charitable angle to their MBA and we along with Novas, Bone Marrow & Leukaemia Trust and the Alzheimers Society of Ireland were very grateful to be a beneficiary.

Through various events they raised a total of €10,936.79 and it was great to meet up with some of the class and chat with them about the work we do. A wonderful donation from a very dedicated crew.

Families giving back to other families

We are very lucky to meet the most wonderful and inspiring people. But it is very special when families that we have supported or have been on their own journey with a sick child and fully understand what is involved raise funds for us.

Moore Family giving back for Adams Birthday



Dawn and Brian Moore's son Adam passed away 10 years ago aged 11 after many years of treatment and for the past number of years they have fundraised for various charities in his memory.

We were delighted when they contacted us confirming that they would be running in the Cook Womens Mini Marathon and fundraising for Cliona's Foundation. Dawn did the Mini Marathon with her mother, 2 daughters and sister Tania in memory of Adam and between them they raised an amazing €3,035.

It was very special to meet with them and chat about Adam. Most poignant was that they were going to be celebrating his 21st Birthday shortly afterwards and in their own words

"If this can help a family that would be a beautiful birthday gift for Adam"

Cooper Family and Friends remember Brianna and Cliona's

Baby Brianna Cooper battled hard from her arrival on the 8th November 2018 to when she passed away in April this year and made a huge impact on everyone in that short space of time. We provided support to the Cooper Family to help during this tough period and were delighted that they remembered us in the Memorial night they held in October.



A lovely donation was made to us from this event for which we are really grateful.

Sarah Crowe continues to make her mark

The Crowe Family lost their beautiful daughter Sarah 3 years ago following a long and brave battle with Alpers disease. Sarah would have

turned 16 in July and to celebrate her life and mark her birthday her family held an 80's Disco party in Mc Graths Bar in Kilfinane. It was a wonderful night full of many emotions but a night where the family, friends and community turned out in force to remember and celebrate Sarah.

We were blown away with the monies raised from this celebration and it was very special and emotional to receive the donation of €5,252.57 from Mary, David and Jimmy. Huge thank you to them for sharing this difficult but special moment with Cliona's and also to their friends, family, work colleagues and everyone who made the night such a success and remembered Sarah in the way she would have loved best.



Making a difference

The feedback we receive back from families in cards, emails and phone calls is very uplifting and reinforces for us the difference our support can make.

The fact that despite what they are going through they have taken the time to make contact really does inspire our ongoing efforts.

We want to share with you some of the messages received.

I cried when I recieved this cheque. It is massively appreciated. We were going to the bank to discuss how would we manage our Mortgage and financial status. Your timing was perfect. Thank You. Our daughters condition has very slowly worsened. It is a constant battle to keep on top of her condition. It pushes every boundary of relationships and emotions all of the time. We are lucky, if we keep battling we should succeed. **RECEIVED** beautiful the difficulty/ies 17 SEP 2019 Cliona. The acknowledgement of that parents with seriously sick children have is alone (I can't think of the word) amazing, gratifying, makes you feel not as alone. Thank you for your help with the finances and for recognising that life is hard and great that we have her. xxx

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 & Brendan **RECEIVED** 28 JUN 2019 Sincerest thanks to you both and Clonas 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.

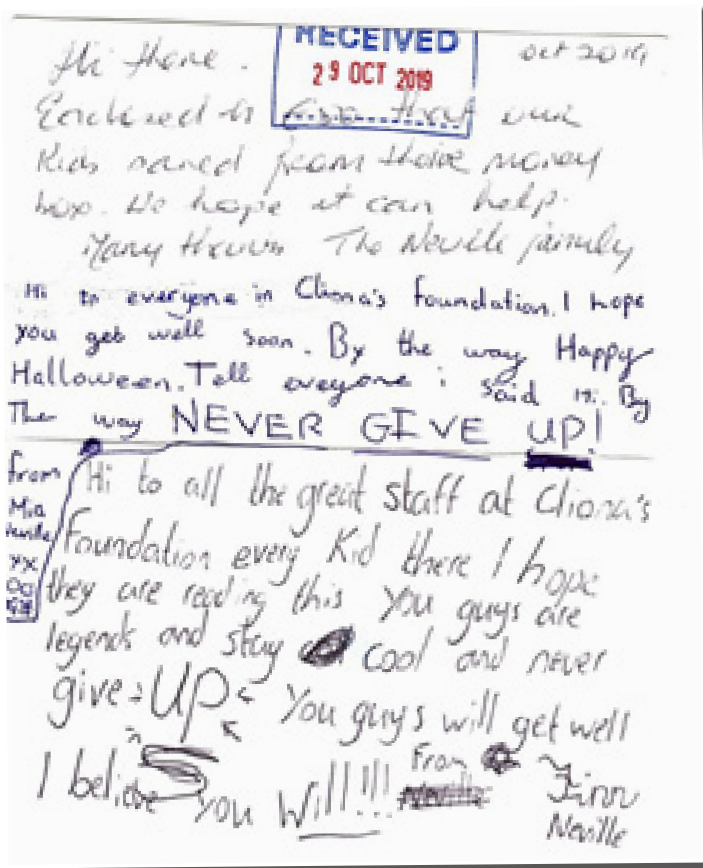
Special Kids giving for others

Always very uplifting when children make the efforts to help others and we are very lucky to meet such wonderful kids and their very supportive parents.

A fantastic group of children from Oakfield in Monaleen, Limerick organised a bake sale and raffle in their estate in September and handed over an amazing €1,090. Thank you to Evanne Noonan and all the other parents who helped them make it such a success along with everyone who supported.



We also very recently received the most wonderful card and donation from the Neville children in Limerick. They raided their money box and really gave us a fantastic lift with the innocence and simplicity of their words.



Great effort by the Jackman children and friends when they raised €163 from a bake sale in their estate

Fedamore GAA go running for Cliona's

Thank you to Fedamore GAA club who selected Cliona's as the beneficiary of their September 5k series over a period of 4 weeks in September. A great crew of runners and walkers took to the roads of Fedamore in the weekly timed event which brought out a competitive streak from many of them.

Munster Physios go the final stretch



Munster team physios Marc Beggs and Keith Thornhill undertook the gruelling Gaelforce Challenge in Mayo in June and very generously offered 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.

With the support of their friends, families and the Munster Team and Rugby Community they raised a fantastic €3,185 and we were delighted to meet up with them to thank them for their super efforts and accept their donation. Two very good guys making a difference for others

"To The Brave & Faithful Nothing is Impossible"

How you can help us help families

Champion Cliona's in your Company

Many Companies are becoming increasingly aware of their CSR (Corporate Social Responsibility) and are looking at opportunities to support and encourage their employees to become involved in helping out Charities. If your Company is looking for nominations for their Charity Partner of the year it would be great if you could keep Cliona's in mind. You could also encourage your Sports & Social Club to run an event for Cliona's 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.

Donate to Cliona's through your Company's online donation Platform

Many multi Nationals will match what you donate

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. 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!!

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



We will help you 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 instead. We can design and provide you with a card to place instead on the table which advise 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.

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

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