

January 2021

# Cliona's

For families with a seriously sick child

## Hello everybody,

Thank you for taking the time to pick up our latest Newsletter wrapping up 2020 and reading it, and what a Newsletter it is – jam-packed with all the lovely events that have happened for Cliona's since last June!

Needless to say it's been so different for everybody since last March but thankfully we've managed to continue to support ALL of the Family Applications we received during 2020 without having to reduce the value of funding that the families receive! While we did not have as many fundraisers as in previous years, my goodness people were so innovative and imaginative with their events which in turn raised as much money as possible for Cliona's this year.

We're delighted to say we also have a new Board Member. Limerick native, Clair Hayes, a Solicitor and founder of Capital Limerick, bringing a wealth of experience to the team. We are privileged to have her on board.

We would like to thank all our Board Members (Clair, Eric, Fergal, Tom and Tony) for their continued support, advice and guidance which was very much valued and appreciated during 2020. Most of our monthly Board Meetings were held via ZOOM, much like everybody else working from home. On that note both Brendan & I would like to acknowledge the tremendous work that Phil & Darren undertook while working from home also, I'm sure there were times when it was extremely difficult but they "stepped up to the plate" - without hesitation.

We would also like to thank our Ambassadors and in particular our Family Engagement Officers who liaise with families who qualify for funding to inform them that they can expect to receive a cheque in the post over the coming days, thank you all so much.

So for now, the four of us hope that you have had a very Happy Christmas and that you have eased gently in to 2021, remaining well and safe throughout.

Take care,

*Brendan, Terry, Phil & Darren.*  
January 2021.

## At home with Cliona's

We were delighted to launch our "At Home with Cliona's" interview series in October and to have Virgin Media presenter Muireann O'Connell as our host.

Over the next couple of months Muireann will be chatting with some very special guests from their homes to explore and get a unique and very personal insight into what home means to them and what they love to do when they are 'at home'.

Our 1st guest was the fantastic Keith Duffy, former Boyzone member and who now has a very successful career with Boyzlife.



Keith is also a very good friend and supporter of Cliona's and coincidentally met Cliona over 20 years ago following a Boyzone concert in the then Point Depot.

The 40 minute interview gives a lovely, interesting and entertaining insight into life at home for Keith, particularly during lockdown and also some funny stories about Keith and Muireann's previous TV encounters.

## IMS go online for Cliona's

Integrated Media Solutions (IMS) is an enhanced network solutions provider in the Hospitality, Education & Commercial sectors in Ireland, the UK, and Europe and have been extremely busy over the past 9 months providing online solutions to all these sectors.

But they also recognised the fundraising difficulties Cliona's was having and came up with another online solution of a staff activity challenge "Malin to Mizen".

The team took part in a running/walking challenge covering the distance of Malin to Mizen Head - 600Km in total during the month of June. They exceeded the distance, completing a total of 724 Km and raising the fantastic amount of €1,500.

The 2<sup>nd</sup> interview was with the wonderful singer Tommy Fleming. A Sligo man, Tommy began his career after a chance meeting with composer Phil Coulter in Westport, County Mayo, that changed his career. Within a few short months of this meeting, he appeared at the Cork Opera House, and the National Concert Hall in Dublin. He then went on a tour of the United States, which included appearances at Carnegie Hall and the Boston Symphony Hall.



He then joined the group De Dannan, and his voice was brought to Australia, China, Hong Kong, and, once again, the United States. His greatest success has come as an internationally renowned soloist and he has produced 14 albums.

In his interview with Muireann he recalls life growing up in his own house and growing up in his own home in Donegal. The turn of phrases that he learnt from his father makes for a very entertaining interview.

You can view both interviews on [www.clionas.ie](http://www.clionas.ie) and keep an eye out for further interviews over the coming months.

We really appreciate this support from IMS and everyone who participated and donated.



## Centra gives a shop window to Cliona's

The Ryans Centra group reached out this year through their Operations Manager and Cliona's Ambassador Shane Dowling and selected us as their Charity partner for the next 12 months.

The partnership will focus on increasing awareness of the work we do but also raising much needed funds.

The Group has 4 stores in prominent Limerick locations and for every tea/coffee sold in each, the Group will make a contribution to Cliona's. The Cliona's brand will be visible in all of the 4 stores, through in store displays, in store events and staff badges. In addition Cliona's Christmas cards were also available to purchase in store.



Thank you to Director James Ryan and Shane for this fantastic opportunity & support.

## Work Life Blend – A book for Cliona's

A few months ago we met Jennifer Kelly, owner of Strategy Box through a business mentoring network. Jennifer's sister Sandra died at a very young age a number of years ago and Jennifer experienced first hand the struggles her parents went through as they spent everything they had to try and get her better. She really understood the difference Cliona's could make.

Jennifer committed to writing a book to generate funds for Cliona's and gathered a team of contributors around her to make it happen. In a period of 6 weeks her idea became a reality and the amazing Book "Work Life Blend" was produced.

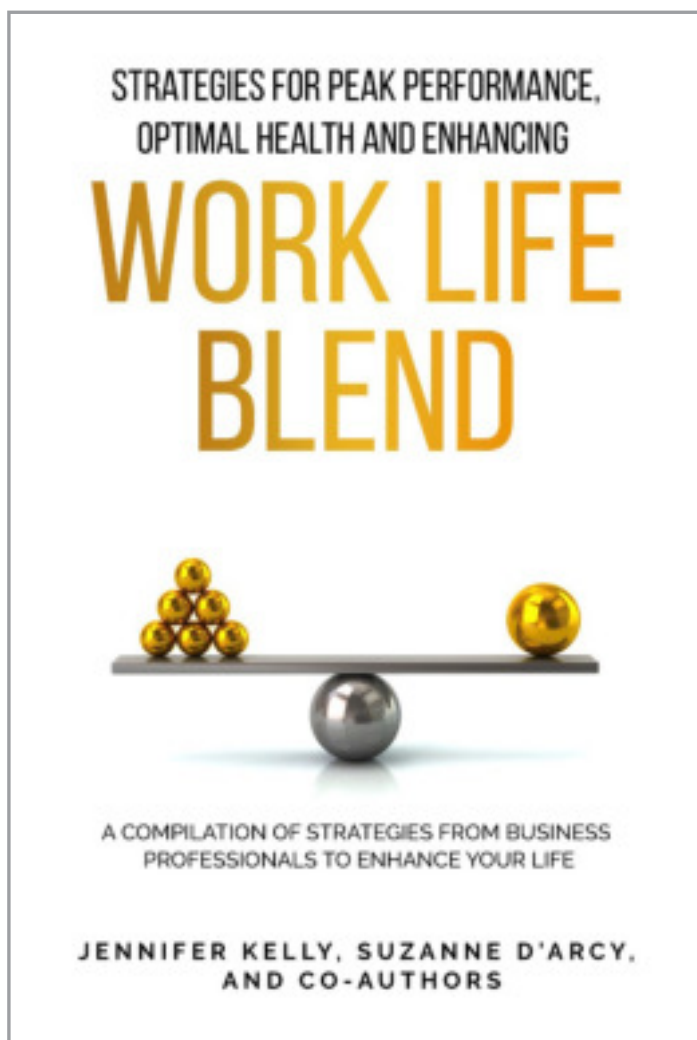


The book was produced at zero cost thanks to the support of all the contributors, design team, print company CUBE in Limerick and sponsorship by ZAGG Brands.

Written by seasoned business professionals bringing you a vast amount of perspective, who share experiences including productivity, collaboration, finance, technology, pivoting to the digital world, cyber security, mental health, physical well being, and change management.

This book is a practical business self-help guide that is a must-have on anyone's bookshelf.

Retailing at €19.50 with all the proceeds going to Cliona's your purchase of it will be making a difference. Get your copy online at [www.clionas.ie](http://www.clionas.ie)





# Virtually running for Cliona's in Cook Medical Women's Mini Marathon

Like most other events the Cook Medical Women's Mini Marathon reinvented itself and went virtual on the weekend of the 26<sup>th</sup> & 27<sup>th</sup> September.

While a virtual event will never replace the buzz of participating in an event in the company of thousands of others – it does have the advantage of people being able to do it in their own location and at their own selected time.

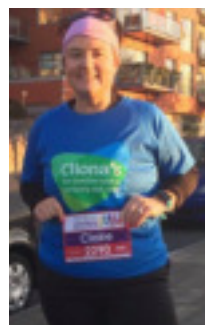
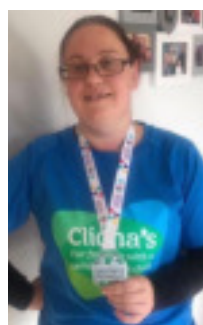
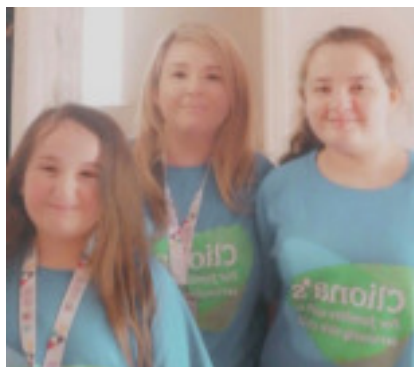
A further benefit to Charities was that the organisers with the support of Cook Medical selected 12 Charities that participants could choose for their full registration fee to be donated to.

We were delighted to have a number of loyal but also new supporters going the distance for Cliona's in a variety of locations including Mount Brandon. Our supporters also include the Transition Year Class of Laurel Hill Secondary School, who selected Cliona's as their Charity project partner for the school year.

In addition to Cliona's receiving their registration fee there was the added bonus of a large number also generating additional funds through online fundraising platforms and other methods. But what is also very important to us is that the Cliona's brand is made visible to others while they are putting in the effort.

A huge thank you to everyone who participated for Cliona's. All very special people making every effort for others.

The Moore family participated and fundraised for us for the 2<sup>nd</sup> year running and there is a very special reason behind their wonderful efforts. Their only son Adam died 11 years ago aged 11 after many years of treatment. They travelled the same road that all of the families we support have travelled. So being familiar with the financial struggles faced they wanted to help out other families and this year raised an amount of €3,070 for Cliona's.



## Are you a family that will share your experience



It can be very difficult for people to understand the struggles that a family of a seriously sick child have on a daily basis, the enormous financial cost of caring for their child, the lack of support and how the support from Cliona's can make a difference.

For many families it is a very personal and private matter, not even disclosed to their family or closest friends and we always respect this privacy.

There are many of the 849 families that we have supported over the last 13 years that have very generously shared their story in public, to raise awareness and also to generate support for Cliona's.

We are always so grateful to them.

If you are a family that have received support and would be willing to share your journey we would love to hear from you and you can contact us by emailing [info@clionas.ie](mailto:info@clionas.ie).

## Children doing it for families & their children

It's always great to have children being innovative and making wonderful efforts to help others.

The O'Cronin Family previously supported Cliona's two years ago when Sadbh grew her hair and then cut it, raising funds in the process. Mum Mary is a good friend of a family that we were able to support a number of years ago and was very familiar with the financial pressure they were under at the time.

Her younger sister Eimear stepped up this year and with the support of her best pal Anna Mckendry made reusable face masks, sold them to their school friends and families of Bayside National school making a fantastic €535 for Cliona's.



A present of a card making set and having read "The Dolls Complaints" book Lily and Ruth Chadwick went about making Christmas cards and selling them to their family with the proceeds going to two charities, one of which was Cliona's.

It was lovely to meet them when they visited us with their Mum Dearbhla to present their donation and of course their handmade card.



What thoughtful enterprise from all these children & wonderful gifts to the families of seriously sick children that we support.



## Going the distance for #kilometres4kids

The last weekend in November saw people taking to the roads walking, jogging & cycling for Cliona's & Temple Street Children's Hospital. #Kilometres4kids was the brainchild of the fantastic duo of John Mc Namara & Karl Daly both of whom are fantastic supporters of Cliona's and many more other charities. But never content with a regular fundraiser they set the challenge of reaching a target of 1,000km and raising €3,000 over the weekend of the 28<sup>th</sup>/29<sup>th</sup> November and put the call out for support, asking people to post their distances on social media and donate online.

It generated a fantastic response with great pictures and banter across all social media platforms, from all corners of the country, from Donegal to Cork & Galway to Dublin. Participants did various distances of km's with both John & Karl leading by example with 68km and 25km respectively.

The final figure was 134 people covering an amazing 2028kms and raising €4520 in the process.

Thank you to everyone involved but particularly to John and Karl for their initiation, commitment and energy to making it such a success. This could be an annual event in the calendar going forward.



## Cliona's get MyKidstime in 2021

Thanks to the nomination of an anonymous parent Cliona's has been selected by the online platform for parents "MyKidstime" to be one of their 12 Charities of the year for 2021.

We have been selected as the charity for the month of February and will receive a one month advertising package across their digital platforms worth €3,500. We are delighted with this opportunity and looking forward to sharing our story with parents across the country.

Keep an eye out for us on mykidstime.com



## Fiserv make more than a remote difference

This time last year we were delighted to be selected once again as the charity partner for Fiserv in Nenagh.

They had a number of onsite events planned for the year to help in their fundraising efforts but COVID and the movement off site of all employees put a temporary stop to their efforts.

However their response and their innovation has been fantastic and they put all their energy into virtual events to ensure they would raise substantial funds for our families. Activities included the "Ice Bucket Challenge" and a "Movember" event where 9 of the staff offered to grow and then shave. We were blown away that their efforts with the support of the Company resulted in a total of €5,066 being revealed as the total figure.

There was a real spirit of generosity at the virtual cheque reveal and we were so happy to be told that they would continue their support for us in 2021. Well done and thank you to all at Fiserv – the world's leading payments and financial technology provider.

## Webinars making a real difference during the Covid Crisis

The COVID 19 crisis put a stop to all the traditional methods of fundraising and Cliona's like all charities had to look at alternative ways of raising much needed funds to continue to support families.

Our supporters became very innovative in their development of initiatives and we were delighted to be the beneficiary of two excellent webinars which took place in July and October - both of which received great support from the business community.



## Fit to Perform with Joe O Connor hosted by Metis Ireland.

Metis Ireland had started the "Virtual Coffees" in April for business owners to connect and network while combating lockdown isolation. Delighted with its success it decided that their last one before Summer break would be used to raise funds for Cliona's.

Entrepreneur & founder of Nisus Fitness Training Club and CoachPACT Joe O'Connor had been sharing his time and expertise each fortnight. For the final session he upped the ante donating 1 hour of his time in aid of Cliona's Foundation with his "Fit to Perform" webinar for which each attendee was asked to donate €50.

Combining his experience and knowledge, Joe presented his philosophy on how a lifestyle that focuses on improved health, fitness, nutrition and mindset can improve our own performance both inside and outside our professional life.

It was a great success, and thanks to the generosity of the attendees raised a total amount of €7,454.



## Making life easier with John O'Shanahan of LeanBPI

In September John O'Shanahan of LeanBPI generously offered to do a 1 hour webinar in aid of Cliona's on an introduction into the note taking application Evernote.

Evernote is an application used to help you improve your personal productivity, and is used as a digital notebook which can help a person become more efficient in their daily work/personal life. It can be seen as the first step to going paperless. Attendees were asked to donate €50 and in addition to checking in to the webinar on the day also received a video of the event for further review and reference.

John's vast experience, knowledge and business network made this webinar a fantastic success raising a tremendous total of €9,310 which included two very generous donations from John himself and one of the attendees Eddie O'Reilly from Genson Products in Midleton.

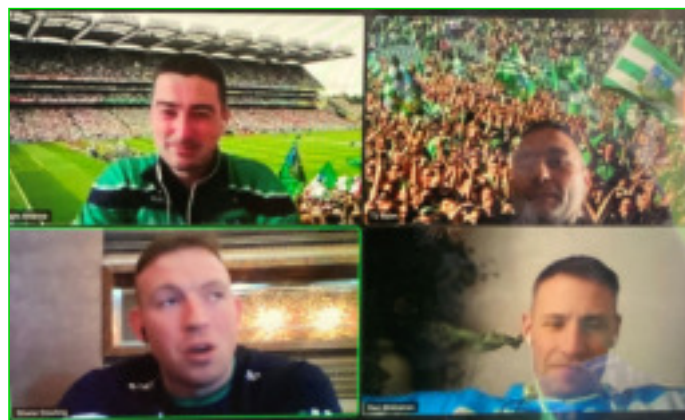
## On for the match

It was an All Ireland Hurling Final like no other, in December and with no spectators.

But the clash of Limerick against Waterford we knew was going to be a great match. We were delighted to give people the opportunity to get an insight into what might happen with a pre-match webinar and a super panel.

Former Limerick Hurlers Shane Dowling & TJ Ryan were joined by Waterford's Dan Shanahan and TV & radio sport pundit Liam Ahearne for an hour long sharing of expertise & opinions. A super hour of great banter with very interesting views on players, tactics and expectations and a few humorous jibes at each other.

Thank you to the panel for their time and all who registered and donated €955.





# The harsh reality of the costs associated with having a sick child

IN 2018 Cliona's published a report on the non medical costs of having a seriously sick child and highlighted that for some parents the reality is they cannot afford to be by their child's bedside in hospital.

In October 2020 once again the extent of the non-medical costs incurred for a child needing hospital care was outlined in research carried out by [Children in Hospital Ireland](#) – In Childhood Illness, Financial Stress: The hidden costs of hospital care for children.



Some of the findings from this recent research on the main non medical costs gives a very stark picture of the financial pressure parents are under.

## Travel

For those living outside the capital, travel can be lengthy and expensive. Nine out of 10 use private cars to make the trips, with public transport regarded as unsuitable for sick children.

In addition to a high consumption of motor fuel, one parent confirmed their car had required multiple tyre changes (at a cost of €640 per set) and three car services, "which have varied in cost from €269 to over €500".

Even for parents living close to a hospital this is still a large expense. There've been times when we've been in [the hospital] in the morning and then back in the afternoon." With their child spending 200 nights in the hospital, the "ins and outs" for family members all added up.

## Parking

At CHI Crumlin, for example, it's €2.40 for the first two hours, going up to €10 for five to 24 hours. Parents/guardians of inpatients who stay more than 10 days at a time, qualify for a reduced rate of €36 for the first week and €10 per week thereafter.

## Accommodation

For couples living outside Dublin, one of them may have to pay for private accommodation while the other overnights with the child.

Where a hospital does provide parents' accommodation, charges range from €10 to €30 per night and there is no yearly cap on the number of nights for which a parent will be charged.

The Ronald McDonald House in Crumlin is one of the best options parents can hope to find in Dublin. However, "even a rate of €10 per night can become a significant expense for families on seriously reduced incomes, especially if accommodation is needed for any prolonged period". Also places here and at other charity-run centres where there are no fees, are very limited.

One in five of parents who detailed their accommodation expenses had used hotels, spending an average of €144 per night.

In effect, families are living in two places: their permanent home, and temporary accommodation at or near the hospital, the cost of which comes on top of paying rent or a mortgage for their family home.

## Food

Most parents when they visit the hospital, stay the whole day, with their partners spending part or the whole of the day there too.

Those buying three meals a day, along with coffee/tea and snacks, could easily spend almost €50 on subsistence, and that would be doubled if their partner is with them.

Food expenses are even greater when a hospitalised child is placed in isolation and their parents are not allowed to use shared facilities.

As one explained: "We cannot bring or store any food in the hospital. This has left us in dire financial stress as we are not even allowed make a cup of tea. All meals must be bought. We cannot use the staff canteen. So, everything is very expensive.

"It's bad enough having a child with Leukaemia but the hospital imposed a huge financial burden on us. Two hundred nights last year in there and we couldn't even put a microwave curry in the microwave to eat."



## Childcare

Childcare for siblings at home is a major issue. Over a third of parents said they had needed evening babysitting, a third used day-time babysitting, almost a quarter had required overnight babysitting and one in five needed extra day care.

Although members of the extended family often willingly step in, parents may feel they need to at least reimburse out-of-pocket expenses and buy gifts in gratitude. There is also the guilt about siblings missing out and, in an effort to compensate, families reckon they spend an average of €42 per week on outings and activities and €20 for physical gifts for their children.

For those without family available to help, the report notes that “hiring a professional childminder whose services are required regularly over the course of months or even years is likely to impose a very significant financial burden”.

As one parent commented: “We have a fantastic childminder but she needed an awful lot of extra paying. She had to do a good few overnights for us. Even though my eldest daughter is in school there were times I needed my minder to come in in the morning and help her get ready and make the lunches and stuff. Childcare costs were massive last year, absolutely massive. We spent about €30,000 on childcare last year.”

## Mental health supports

One in five respondents said they had sought extra mental health supports to help them cope. Of those who hadn't, almost a quarter said they could not afford such services even if they wanted them.

Some indicated they had spent well in excess of €1,000 over the course of the year on private mental health services but the average expenditure was €801.

## Miscellaneous

These include laundry costs to keep a child, who may be suffering acute vomiting and/or diarrhoea, in clean clothes. Gifts to help keep the hospitalised child's spirits up are also a common outlay.

## Loss of income

This can be huge for families. In addition to the parents who said they had to give up work to look after a child in hospital, others felt the impact through having to take leave of absence, or reduce hours, and/or take less stressful, lower-paid work and missing out on opportunities for promotion. Only two per cent said having a child in or attending hospital had not changed their ability to work.

The effects ripple out to partners who continue to work while trying to keep the family home running and to support the parent spending most of the time in the hospital. They may have to give up overtime, their work performance may suffer and they are also likely to have to take extra unpaid leave, if they can get it.

## Voices of parents with children in hospital

**“You get penalised for your kid being in hospital. Anytime my son was in hospital I lost the Carer's Benefit. I was sleeping on the floor in Dublin, and I was told that was when I didn't need any support ... there are such huge costs when your kid is in the hospital and I don't know how the Department can't see that; it's so obvious.”**

*“I was on a really good wage but for the first three or four years of his life my son was in and out of hospital so much that I couldn't keep up any kind of work. We were in the depths of despair about his illness.”*

**“I remember my husband being given out to by his boss for leaving on short notice on several occasions because our daughter was very ill. They just didn't get it; to them, her being seriously premature and having complications just meant she had to get a bit bigger and then she'd be fine.”**

*“Children on chemotherapy can't use public transport; they certainly can't use buses. In general, they have to be brought separately from everyone else due to their compromised immune system. Any of the talk around public transport for the new children's hospital is very amusing to us because it shows a total lack of understanding of what children with cancer require.”*

**“Nobody thinks about the running of the family home while one or both parents are in hospital with the sick child. All the same bills still need to be paid.”**

*“My son was vomiting up to 20 times a day; I was broke from going to the laundrette by the hospital. I was having to constantly wash and dry clothes to make sure he had something clean for the next time he needed it. Sometimes he'd need the same thing again in the same day – it was that bad.”*

# Your support is making a difference

Thanks to the generosity of the general public and the business community Cliona's has been able to support 110 families in 2020.

While we are not in the position of being able to support all the non medical costs they are struggling with we know that our contribution makes a big difference to them.

The feedback we receive from families in cards, emails and phone calls is both uplifting & humbling and reinforces the impact this support can make .

“

## We didn't plan for a baby with an illness...

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. Its 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*

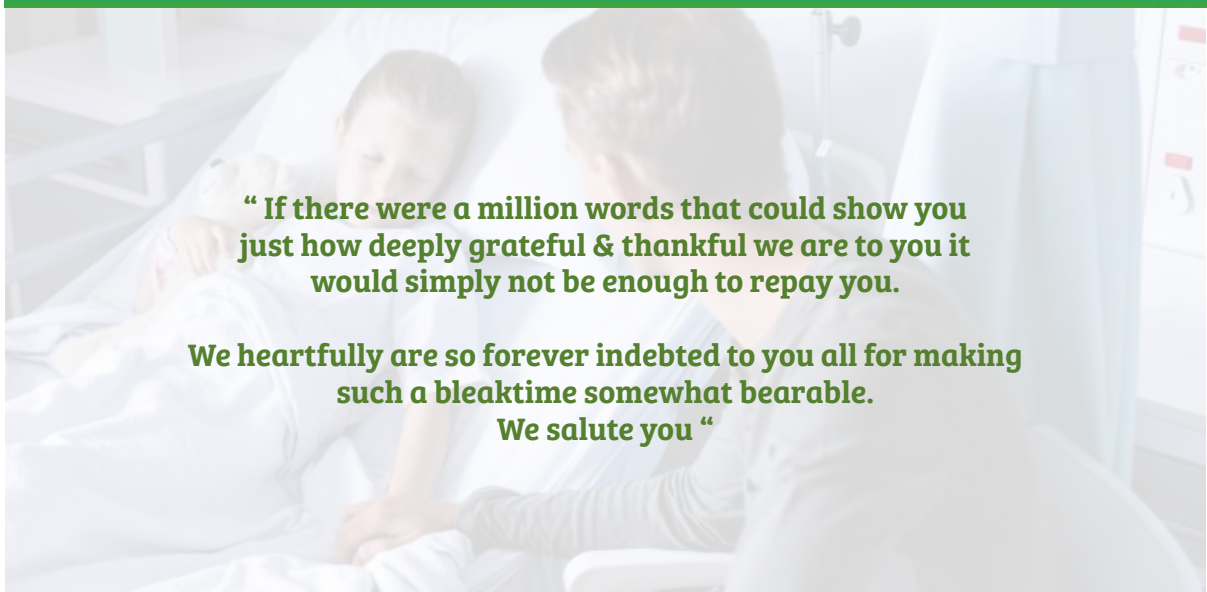
June 29th 2020



**“ If there were a million words that could show you just how deeply grateful & thankful we are to you it would simply not be enough to repay you.**

**We heartfully are so forever indebted to you all for making such a bleaktime somewhat bearable.**

**We salute you “**



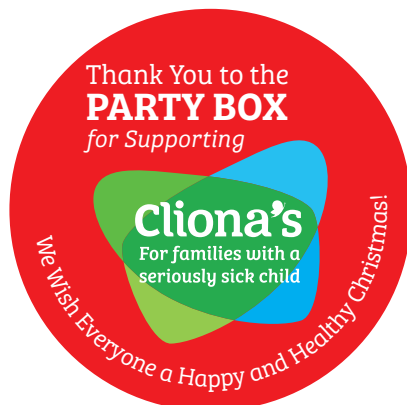




## No13 is lucky for Cliona's

The Team at No13 the Factory in Castletroy Limerick participated in the innovative & generous "Pass it on" initiative on Thursday 19<sup>th</sup> December and selected Cliona's to receive the proceeds of every tea & coffee sold on that day.

It proved to be a very busy day and it was wonderful to receive the proceeds of €909 from proprietor Meg & her team. A fantastic amount and thank you to all the team and customers of No13 the Factory.



## Party Box makes it sweet for Cliona's

The innovative Grace Gallagher who already has the very successful Barkers & Bowes dog grooming parlour launched the Party Box in November.

She then very generously selected Cliona's to benefit from a portion of the "Late Late Toy show" box and in addition also selected us as a charity partner of the Christmas Market in Annacotty in December. It was wonderful to work with Grace and share our logo on her Party Boxes.

## South Liberties give Cliona's a platform

The South Liberties GAA Club Legends Annual Golf Classic is a day where various sporting personalities from all codes line out to raise funds for the club and also a chosen charity. And while it was a much scaled back event this year we were delighted to have a presence during the day and also receive a donation from the Club.

In addition our brand is very much evident at their fantastic facility on their all weather pitch surrounds.



## Teeing off for Cliona's

Thank you to the Corbett family who selected Cliona's to be the beneficiary of the Annual Golf Outing in September remembering their Mam Peg Corbett.

While participants were restricted due to Covid, those that did play were more than generous and supportive of Cliona's.



## Brave skydive makes a difference

The bravery and sometimes madness of people in their efforts to help Cliona's never ceases to amaze us.

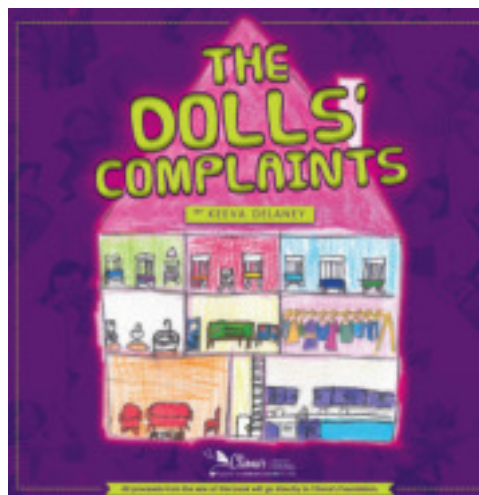
This was the case for the trio of Aoife, Ciara & Paul who took the plunge on the 9<sup>th</sup> August, jumping from a plane in the Kilkenny sky at 10,000ft.

In addition to their jump & thankfully landing which they said was absolutely scary but exhilarating they raised a whopping €3,200 for Cliona's - making a real difference to the families that this enables us to support.



In our discussion with Sabrina & Maxine from Tuscany on how best to maximise return from the partnership Cliona's co-founders Terry and Brendan Ring, mentioned that Tiramisu was Cliona's favourite dessert. So, in honour of her, Tuscany Bistro ran "Cliona's favourite dessert" on their Christmas menu, with €2 from every Tiramisu sold being donated directly to the charity. In addition they have introduced the concept of virtual dessert, for those that don't have a sweet tooth but want to support Cliona's. It has been a difficult year for Tuscany so it is a very generous gesture from them which we really appreciate. We can also confirm the dessert was amazing.

It was also very beneficial for Cliona's to feature across all their social media platforms and in house, increasing further our profile to their many customers.



## "The Dolls Complaints" Competition entries

The Dolls Complaints competition which we launched in October has provided us with some fantastic imaginative and very colourful entries from dolls/teddies and action heroes all over the country.

The competition was run in partnership with the award winning animation studio Cartoon Saloon and was open to entries from primary school children from 4 to 13 years of age. A few hundred entries have been received and we will be reviewing and shortlisting over the next couple of weeks to identify our top 3 in each age category.

A difficult job but one we are looking forward to.

Thank you to all who entered and also to Cartoon Saloon & Hotel Kilkenny for the fantastic prizes for a family visit to the animation studio with an overnight stay in Kilkenny.

The Dolls Complaints book is still available online on our website shop and Dunnes Stores and is a wonderful gift for a child at the excellent value of €4 - with all proceeds going to Cliona's.

## A sweet treat from Tuscany Bistro

Every year Tuscany Bistro, which has restaurants in Castletroy, Limerick and Killaloe Co. Clare partners with a different charity to give back during the festive season. For 2020 we were delighted that their selected charity was Cliona's.



# How you can help us help families

## Champion Cliona's Foundation in your Company

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

You could also encourage your Sports & Social Club to run an event for Cliona's.

You could even encourage your colleagues to participate in one of the many independent events organised throughout the year (hoping that they will all be running in some format as a fun but rewarding team bonding and building exercise.

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

Many multinational including Dell, Apple, Regeneron have charity giving platforms for their staff and will match what you donate to a registered charity.

### 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, pyjamas day, donate % of communion or confirmation monies. Get transition years participating in events where they can represent a charity and also introduce a TY Charity Programme where students learn about the work & impact of different charities.

### Get Family and Friends involved

Organise a fundraising event with your family members - it could be a walk, a virtual table quiz, a birthday giving initiative, a wardrobe clear out sale. You might even decide to jump from a plane!!



## David's fundraiser for Cliona's Foundation

Fundraiser for Cliona's Foundation by David Gorman • 

**You can create a fundraising page or even create a fundraiser through your facebook page with all donations coming directly to Cliona's – no need for you to handle cash.**

## Monthly Standing Order

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

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

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

Participate in one of the many independent events to challenge yourself and raise funds for Cliona's Foundation or even just raise our profile by wearing our branded T shirt for the event.

# THEY MAY BE STILL VIRTUAL IN 2021

BUT THAT DOESN'T HAVE TO STOP YOU FROM PLAYING YOUR PART



## Put Cliona's Foundation on your wedding list

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 personalised 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.

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





As we start off the year we are looking forward to a more positive 12 months with hopefully some return to normality and Cliona's able to engage with our supporters and fundraisers in person.

We have some events bubbling that we are really excited about which we hope will raise the profile of Cliona's and in turn help us support more families.

The 1<sup>st</sup> of our events is a Webinar on the 29<sup>th</sup> January which we hope will kick start the year for you in a very positive manner and help you in body & mind.

Keep an eye out for details on our social media platforms.

Other projects revolve around music and families both of which we think will be extremely special and really make a huge positive impact for us and you.



## Family give back through Garrett Motions

An unexpected call from Garrett Motions in Waterford advising that we were one of their 2020 Charity beneficiaries and would be receiving €4,000 was a wonderful lift early in December.

Even more uplifting was the fact that we had been nominated by a staff member and relation of the Wallace family who we supported in 2014. Their son Eoghan was born prematurely in June 2013 with a number of medical complications and a subsequent diagnosis of chronic lung disease. The Wallace family spent a large amount of time in Crumlin with Eoghan, followed by regular out patient appointments in Dublin with significant expenditure on accommodation, travel, food and childcare.

Thankfully Eoghans condition is stable and along with his older brother Diarmuid are the most loveable children who are always a pleasure & fun to meet.

The Wallace family have been fantastic supporters of Cliona's and it was wonderful & very special that they could make the trip to Waterford and help us accept this very generous donation from Garrett Motions.



## Tips add up for Cliona's

The generosity of Mark Boylan really blew us away when he decided that all tips he received during the month of December from the customers of The Savoy Hotel in Limerick would be donated to Cliona's.

Given the year that it has been and the reality that Mark was out of work for a number of months this was a great sacrifice from him.

His personality and the quality of his customer service is reflected in the fantastic amount of €2,500 he handed over to us recently.



# LOCATION of FAMILIES we have ASSISTED over the past 14 years

**Cliona's**

For families with a seriously sick child



 /clionasfoundation

 /ClionasFDN

 /clionasfoundation

 cliona's-foundation

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

[www.clionas.ie](http://www.clionas.ie)

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