

July 2020

Cliona's

For families with a seriously sick child

Many of our supporters old and new & families & friends of families supported have actually wrapped their arms around us over the past few months coming up with innovative events & fundraisers to make sure that we can continue to support families. And while we miss the physical interaction with everybody, the level of support has been very uplifting and humbling.

Hello there,

We sincerely hope that you are all keeping well and that you have been safe throughout the last 18 weeks or so. It's almost impossible to believe that Ireland, together with practically the rest of the world, was hit by such an enormous virus that it shut down the whole country; we hope that you and your family were not terribly affected by COVID-19 and that you're all on the road to moving out and about again, albeit with caution.

In the past thankfully we've been able to relay that "a lot has happened" for Cliona's Foundation since our last Newsletter but that's not the case with this one, BUT neither do we have very gloomy news to report. In fact considering the past few months that charities have had to endure in general, it is a pleasure to report that Cliona's have not done particularly badly at all! There were quite a few sporadic, lucrative fundraisers, especially during the Bank Holiday week-ends and we wish to thank each and every one of the participants and their initiatives for the sheer entertainment we enjoyed but also for the super funds raised – we really appreciate it.

We are also mindful of how the families of seriously sick children are managing through this pandemic, trying to keep their child as protected as possible while also trying to ensure they receive the best care possible. An extremely more stressful time for them more than anyone.

On a very positive note Cliona's qualified for the Stability Fund 2020 by receiving a substantial grant from the Government. We are absolutely thrilled to be considered so worthy and deserving of funding as a family charity and we hope it is the 1st step in recognition of the need for greater State support for families of sick children. So it is onwards and upwards for Cliona's!

We wish to thank all our supporters, fundraisers, volunteers, donors, Ambassadors and Board Members and recently new Board Member Clair Hayes for their continued contribution to the success of Cliona's Foundation, we are truly appreciative of all the work you afford the charity.

So for now, stay safe & well; enjoy the rest of the summer and every good wish for the remainder of 2020.

Brendan, Terry, Phil & Darren.

July 2020.

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Live 95fm Helping Limerick Children Initiative closes on a high.

In 2019 for the 2nd year in a row Cliona's was delighted to be one of the beneficiaries of Live95 Helping Limerick Children fundraising initiative along with The Children's Grief Centre and CARI. At the start of the campaign they set a very ambitious target of €95,000.

Throughout the year we had the most unbelievable support from a broad sector of the community with 2 events nearly every month. These events included a Wine Tasting evening with O'Brien Wines, a Vintage Car Classic, Tag rugby, the Jeff Power Memorial Tournament, Cycles, Tables Quizzes, coffee mornings' pop up shops, movie viewings, BBQ's, coffee cups and much more.

The two flagship events were the World Cup Rugby Breakfast Morning in Thomond Park in partnership with Action Point and an Inter Firm Charity Race Day in partnership with Limerick Racecourse, Fitzgerald Woodlands House Hotel & spa and Mid West Mentoring. There was a tremendous amount of work put in by all the partners but coming in to December it was looking like the target would not be reached.

However appropriately Santa, (thanks to Matthew Stephens Jewellers) aided by increasing cups of coffee (from Hook & Ladder) and one unbelievable push by everyone saw the final figure come in at €96,735. A wonderful achievement with each of the charities receiving €32,125!



Thank you to everyone who organised events, donated and supported and in particular Caragh O'Shea of COSevents who coordinated the initiative in a voluntary capacity and drove the group with the support of Live 95 to exceeding the target.



Return to Golf yielded many Birdies for Cliona's

The reopening of the golf clubs on the 18th May was greeted with great excitement but one group saw the opportunity to channel this enthusiasm into raising funds for Cliona's.

Trackmen Golf which is Ireland's No.1 Golf Guide Platform came up with the novel Birdies 4 Cliona's initiative for the opening week.

For every birdie (or net birdie) made they asked everyone to donate €5 or whatever they could to Cliona's. They also actively encouraged the posting of a video/picture of the rolling in of the birdie with the hashtag #Birdies4Clionas for sharing across social media.

The initiative generated great interest and some entertaining videos but also funds in the total of €2,065. Really appreciate the support of Trackmen Golf personnel Daniel Nagle, Gearoid Hegarty & Niall Rea for literally driving this fundraiser and all the golfers who birdied and donated.



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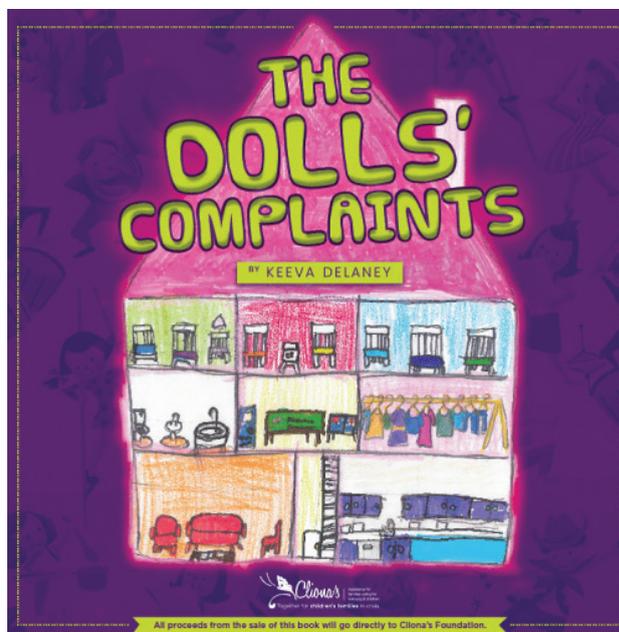
Exciting Competition with Dolls Complaints & Cartoon Saloon

The Dolls Complaints book written by the now 12-year-old Keeva Delaney went on sale in 2018 and has to date raised more than €50,000. 100% of the sale price for €8 comes directly to Cliona's.

We are delighted & excited to be engaging with international acclaimed animation studio Cartoon Saloon in Kilkenny to launch a competition this month which we hope will increase sales of this fantastic book further. One lucky winner will get the opportunity to visit the Cartoon Saloon studio and overnight with their family in a Kilkenny Hotel.

Entries will be open to primary school children and will involve, reading the book and submitting their own story and drawing.

Further details will be released across our social media platforms and our website in the next few weeks so please keep an eye out.



Cartoon Saloon

Enterprising Students bank it for Cliona's

It is always wonderful when young people get together to raise funds for causes and we were delighted to be part of the Transition Year Project for 2020 in Colaiste Chiarain, Croom Co. Limerick.

With the support of the AIB in Adare the students opened up a Bank in the school where students could open accounts and make deposits on a weekly basis. As part of this project the students also organised a number of fundraising events and used the Bank to manage these funds over a period of 2 months. These included a school sleepover, a student make up class and a musical coffee morning for the elderly community in the local village community centre.



It was fantastic that this project was completed before this enterprising & caring group of student's term in school was abruptly shortened and their efforts were justly completed and acknowledged when they handed over a cheque for €1,387 to us.

Crossing the Desert for Cliona's deferred until 2021

Limerick man John McNamara who has a very successful business, Coaching for Confidence was training for & scheduled to participate in the gruelling Marathon Des Sables in April. The event involves running 250km over 7 days in the Sahara Desert with everything he needs on his back.

In addition to the very intensive training schedule & not to mention the cost involved in participation John also committed to raising funds for Cliona's Foundation and up to the deferral of the event had raised over €2,000.

While disappointed with the deferral John readjusted his training plan for the rescheduled date in September.

However disappointingly as we went to print further deferral was announced and the Marathon Des Sables will now take place April 2021.

We are devastated for John as he has dedicated the 7 months to training for this event and made enormous personal sacrifices.

But John is an inspiring committed & focused individual and always has almost has the most positive outlook on everything in life. He is also a really nice guy who is always supporting other athletes and many charitable causes.

We are very grateful for his commitment to & support of Cliona's and we hope he now takes a break from intensive training and enjoys the rest of the summer with still an eye on the prize in April 2021.



Davy Russell is a clear winner for Cliona's

National Hunt Jockey & Grand National Winner Davy Russell has

been an Ambassador for Cliona's for several years and has, at every opportunity he can supported us in whatever way he can.

But he really gave us a much needed boost at the end of May when on Sky Sports on the At the Races programme, he announced he was donating £5,000 of his winnings to Cliona's. To hear us being mentioned on Sky Sports was a 1st but to hear of the donation was even better.

Davy was the winner of a charity competition ran by Tote UK where Jockeys select 10 horses across 10 races with a prize fund of £10,000 on offer to the overall winner to donate to a charity or charities of their choice.

Davy came out on top & much to our absolute delight very kindly and generously selected Cliona's & the Irish Cancer Society as the charities of his choice.

Cross Country Family Fundraiser for Cliona's

Carl Widger, on both a personal & in a business capacity with Metis Ireland, has been a fantastic supporter of Cliona's and during lockdown the extended Widger family came up with a fantastic fundraiser. 3 generations across 3 Counties - Limerick, Kilkenny & Roscommon from age 5 to multiples of 5, 21 people in total and dogs took to the roads on Saturday 16th May to raise funds and raise awareness for Cliona's. In total they walked 78k, ran 90k, cycled 129k had great fun and raised €750 Just amazing.



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Get shopping online for Cliona's

With the support of our Digital partner Agent Digital the Cliona's online shop went live in the month of May.

Stocking a wide range of products from t shirts to cycling shoe cover's and trolley coins to running singlets there is something for everyone. All the proceeds go directly to Cliona's.

Pop into the shop and see if there is anything there for you. Your purchase will have a direct impact on the families of seriously sick children & you will also be helping raise our profile amongst your community.



facebook

Fantastic Fundraising on Facebook

Over the past number of months, we have had a super amount of Facebook fundraisers organised by people mostly celebrating their birthdays and are very generously sacrificing the value of their birthday gifts for Cliona's. These are fantastic surprises for us to get and particularly when families or friends of families that we have been able to support organise them.

It a very simple and effective way to raise funds, with no handling of cash, no fees involved and all the monies donated online transferring directly to Cliona's Foundation .

Nearly €6,000 has been donated on this platform this year with one family raising over €2,000. Thank you to everyone who choose to celebrate their birthday with Cliona's .

Greeting Cards

Never get caught out with our new product that has just hit the shelves of our online shop. Our 12 pack of mixed greeting cards means you will always have a card in the drawer for that special message whether it be a Birthday, Thank You, Congratulations or just a note to say you care.

Envelopes are included along with a lovely Cliona's envelope sealer.

The cards were very kindly sponsored by CUBE so all of the €10 proceeds go directly to Cliona's.



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For families with a seriously sick child

A selection of the support from the Public & Business Community

Thank you to Corbally United FC for sporting our logo on the U/15 Kit which was anonymously sponsored for them. The kit made its debut in the U15 National Cup games in January before all sports was suspended during COVID.



Wonderful support from the team at Lime Tree Theatre in Limerick who, before they closed their doors, were helping increase the profile of Cliona's with the display of our pop up in the foyer of the Theatre. Really looking forward to them reopening and sharing what we do with Theatre patrons.



Thank you to all at Cardian who during Christmas week hosted a coffee morning in their newly opened car showrooms in Ballysimon in Limerick raising €980.



Thank you, Richard Lynch and all the vibrant team of young people, in I Love Limerick who continuously advise, encourage and promote everything we do in Cliona's in print & online media.

Cliona's had a successful date with the Simon Community at the Friday Night Lights Valentines Tag Rugby Blitz in Crescent Rugby Club organised by Caragh O Shea & John Brennan under Tag Rugby Ireland. We were delighted to receive a donation from the proceeds just before lockdown.



Well done and thank you to AIB for their wonderful "AIB Together Scheme" where they matched and distributed staff donations to local charities as nominated by staff. Delighted to be nominated from 3 branches and also get to thank the Staff personally in Kilmallock.



Thank you to these organisations who have supported us during this very difficult period with unexpected donations!

Both Synceron Limerick & Dawn Meats Charleville selected Cliona's to benefit from staff Christmas events and was great to get the opportunity to meet them & take receipt of their funds raised in January.



A hardy crew of staff from Bluebird Care Kilkenny/Carlow/Waterford put themselves to the test when they participated in the Runamuck Challenge in March. Taking on a terrain that included 50 plus man-made & natural obstacles that included slides, nets hay bales, bogs, ditches & streams, they finished the course as a team, wet & dirty but delighted that they had raised €1,000 for Cliona's Foundation. We really appreciate the physical & mental efforts that was involved in the testing challenge.



Analog Devices Limerick has an excellent "Employee Selected Community Awards Scheme". The annual donations programme enables employees at Analog's Limerick and Cork sites to nominate their chosen community, voluntary or charitable organisation to receive financial support from the company in recognition of their contribution to the local community. We were delighted to be nominated and receive a donation from the fund earlier this year.



The Cycle 4 Sick Children Annual Cycle from which Cliona's was the beneficiary was another casualty of COVID. But the group very generously still made a wonderful donation to Cliona's for which we are extremely grateful.



Thank you to **fiserv**. Nenagh who for the 2nd year running selected Cliona's as their Charity partner and despite all working from home, have been very busy with virtual fundraising events over the past number of months.



This crew do amazing fundraising for many different charities throughout the year. Cliona's is one of the very lucky ones to be on their beneficiary list and we were blown away by their very generous recent

donation of €4,500. Thank you to everyone who puts in such a huge effort and all who support their events.



Well done and thank you to the staff of IMS who held a staff activity challenge during the month of June challenging staff to walk the distance of

Malin to Mizzen head - 600 miles in total. The walking may be finished but they are still seeking donations on their Malin to Mizzen gofund me page.

Thank you to Kevin Meaney & all the team at Agent Digital for their continued support as our digital partners, supporting Cliona's with the full range of digital services including website design, development, hosting, maintenance and support.



The difference your support makes to families

Dear Cliona's Foundation,

I hope you are all well.

I just wanted to send a quick email to say thank you for the recent financial support that you provided to our family. Our very special little man, turns 4 years this coming June. We were told that we would have him for weeks. Our little man has life threatening apnoeas & seizures, and so he needs round-the-clock observation. He is NEVER out of our sight. With your help, we were in a position to hire in some nursing hours, just to give us time to spend with his older (and somewhat emotionally neglected) brother. You cannot begin to imagine what this meant to our family, but especially to our eldest son

Thank you, from the bottom of our hearts,

Hello

You kindly gave up a fund once for helping us with our son thank you

I just wanted to let you know that he passed away unexpectedly and suddenly a few months ago

We are heartbroken and trying to deal with it all emotionally, mentally and financially

We are in debt over €50000 due to all the extra expense of him, he was very complex medically, our esb was usually €700 with fuel for van due to maybe 2 appointments a week in Crumlin (we live in Galway) another €600 as well as the constant hospital emergency stays and transfers to Dublin from 2 nights to months at a time

I won't change a thing and still wish he was here causing us more worries then gone

What you do and highlight is hugely important

We are so so thankful for this payment. Our son was nearly 4 months in hospital. It was such an expensive time e.g. fuel, food etc.

My husband is self employed so he wasn't in a position to work full time during this time. We also have a 3 year old son whose life was turned upside down.

This payment will be so useful to pay off debts we incurred during this time

I certainly will be mentioning Cliona's Foundation to all my family & friends. We didn't plan for a baby with an illness. We'll just take one day at a time and please god the future is brighter for us.

I can tell you this payment means so so much. It's so good to think there is an organisation out there who takes care of families like us.

A huge thank you to all involved in your organisation



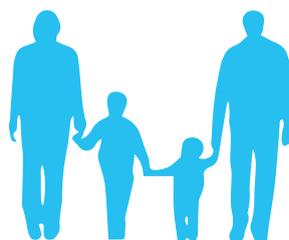
Special Thoughts & Thank you

The families and their children are central to what we do in Cliona's and it is always so uplifting to hear back from them on the impact our support makes to them. It is also very special when families in turn fundraise and donate to Cliona's

One such family was the Hattie Family whose son Conor was given a terminal diagnosis in June 2019 when he was just 6 months old. The Hattie family got the strength, amid caring for Conor, to organise a fundraiser for the organisations that had supported them on Conor's journey, which included Cliona's. We were privileged to receive a donation from them earlier this year.

Sadly, baby Conor lost his battle on his 1st Birthday on the 11th March last and our thoughts are with the Hattie Family as they deal with his loss.

2020 Support to date



across



Stepping through COVID for Cliona's while in lockdown

The freedom to walk even small distances was the saving grace for most people and one Limerick man used the opportunity to raise funds with the support of many others for Cliona's. John Loftus is approaching the 20th anniversary of his kidney transplant but is a man showing no sign of slowing down. He has always been noted for giving back, using his uncanny ability of innovation and reinvention and combining these qualities he came up with the novel idea of walking 100,000 steps in the week starting on Monday 11th May. This was while self isolating, keeping safely within the 2km radius from his house. and raising funds for Cliona's. John was supported in his daily challenge by his wife Trish, daughter Tara and grandson Jack.

The Mid West Mentoring group(MWM) which John established rowed in behind him with their donations & a number of members participating in the challenge. This fantastic crew exceeded their own expectations completing 2.8 million steps collectively and raising a fantastic €5,390.

John and the MWM group are a wonderful example of the generosity that has been shining through during this very difficult Covid 19 journey and we really appreciate what they have done. Not only is the MWM group one of the most successful networks in the country from a business perspective but also demonstrate a wonderful Corporate Social Responsibility.



Monaleen N.S get active for Cliona's in memory of Ciara McCarthy

Monaleen National School pulled out the stops for the 4th year in a row with a wonderful innovative event that got pupils active while raising funds for Cliona's but also remembering former pupil Ciara McCarthy.

Ciara McCarthy was a pupil of Monaleen N.S. when she became ill and despite a brave battle she died in March 2013 when she was 7 years of age.

Since 2016 the school have selected Cliona's to be the beneficiary of their activity day for the junior pupils in memory of Ciara and not even COVID19 was going to put a stop to their efforts this year!

Initiated by teacher Deirdre O'Meara with the support of fellow teachers Michelle Caulfield & Tommy Stack they organised a Virtual Sports Week with an associated Gofund me campaign for Cliona's.

A timetable for daily activities was devised across all age groups which pupils & their families were encouraged to complete, send images in to the school and also donate to Cliona's. There were daily messages of encouragement across the schools Social Media platforms from the teachers & also former past pupils of the school.

It was a fantastic success across all age groups with some wonderful videos and images being shared and the fantastic amount of €2,425 being donated to Cliona's by the pupils, their families & the teachers.

This brings to a phenomenal €12,195 the total amount raised by Monaleen National School for Cliona's over the past 5 years in memory of Ciara Mc Carthy which we really cannot express our gratitude enough for.



Cliona's Riverfest weekend of fun & fundraising

Limerick Riverfest is always a fantastic weekend of activity which gives Cliona's the opportunity to raise our profile & funds from events such as the Great Limerick Run, The Boardwalk BBQ and our fireworks celebration evening to name but a few.

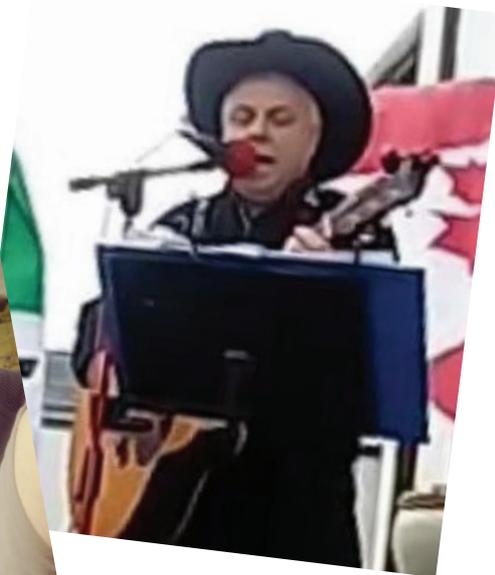
With all cancelled we expected a quiet weekend but what we did not anticipate was the way our supporters rallied around us and came up with several fun & interactive virtual fundraisers.

We had the Virtual BBQ championed by our Board Member Fergal Deegan who challenged people to barbeque for Cliona's, post their images on social media and donate online. It generated fantastic interest with people supporting from numerous locations, dressed in Kilts & shorts from Limerick to Lough Gur, singing & cooking but also being very generous and raising €2,000.

We had the fantastic Eoghan Deegan aka Garth Brooks who, from his own back garden, held us intently for nearly 3 hours live on Facebook as he belted out song after song, interacting with those tuning in and playing specific requests throughout the night. Support & recognition of his talent & energy resulted in a total of €2,066 being raised from the very generous online audience.

It was also a weekend of running within social distance guidelines and we had Metis Ireland, John Mc Namara, The Leo Cheetah's and many others doing their own Great Limerick Run or the "5k nominate 5" challenge and making donations to Cliona's.

The weekend was rounded off with the fantastic live music session from the performers on the "Glen Tavern goes Live" event – the 1st of 2 they did over the past 2 months making it a great weekend for Cliona's Foundation.



The Face Mask Family Fundraiser

Kellie Sweeney's baby son Thomas battled very bravely before he died in December 2014. It was an emotional & financial struggle for the family and we were able to give them some small support at the time to alleviate some of the pressure. Kellie & family & friends have been wonderful supporters of Cliona's since then & once again they came up trumps during lock down with a very practical fundraiser. Kellie's daughter 9 year Leah & her Nana Audrey got busy making colourful face masks and gave them out to family, neighbours & friends in exchange for donations to Cliona's generating a fantastic €810. A real family effort and we had great fun when we met them all recently including Sienna & Emily to take receipt of the monies raised.



A musical surprise from Tone Deaf

It's always great to hear when an unexpected fundraiser pops up and this was the case on a miserable Saturday evening in June when the fantastic Limerick group Tone Deaf went live on Facebook from band member Brian Finn's home for Cliona's. Their plan to play outdoors, scuppered by thunder & lightning did not deter this crew of James Deegan, Kenneth Browne and Brian Finn giving a wonderful 4 hours of entertainment with a number of guest performers

The appreciation of their performance, range of music and wonderful support base resulted in an unexpected and very much appreciated fantastic amount of €1,450 being raised. A fantastic gesture from Tone Deaf who like many are really missing their live gigs at weddings, birthdays, and much more.



Lucan to Limerick on wheels

Thank you to the crew of Darylly Moynihan, Seamus & Michael Reynolds, Colin Conlon and Shay & Enda Fennell who cycled from Lucan to Limerick at the start of July for Cliona's. Pretty shattered on arrival but delighted to have raised our profile and also funds to help out our families.



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Financial Implications of caring for a sick child.

In 2018 Cliona's published the academic Report "Too dear to visit: the hidden cost of caring for a child with a life limiting illness" which highlighted the enormous costs of caring for a sick child and the limited and financial supports available. This Report has been distributed in government and also presented to Simon Harris when he was Minister for Health.

Earlier this year Cliona's joined the Network for Childhood Illnesses Organisations, an advocacy group representing many organisations that are familiar with the struggles of having a sick child and working on making the very difficult journey less stressful for them.

Children in Hospital Ireland, one of the group members carried out a survey of 300 parents of sick children and some medical social workers in 2019 and presented the findings to the group earlier this year. The report "Financial Impact Survey 2019: Tackling the hidden costs of childhood illness" reinforces our findings and also our experience with families that apply to us for support.

Impact on Families



58% said they had seen a 'strong negative impact' or an 'extreme negative impact' on their financial well-being

Higher levels of impact recorded in those in lower-income brackets

71% worried 'fairly often' or 'very often' about their finances

Being so far from Dublin and on my own, means that I don't see my [other] kids for weeks

It can cost parents €108 per day in non-medical costs

The €60 each per week it would cost [for counselling] is not realistic for us at this time

'[Parents are] already paying for their place back home. They're paying for accommodation in Dublin and mortgage or rent back home ... We're asking families to live in two places' (Social Worker)

'You kind of know [your child] is getting the help they need and that you're doing everything to get them sorted out medically. So because of that, in a way, the money is the biggest stress. It's the money that has you thinking 'how am I going to do this, how am I going to do that'... your part in it is making sure the money is there for them to get what they need ... the more difficult thing to manage is making sure we have the money day to day to look after all the other costs we have when we're up at the hospital'. (Parent)

'[My partner] wasn't in a good headspace; he was on high alert all the time and wasn't able to perform to the best of his ability. The stress for him of having to stay in [work] to support us when really all he wanted was to be with us. (Parent)

This extract above is just a snapshot of some of the feedback from families, the struggles they face and how our support with your support is critical to them.

Music to Cliona's ears from the Glen Tavern

With all performing establishments closed many artists were taking to social media to still have their gigs and share their music & talent. The new going out became the sitting in watching & listening to performances online from all over the world.

A well know local Gastro pub in Limerick The Glen Tavern used the opportunity to link in with musicians who would normally gig in their venue at the weekends, giving them the platform to still perform but also raise funds for Cliona's.

The "The Glen Goes Live" went live on Facebook & Instagram with performances from 8 different performers & 2 groups, over a total of 3 evenings on the May & June bank holiday weekends. The location of the gigs ranged from back gardens to back rooms to back sheds with everyone giving of their time and talent to keep us entertained but also raise money for Cliona's.

It was a super 16 hours of wonderful entertainment which generated over €3,800 and we are extremely grateful to Cathal & Ger Callanan of the Glen Tavern and all those who performed which included Billy Hurley, Pat Holland, Lisa Manning ,Live Wire, Mega Trad, Daryl Moynihan , Greg Ryan Colin James & Shane and everyone who supported & donated.



YOU Can Make a Difference!

You will see from the newsletter the many different ways that people have supported Cliona's and the wide range of fundraising events & initiatives, even during a time of restricted movement. Anything is possible and we are always on hand to advise, support and acknowledge.

BE THE CHAMPION IN YOUR COMPANY FOR CLIONA'S

Many Companies are becoming increasingly aware of their CRS (Corporate Social Responsibility) and are looking at opportunities to support and encourage their employees to become involved in helping out Charities .

Your company may have a staff online giving platform where the Company matches and forwards your donation. Cliona's could be on that list of benefitting charities, We are delighted to be part of the Dell, Apple & Adobe employee giving schemes.

If your Company is looking for nominations for their Charity Partner of the year it would be great if you could keep Cliona's Foundation in mind. You could also encourage your Sports & Social Club to run an event for Cliona's Foundation i.e. Swap roles for a day, firewalking event, barbecues, staff car washing, corporate family sports day, golf classic etc... You could even encourage your colleagues to participate in one of the many independent events organised throughout the year as a fun but rewarding team bonding and building exercise.

We have recently finalised our Corporate Brochure and would be happy to send to you. Contact us on info@clionas.ie

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!

Facebook Fundraisers are easy to organise on your own FB page. Simple to set up, simple to share with no money collection involved.

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Monthly Standing Order

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

Donate online on our website or by calling the office on 061 - 331333.

Tax relief available on all donations in excess of €250 per annum.

Get Involved

Most organised mass events have gone virtual for the rest of 2020. For most of these events it is now made easier to participate without having to travel anywhere. You can choose your own route and complete in some cases over a period of days. We would really appreciate if as part of your participation in these events you could raise funds for Cliona's. Organise your friends, family or colleagues and make a difference to families of seriously sick children, while still having a great time and challenging yourself.



Taking place on the 26th and 27th September. Do your 5k or 10k on a route of your choice. You can select on registration which charity your €15 fee is donated to and you also receive a quarter zip running top, medal and race bib.



Do your 10 k across 10 days from October 1st to 10th . Do it all in one day or across the ten days . Registration is €10 and includes a medal & a t shirt



Takes place virtually on the October Bank Holiday weekend with the option of also signing up to the KBC Virtual Race Series distances; 4 Mile, 10km and Half Marathon. Runners, participating with their smartphone, can complete the distances safely in their local area and will be supported by the Dublin Marathon app, which will record their distance and upload their time automatically. All finishers will receive the official commemorative medal with Marathon finishers getting the bonus of the beanie hat.

Charity Wedding Favours



Are you planning for your wedding later this year or in 2021 ? 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 little card to place on the table which advises that you are donating to the Charity. You will be making a real difference and it's a very special gift that all your guests will appreciate.

The finest gift is one that helps others

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

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

LOCATION of FAMILIES we have ASSISTED over the past 14 years

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