

July 2021

Cliona's

For families with a seriously sick child

Hello there,

We hope that you are all well and starting to feel a little bit more upbeat in the last number of weeks!

Thankfully we're able to say that, despite the circumstances that we've all found ourselves in over the last 6 months since our last Newsletter, we have been kept quite busy primarily as a result of new and novel fundraisers which you'll read about in this edition.

Also we are very pleased to say that once again, we have been able to support all the family applications that we received since last January without having to reduce the amount of the grant that families receive !

That's all thanks to the generosity of you, our supporters, donors and particularly those who took on the initiative to organise a fundraising event for Cliona's, once again we really appreciate everything that has been done to ensure that Cliona's Foundation can continue it's unique service to families.

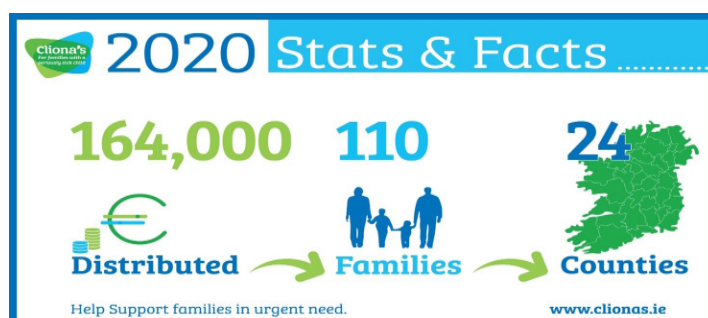
Without going into each and every detail compiled in Cliona's Summer 2021 Newsletter, we hope you'll enjoy reading it. We would like to thank our Board of Directors who are more than supportive to us and are always ready and willing to offer guidance and advice to Cliona's Foundation, especially when it can be very difficult for the charity sector due to unsavoury news headlines.

We would also like to acknowledge the support that John King has offered to Cliona's over the past 12 months to review and advise us on Corporate Governance to ensure that all regulatory requirements are met and that you the public, who are critical to our survival continue to have the utmost of confidence in how we operate and the service we provide.

We'll sign off for now; in the meantime make the most of summer 2021 and here's to some sunny, enjoyable weather !

Take care,

Brendan, Terry, Phil & Darren.
July 2021.



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Running through the night for Cliona's

It was really uplifting to get a call from Ruairi Smyth earlier this year to ask if he and his good friend Rian Wogan could raise funds for Cliona's.

They had not heard of Cliona's previously, but had no hesitation when we were recommended to them by a client of Ruairi's who had received our support.

Ruari runs his own business, Fit Life Coaching in Navan while Rian is commercial manager for Shamrock Rovers FC.

Not content with a regular fundraiser they committed to the 4 X 4 x48 challenge which involves running 4 miles every 4 hours over 48 hours. However, these 2 pushed it a bit further and set the challenge of completing 2 marathons each in the 48 hours (literally back to back marathons.)

They started out at 4am on March 6th and completed 84.44km each in a period of 48 hours. An unbelievable mental and physical challenge from these 2 very special people which also raised a super amount of €3,600.

It was also very special to have Brendan Ring run with them live on instagram and chat about Cliona's as they completed 10km together.

We are very grateful for their efforts, to all that supported them and the family that recommended Cliona's as the beneficiary.



Ruairi Smyth and Rian Wogan

#5k a day get Cliona's off to a great start



The new year kicked off positively for Cliona's with the #5kaday fundraiser in January which was initiated by a very loyal supporter Graham Burns from CPL.

Recognising the difficulties with fundraising and capitalising on people's eagerness to start the year in a healthy manner he came up with the #5kaday for the month of January. People were asked to walk, run, cycle and were encouraged to post their daily efforts on social media but also make a donation.

A target of €2,000 was set and there was wonderful support from all over the country and a very healthy and competitive banter on social media.

Lough Gur Development also very generously came on board donating €500 for Hillary Cleary to be their Ambassador and partake in the daily challenge.

Another loyal supporter Carl Widger of Metis then very bravely set the BHAG (Big Hairy Audacious Goal) of €3,000 offering to shave his head if donations reached this figure.

The response to BHAG was fantastic and by the end of the month €7,000 had been donated with Carl Widger fulfilling his promise and exposing his head to a cool February.

A wonderful start to 2021 thanks to very special people going the distance.



Carl Widger of Metis

At Home with Cliona's

During lockdown last year we launched our "At home with Cliona's" series presented by the wonderful Virgin TV presenter Muireann O Connell. It was at a time when, people were spending much more time in their homes and also a time when, for our families with a seriously sick child, their home was a secure but also isolating place.

We were delighted that to date a number of special guests have shared a unique and very personal insight into what home means to them and what they love to do when they are 'at home'.

We have had Keith Duffy former Boyzone, internationally renowned singer Tommy Fleming and Munster & Ireland Rugby player and now Harlequins Rugby coach Jerry Flannery.

All 3 had fantastic chats with Muireann and we would encourage you to watch their interviews on our website www.clionas.ie

We have some more very interesting guests lined up over the coming months and would like to thank Muireann for her support on this series.



The Boher community cycles for Ciara and Cliona's

The 8th Annual Boher Community Development Association (BCDA), Ciara Mc Carthy Memorial Cycle went virtual this year and the response once again from the local community and cycling community was fantastic.

7 year old Ciara, the beloved daughter of Aoife & James Mc Carthy and brother to Thomas, passed away in 2013 after a long illness and the BCDA has every year since 2013 (2020 excluded) organised this cycle in her memory.

While we missed the buzz of a actual event we got the opportunity to sample the fantastic hospitality of this wonderful community at a covid safe cheque presentation of the fantastic proceeds of €3,600, This included a very generous donation of €1,000 from the Cycle4sickchildren Team.

This bring to just under €30,000 the total amount raised over the past number of years which is a testament to Ciara, her family and the community.



Biking Community ride for Cliona's

For the 2nd time in 3 years the Irish Biking community took to the roads in July as part of the Emerald Biker Relay. Over 7 days, and across 38 legs they covered a total of 1,800 miles with different riders passing on the special baton on each of the legs.

It was particularly special to have David Crowe riding the leg between Limerick & Tipperary, David's beautiful daughter Sarah passed away 5 years ago aged 12 and the Crowe family have become special friends & supporters of Cliona's.

€3,000 has been raised by the fantastic group of people and their supporters. Particular thank to Sam Kyle Fulton and Steve Hanna who initiated and managed this very innovative and wonderful fundraiser.

Corporate Governance is a priority

Cliona's Foundation has invested significant time and resources in reviewing and developing its governance structures to ensure that our supporters, donors and families supported have the utmost of confidence in us.

Cliona's Board has formally adopted the 'Charities Governance Code' as devised by the Charities Regulatory Authority. This means Cliona's complies with the six principles of governance & has reached the core standards expected.

Cliona's has also been awarded 'Triple Lock' status by the Charities Institute Ireland (CII). Triple Lock status is awarded to charities that uphold the highest standards in transparent reporting, ethical fundraising and strong governance structures. This recognition is the gold standard for Irish charities to offer assurances to donors, members and the general public and ensures compliance with:

- The Governance code
- The Statement of Guiding Principles for Fundraising
- And its annual financial accounts are prepared to the FRS102 (SORP)



You can see more detail on "The Charities Governance Code on this site /www.charitiesregulator.ie

Cliona's are part of the Humanli family

Cliona's were delighted to become a member of Humanli family – a Company established in 2019 by Karl Daly

Karl through his vast experience in the corporate sector and his support of & involvement in the not for profit sector recognised the need for greater support, advice & integration for both of these sectors.



Humanli are pioneering Social Impact specialisation in Ireland with a vision of helping corporates make a lasting positive impact on communities across Ireland. During an era where Social Impact has become an integral part of corporate business strategy, this can sometimes be a challenge for companies.

Humanli are there to help them and also their family of charities of which Cliona's are one.

If you are a company looking for advice on how you can make a difference make contact with Karl through www.humanli.ie.

FACT:

Extra household bills and expenses can run to over €10,000 each year for a family that's caring for a seriously sick child.

Forgotten Families Study - Cliona's March 2021



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Give a Gift for Cliona's

"Give a Gift for Cliona's" is a major fundraising event that we will be launching in October.

The event will offer various packages to the public to help raise funds for Cliona's Foundation, through the purchase of both raffle tickets and an auction. The packages will include "money can't buy experiences" offered by well-known Irish sport stars, musicians, celebrities, and also other offerings such as holidays, hotel giveaways, recreational activities, signed jerseys, memorabilia etc.

"Give a Gift for Cliona's" will have a stand-alone website with all the package details on display from which people can choose, either purchase raffle tickets or bid on auction items. Both the raffle will take place and bidding will close in advance of Christmas, making them the perfect Christmas gifts.

So keep your eyes on our social media platform to be in with a chance of securing that super gift.

Also if you have any contacts that can help us with prizes and ideas, we would appreciate hearing from you by contacting darren@clionas.ie



Cliona's is part of the Gaelic Players Association family through announcement of Charity Partnership #gpa4clionas

We are absolutely delighted to announce that the Gaelic Players Association selected Cliona's their official charity partnership for the next 12 months.

This partnership will see inter-county players across the thirty-two counties support Cliona's Foundation's life-changing work and contribute to our fundraising efforts for the next twelve-month period.

To mark the occasion players from each of the provinces and the four codes represented by the GPA gathered at Croke Park recently. Galway's Lorraine Ryan, Meath's Máire O'Shaughnessy, Tyrone's Conor McKenna and Limerick's Shane Dowling were joined by incoming GPA CEO Tom Parsons and Cliona's Foundation CEO Brendan Ring.

There were also two other very special guests at the event. Susan Ahern Daly and her daughter Olivia represented just one of the many families who have been supported by Cliona's Foundation to date.

Speaking about the decision to work with Cliona's Foundation Tom Parsons said, "The work Cliona's Foundation does speaks for itself and when we approached players about getting involved there was an overwhelmingly positive response. As an association



representing 4,000 inter-county players, we have key values to which we aspire. We are leaders; we are caring; we are ambitious; we are innovators. This Official Charity Partnership aligns perfectly with these values. Players are role models and often seen as heroes for children in their communities, so a charity that supports the most vulnerable families and children across Ireland seems like a perfect fit."



Official Charity Partners

Lorraine, Máire, Conor and Shane will work as Ambassadors for this partnership while the GPA will be working with all the squads it represents on fundraising activities in the coming months with an ambitious target of €100,000.

Cliona's are really excited about the partnership and looking forward to working with the GPA over the next 12 months through the special #gpa4clionas.

Network Ireland Limerick lending their support to our families

We were delighted to be selected earlier this year as 2021 Charity partner for the very dynamic Network Ireland Limerick led by their President Caragh O'Shea.

Caragh had worked with us on several events in the past and had an understanding of the necessity of our support and the impact it makes.



Network Ireland Limerick was established in 1983 and is a progressive, dynamic organisation supporting the professional and personal development of women and that aims to provide a forum where professional women can exchange ideas and increase business contacts.

Network Ireland Limerick has had a number of events this year with a fundraising element to them and also their members have supported a number of our other fundraising initiatives – with more yet to come.

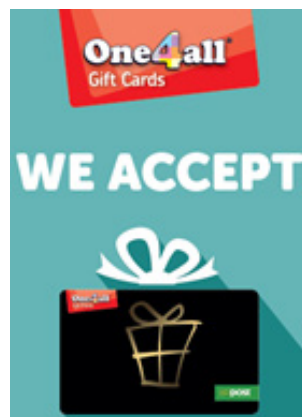
A wonderful platform and network for increasing our profile and raising funds.

Support Cliona's with your One4all card

Have you a One4all card with a balance left on it, or undecided what you might want to use your card for?

You can now donate the balance or an amount from your gift card to Cliona's online or use it to purchase any of the items on our online shop.

If you want you can send us your card and we can process it or call us to make the donation over the phone.



Making a difference together

Cliona's are very grateful to have relationships with these Corporates/Organisations and their staff & members on existing and new funding and awareness opportunities and initiatives

They are all playing a part in ensuring that Cliona's can continue to support families of seriously sick children.

If you want to be part of what we are doing we would love to hear from you.



Great Limerick Run virtually supports our families

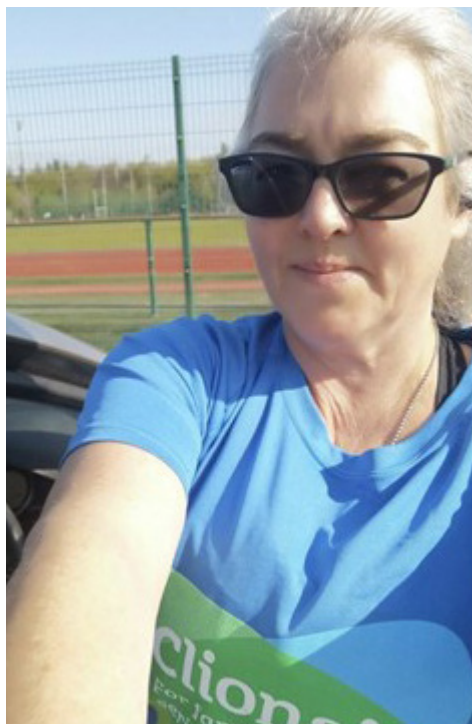
We miss the buzz that the weekend of the Great Limerick Run brings with thousands on the streets supporting participants and the opportunity for us to meet & thank those running for Cliona's in our city centre race base camp.

However for the 2nd year running we did still manage to interact virtually and meet with some of the fantastic people who put in huge efforts in training, participating

and raising money for our families. Each of them with different goals and reasons, doing 5km to full marathons in various locations from Limerick to Ennis, Shannon to Belgium, Cratloe to Dungarven.

A lot of them going the distance the 1st time and some doing it in memory of very special people in their lives. Not only raising awareness but raising substantial funds that will make a real difference to a number of families it will enable us support.

Thank you & everyone who supported by donating or just being there to encourage them.



Sharing the Cliona's story

It is always great to get profiled on national and very active platforms and we were delighted to be the Charity of the Month for February on the MYkidstime Platform, www.mykidstime.com. This is a wonderful resource for parents on all aspects of parenting and we welcomed the opportunity to share the story of Cliona's with their followers.

My Kidstime

IRELAND'S **Woman's Way**

This was followed with a great feature piece in the March bumper edition of The Woman's Way magazine titled "The cost of care" shining the light on the extra financial burden of having a seriously sick child and the difficult choices faced between putting food on the table or funding care, accommodation, and travel.

A family helping other families

Brendan & Terry Ring were privileged to meet this special & beautiful Ryan family who completed the #100daysofwalking challenge by walking 102 days from January 1 to April 12 to raise funds for Cliona's Foundation. Mam Lisa, dad Gag, son Cian and daughters Dannie-Mae and Caitlyn did this challenge in memory of their son and brother Conor who died in 2014 aged 2 ½ years and the 102 days represented the 102 days Conor spent in hospital.

A total of over 400,000 steps and 139 miles was covered by these little legs raising a massive €3,691 for Cliona's Foundation.

"Conor was born a little fighter from the very start, coming into this world 10 weeks early with Hydrocephalus." said man Lisa "He spent 102 days in hospital between the Neonatal unit in Limerick's Maternity Hospital, Temple Street Children's Hospital in Dublin and Limerick's Mid-Western Regional Hospital. He fought endless battles to finally get to come home. Conor's development was delayed both physically and mentally but he managed to smile every step of the way and brought so much happiness to everyone he met.

Even when he was admitted back into hospital to have major surgery, he always had a smile for everyone".

Since Conor's death the family have very generously and selflessly wanted to carry on saying thanks to those who helped them and continue to try to help others in similar situations. Cliona's Foundation helped the family financially when Conor was in Dublin for 5 weeks and it is extremely special and inspiring for us to be the recipient of the funds raised from their efforts.



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The feedback from families really does stop us in our tracks, highlighting the difficulties of the journey they are on and the impact of the support received.

"8 months of a 500km round trip 4 times a week "

I cannot go back to work as our daughter needs 1 to 1 care at the moment. I had intended returning to work in January but now I have no idea when that will happen.

My husband was working away but just recently has had to go on the COVID payment as his role at his job closed. Hopefully this won't be for too long. With 3 small children to care for, financial worries on top of our daughter's complex needs is something we don't want to think about ,

The cheque you have sent us is so so much appreciated. It will be put to good use for our daughter.

We are still visiting Temple Street in Dublin once a month. For 8 months we did the 500km return trip to Dublin 4 times every week with my husband and I taking it in shifts to be with our daughter or our other 2 children. That's a lot of driving

February 2021



"Last thing we needed was to be worrying about finances"

Between having to pay tolls, accommodation, diesel, food etc, we started to feel financial strain, so when we were offered financial support to help ease the strain it was such a relief after so many weeks of being in the hospital with our sick little boy

We had so much to be worried about because of all our son was going through so the last thing we needed was to be worrying about finances too

So this financial support was fantastic to receive and help us during such a difficult time for our family

April 2021



Notes:

I just want to thank you so very much. It has not been easy on my family, especially my son. He started this when he was five years old in 2015, and went through an almost four year chemo treatment for T-cell Leukemia. After he was finished we were so thrilled to have almost a year of him being clear. When he relapsed it was devastating to all of us. We are grateful for charities that help those like ourselves, especially when it goes on for so many years. Mostly everyone forgets about you after the first few months so it can be overwhelming the financial strains. It helps with the cost of food, due to my son's diet that is all over the place right now. As well as travel cost to hospitals. Also clothes as he lost a lot of weight during the extreme chemo, radiation before Transplant took place. So many things lol!

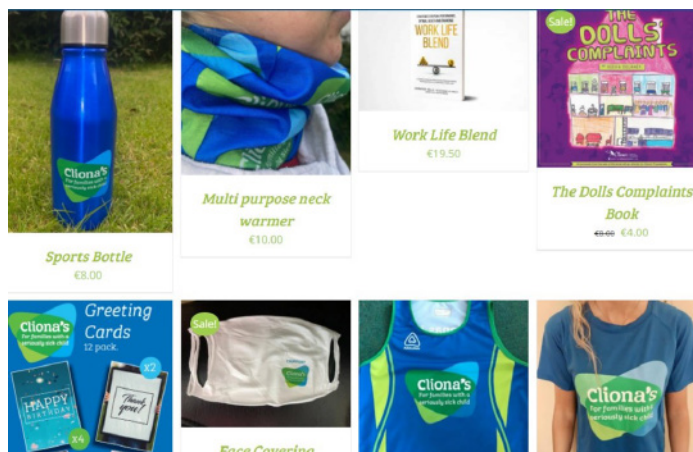
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Get shopping online



Don't forget to check out the range of products available on our online shop from water bottles, to greeting cards, books, neckwarmers, facemasks, running singlets and tech t-shirts.

Your purchase will be making a difference to families that need support.



North Kildare Soroptimist Club making a difference

Soroptimist International, is a global volunteer movement working together to transform the lives of women and girls. They have a network of over 75,000 club members in 122 countries, works at a local, national and international level to educate, empower and enable opportunities for women and girls.



There are 19 very active clubs in Ireland including the very large North Kildare Club and we were delighted to be selected as charity beneficiary for the newly elected president Jean Hourigan. Jean had a very personal reason for our selection, as a number of years ago we provided support to a member of her own family. This makes this partnership even more special.

We are looking forward to engaging with Jean and the members of The North Kildare club on various initiatives including their fundraising Valentines Ball in the K Club in February 2022.

Going Virtual for Cliona's

As restrictions on gatherings continued into 2021 there were a number of online fundraising events that generated wonderful support and funds for Cliona's over the past number of months. We kicked off the year with the "A Kick Start with Cliona's" webinar facilitated by IMS with a great line up of presenters setting us up for the year ahead.



This was followed by a stress management & anti-anxiety masterclass webinar for families dealing with childhood illness presented by Darragh Finlay.

Once again, the Glen Taven in Limerick despite being closed went live for Cliona's on St. Patrick's Day with a line-up of wonderful musicians in different locations all giving their time to entertain live online and raise a fantastic €3,800.

In April and June Cliona's hosted 2 very entertaining Zoom table quizzes. Quizmaster for both was the excellent Sean Dwan with wonderful prizes donated and funds raised for Cliona's.

Limerick lady Footballer's skill their drill during lockdown

With team training on hold for most sports, many coaches engaged with their teams virtually to make sure they kept fit & focused at improving their skills at home.

One group used their opportunity to raise funds and increase awareness of Cliona's while also developing their skills at home.

Limerick Ladies minor & u14 footballers launched the #Skillthedrill challenge over a period of 4 weeks, with all the team members having to carry out specific skills and share their efforts online.

It created great competition across their social media platforms but also raised a fantastic €1,040 for which we are extremely grateful. It was great to meet some of the team members and their Manager Aileen Fitzpatrick and Coach Dan Sheedy who led out the campaign.



Giving great tips to Cliona's families

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.



A huge sacrifice given that Mark like many in the hospitality sector was out of work for a number of months. His personality and the quality of his customer service is reflected in the fantastic amount of €2,500 he raised.

Inver Leading Lights

We were delighted to be a beneficiary of €1,000 the Inver Community #leadinglights Community Initiative thanks to our nomination by Tom & Therese O'Brien Kelly of the Premier Service Station, Ennis Road Limerick.



FACT:

7 out of 10 families caring for a seriously sick child are struggling with extra household bills and expenses since the start of the pandemic in Ireland.

Forgotten Families Study - Cliona's March 2021

Cliona's
For families with a seriously sick child

Make your coffee matter for Cliona's

Delighted to continue our partnership with The Ryan Centra Group, which has 4 stores in Limerick. For every tea/coffee sold in each, the Group will make a contribution to Cliona's. In addition, the Cliona's brand will be visible in all of the 4 stores, through instore displays, in store events and staff badges.



Marking a special Birthday with a Charity cycle

Finbarr Brougham is a loyal supporter who, for his 65th Birthday recently, cycled 65km with good friends Mike Gavin & Fergal Deegan & son in law Martin Waters. In lieu of gifts & good wishes they invited people to donate to Cliona's and raised a fantastic €3,315.

A very generous and special gesture from Finbarr and cycle crew.



Ballyneety Ladies Tee off for Cliona's

Ballyneety Golf Club Lady Captain Olivia Hayes very kindly selected Cliona's to benefit from her Ladies Captain Prize held in June. Thank you to all in the Ladies Club who supported Olivia raising over €700.



BALLYNEETY
GOLF CLUB

Glen Field Engineering lend their support

Thank you to Darragh & Shane O'Brien and all the team at Glenfield Engineering Co. Limerick for their generous donation which we were delighted to collect recently.



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.



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, pyjama 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!!



Orna's fundraiser for Cliona's Foundation

Orna's fundraiser for Cliona's Foundation

Fundraiser for Cliona's Foundation by Orna Donnelly Ní Bhraonáin · 🌐

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.

EVENTS CONTINUE TO BE VIRTUAL .. BUT THAT DOES NOT HAVE TO STOP YOU FROM PLAYING YOUR PART!

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.



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

FACT:

Over a quarter of families caring for a seriously sick child have lost their income since the start of the pandemic in Ireland.

Forgotten Families Study - Cliona's March 2021





We have been working on some very exciting and all very different projects over the past few months which we hope to share with you over the next 6 months.

Each on their own are just fantastic and we want to make sure that they get the best platform and exposure possible to ensure their success. Their success will mean increased awareness of the pressure that families are under as they care for a seriously sick child, the massive financial struggles, the need for support for these families and how Cliona's is making a difference with the support given.

We are also confident that these projects will generate significant funds which will enable Cliona's to continue to provide support to more families at an increased support.

So make sure you keep up to date with all that is happening across our social media platforms to watch these projects unfold.

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 has 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 900 families that we have supported over the last 13 years that have very generously shared their story in public, to raise awareness and 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.

You can contact us by emailing info@clionas.ie. or calling us on 061 -331333.

Providing Nationwide support

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

Cliona's
For families with a
seriously sick child



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

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