

Cliona's

For families with a seriously sick child

Hi there everybody and happy new year,

Well as we find ourselves closing off on 2021 and starting the New Year we sincerely hope that you, your family & friends are all doing well, considering the strange times we still find ourselves in. Thankfully, we've had a busy and relatively successful 6 months since our last Newsletter as you'll see in the following pages which we hope you'll thoroughly enjoy reading.

We would like to thank our Board Members for their continued support over the last 6 months. Their advice & direction has been unwavering and without fear of contradiction they have helped guide Cliona's through these unsteady months. Our Engagements Officers are also very worthy of thanks from us. They are the people who make contact with families

once the families have been approved for funding to confirm that they can expect to hear from Cliona's in the coming days. This call opens the lines of communication and brings an element of relief to a family.

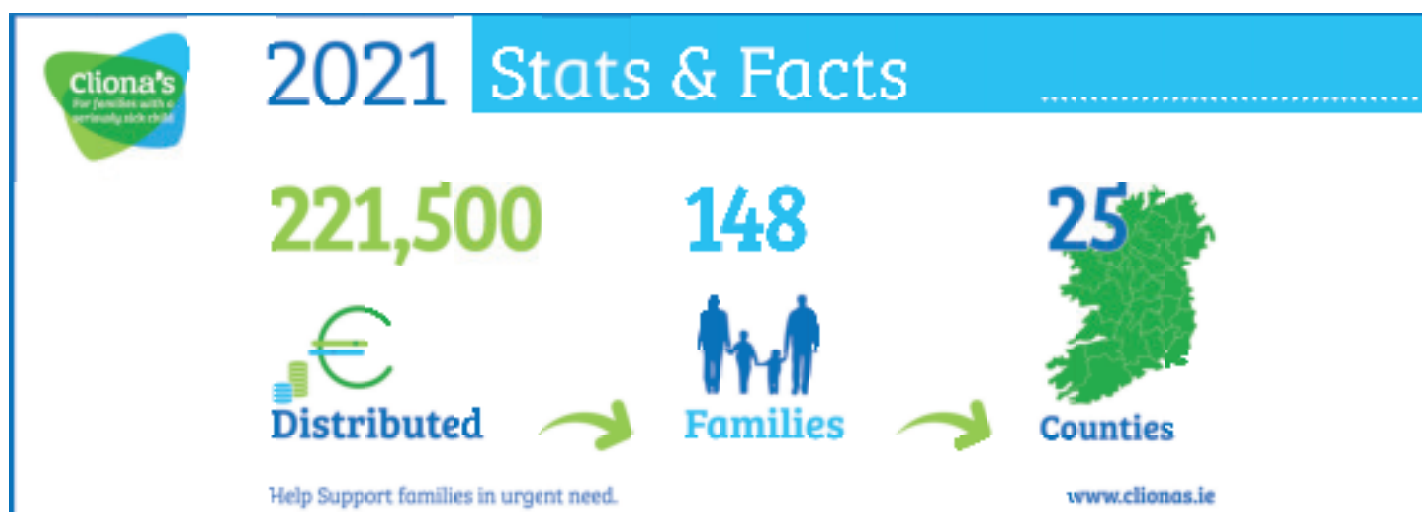
These families are central to everything that we do in Cliona's and the support provided to them would not have been possible without the support of the community, individuals and organisations from all over the Country. During what has been a very difficult 2 years we have been carried along and uplifted by the generosity, commitment and energy of so many people and inspired by the families who are caring for their children.

We have been privileged to have met and engaged with very special people – donors, supporters and families. Thank you for being by our side. Brendan & I would like to thank Phil & Darren for their commitment to Cliona's over the last 6 months, both of whom have been working from home - we really appreciate it.

So for now, all the team in Cliona's wish you health, happiness & peace for 2022 while remaining well and safe throughout.

Take care and thank you

Terry, Brendan, Phil & Darren.
January 2021



Cliona's Karts for 24hrs

The Glass family are a wonderful family that we were able to support in 2019 following the birth of their daughter Ariana and her diagnosis with a rare skin condition which affects her immune system and also her feeding, Ariana spent the first few months of her life in hospital and has monthly visits to Crumlin Children's hospital for what will be long term treatment and appointments.

They have in turn given back to many other families through numerous fundraising initiatives they have organised or recommended us for. The most recent being entering a team into a 24hr Karting event in Whiteriver Karting Centre in Co Meath in September.

Ariana's dad Damien Glass along with his good friends Steve, Brendan, Niall, Philly & Scott participated in this pretty gruelling event, driving continuously in relay format from 12 midday on a Saturday to 12 midday on Sunday. Their fantastic efforts on and off the track raised over €6,500 due to the generosity of many including the management of the race track.

It was fitting that Team Glass received the "Most Sporting Team" award and the most adorable Ariana and her mum Ceara were there at the finish line along with other family members to welcome the shattered but upbeat team off the final lap.



Hitting the 2 million steps target

The Mid West Mentoring group have been a fantastic supporter of Cliona's in so many ways and once again they initiated, and participated in a fantastic fundraiser "2 Million Steps Challenge" which took place between the 24th and the 31st July.

The support from individuals, businesses and the Mid-West Mentoring community was outstanding in this initiative and collectively over 6 million steps were achieved by participants and €13,500 raised for Cliona's Foundation.

Participants exceeded the goal of 2 million steps and walked every corner of Ireland and other parts of the world including the UK, Spain, Portugal and the USA.

A big thank you to everyone who completed steps, shared/posted on social media and also helped in raising funds for Cliona's.



At Home with Cliona's

Our "At home with Cliona's" series presented by the wonderful Virgin TV presenter Muireann O'Connell now has a new addition thanks to Limerick native and award-winning Irish Fashion, Travel & Lifestyle blogger & influencer Louise Cooney.

Louise chatted with Muireann from her home in Dublin a few weeks ago just before she launched her activewear fashion brand for women CLOO Active.

In a very natural and honest interview Louise gives us an insight into her life at home, how she is an early morning person, what she learnt about home from her time in New York, and shares with us a few of her favourites – space in her home, time of year, board games, food and much more.

Check out Louise's interview and also previous interviews with Keith Duffy, Tommy Fleming & Jerry Flannery on our website www.clonas.ie



Bluebird Care Supporting Cliona's tat Christmas

The Bluebird Care offices of Dublin & Carlow/ Kilkenny this Christmas supported Cliona's through the purchase of a large quantity of "The Dolls Complaints" book and our sports water bottles for inclusion in the hampers they were distributing to their staff.

A wonderful way of supporting Cliona's but also gifting their employees.



CREGG offices go head-to-head

We were delighted that CREGG Recruitment who have offices in Shannon, Galway, Cork, Athlone, Limerick & Kilkenny selected Cliona's as beneficiary of their inter office team building initiatives in the run up to Christmas and New Year.

With the CREGG teams mostly working remotely they wanted to reconnect in a safe and fun manner but also use the opportunity to raise funds for Cliona's.

Dubbed the "World Series Inter Office CREGG Championship" the competition between office has been intense and after 3 events which included a steps challenge, a Spud & Spoon race and a Welly Throwing Competition the Galway, Cork & Shannon Teams are looking strong.

Cliona's really appreciate the effort being put in by all of the Team in CREGG, all the support and donations received so far and looking forward to seeing how this concludes and who crosses the line 1st.



The Dolls Complaints Competition Winners

Following on from the fantastic success of “The Dolls Complaints” book written by Keeva Delaney, we had a national competition last November looking for readers to send us in their letters from their dolls/action heroes along with an illustration.



National schools all over the country were invited to enter into the competition with the top prize being an overnight in Kilkenny Hotel and a visit to the award-winning Cartoon Saloon Studio.

We received an amazing number of entries across all the age categories all of which were top class and made for very entertaining reading.

Winners were selected as outlined below and contacted last month with details of their prizes.

3rd Class in Cratloe Ns Co. Clare were particularly delighted as 2 of of their class entries won prizes.



Thank you to everyone who sent in entries and who purchased and read the fantastic book which is still available to purchase on our online shop.

We are looking forward to catching up with each of the age category winners when they visit the Cartoon Saloon Studio in the New Year.

Doing it for Grainne & Cliona's

We have the privilege of meeting many special people and recently this was extended to the beautiful Grainne Beattie and her mam & dad, Stuart & Tanya from Tipperary. Grainne was diagnosed with a brain tumour last year but thankfully had very successful surgery and following a year of radium, chemotherapy & intensive physio is now on the road to recovery.

In solidarity with Grainne her uncles Don & Gary decided to shave their heads and with Grainne's support decided to raise some funds at the same time.

The support the “Doing it for Grainne” fundraiser received which took place in October was just phenomenal, raising €33,000 and is a testament to Grainne and all the Beattie family.

We were one of the lucky selected charity beneficiaries along with the Childrens Ark, Limerick & Ronald Mc Donald House and were really blown away by the donation of €11,000.

The Beattie Family, while they did not need our support met many families on their journey that were struggling financially - and their courage and generosity in giving back is just amazing.

Thank you to Grainne and her wonderful family, including Don Beattie, Gary Beattie, Billy Touhy, James Lawrence,, Brian Fogarty who all went “the extra locke” and everyone who was involved, supported & donated.





"Give a Gift for Cliona's" was a major fundraising event that was launched in November that ran right through to Christmas.

The event offered 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 included "money can't buy experiences" offered by well-known Irish sport stars, holidays, hotel giveaways, horseracing and sporting packages, recreational activities, signed jerseys, memorabilia etc.

There was very competitive bidding on many items all of which were distributed to the successful bidders by Christmas, in time for them to Gift on.

Thank you to everyone who placed winning bids and purchased raffle tickets but in particular the many people, organisations, service providers and hotels who donated such fantastic items and packages raising a fantastic €15,000 to date.

We are already planning and looking forward to "Give a Gift for Cliona's" 2022.

Emerald Biker Relay

We had fantastic support from the Irish biking community when once again they turned out in force to participate in and support the 2021 Emerald Biker Relay for Cliona's.

Across 7 days from the 27th June – 3rd July, they toured the country covering approx 1,700 miles across 35 legs passing the special baton at each handover.

Over 100 riders were involved and it was particularly special to have David Crowe whose daughter Sarah passed away in 2016 getting on his bike and doing a leg in her memory.

Thank you to everyone who participated, supported and donated resulting in the fantastic amount of €3,419 being raised.

Special thanks to Sam Kyle Fulton Steve Thor Hanna, and Pauline A Fielding who initiated, coordinated and supported this event from start to finish.

Irish Steel support Cliona's

The Irish Association of Steel Fabricators (IASF) is a Members Organisation based in Portlaoise who promote the steel industry in Ireland by providing guidance and assistance with all aspects of the industry.

They very generously donated a portion of their membership to Cliona's and we were delighted to meet with their Commercial Director, Teresa O'Neill and President, Pat Enright to accept same.



Crossing the desert for Cliona's

After many deferrals since April 2020, Limerick man John McNamara finally got to participate in the Marathon Des Sables (ranked by the Discovery Channel as the 'toughest footrace on earth') from the 1st to the 7th October. What a test of physical & mental strength it proved to be while also raising the fantastic amount of €7,000 for Cliona's.

John has been training intensively for this event for the past 2 years and had already raised over €2,000 for Cliona's when it was cancelled with only weeks to go last March and then again in September 2020 and April 2021.

John completed five and a half marathons (260 Km) in six days across the Sahara desert in temperatures which hit 50 degrees at stages - the hottest it has ever been in the history of this event. Over 700 participants from all over the world were at the starting line but only 350 of them completed, with very sadly one fatality. A knee injury on the 1st day, while descending a sand dune would have been a very valid and reasonable excuse for withdrawing but John was determined to make it to the last day if he had to crawl.



John had to be self-sufficient, to carry with him on his back everything except water. He was given a place in a tent to sleep at night, but any other equipment and food had to be carried.

This was a massive commitment for John over the past 24 months. Aside from the financial cost of approx €10,000 (all paid for by John) his personal & professional life revolved around a stringent training plan, which under normal circumstances, would have been difficult, but with COVID travel restrictions it was even more challenging.

Cliona's were privileged and honoured that Cliona's were part of this amazing and gruelling adventure by John – a very special person.

Dooley does the extra mile

Pat Dooley of REA Dooley is always looking for that challenge with a difference, and while many have done the 100 miles in a month, Pat committed to doing 101 miles in August, and raise funds for Cliona's.

"It was mentally & physically challenging some days to get moving and motivated" said Pat "but the challenge of raising funds for Cliona's was what kept me going".

It was fitting that our Ceo Brendan Ring joined Pat on that final mile home, supporting and acknowledging the commitment made by Pat and the fantastic amount of €3,500 he raised.



Medical Professionals acknowledge impact of support

We were really lifted by the recent letter from DR. Ora Franklin - Consultant Paediatric Cardiologist in OLCHC on the impact on families of children under her care of the support they had received.

Dear Terry & Brendan,

Once again a letter has passed my desk today which informs me of the financial support that you have given to a child who attends me at the Cardiac Centre in our Lady's Hospital, Crumlin. The 2 children mentioned in your letter today [redacted] are children who have both had very prolonged hospital courses and it is without a doubt that your financial support of these families is extremely welcome and very much appreciated by them.

I am sure that they would not mind me saying that they are the kind of families who never would have thought that they might find themselves in this position. As such I would just like to take this opportunity to sincerely thank you for the help that you give families as [redacted]. So much of what is done to support the parents of cardiac children is done quietly and behind the scene, but it is clear to us here in the hospital that these families would simply not be able to cope without that support.

GPA players making a real difference to our families

The Gaelic Players Association (GPA) and Cliona's Foundation announced earlier this year that we would team up to form an official charity partnership agreement to raise funds and increase our profile across the country.

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



A target of €100,000 has been set for the fundraising campaign element of this partnership with €10,000 already secured through a direct donation from the GPA.

As part of this partnership intercounty players committed to visiting some of the families supported and the visits over the past number of months have been very special.



Dublin footballer kicked off in visits in October by calling to 15 year old fan Max Kelly in Balbriggan, Dublin. Max had just returned home after spending several months in Newcastle, UK, where he underwent a stem cell transplant for a rare immune disorder that he was born with.

This was followed by a visit by Cork Senior Women's Footballers Doireann O'Sullivan and Eimear Meaney to football-loving 8 year old Faith Browne in Mallow Co. Cork .

Faith was born with cerebral palsy and also has epilepsy and hearing loss. She faces major reconstructive surgery



for hip and foot socket problems in the next few week.

The final visit just before Christmas was made by Limerick Hurler and 4 times All Star winner Sean Finn to Louis Mullins in Boher, Co.Limerick. It was a tough year for 14 year old Louis who has been battling a rare disease affecting between 4-9 people in a million.

All of visits were hugely appreciated and full of excitement for everyone involved.

A huge thank you to the GPA and the players for making these possible and looking forward to more family visits in 2022.

Mc Laughlin Family give back to Cliona's

It was very special to receive this donation from the wonderful McLaughlin family (Summer, Ciaran & Alannah) recently.

Dad Ciaran McLaughlin completed RACE 2021 in September raising funds for Foyle Hospice in memory of his sister and Cliona's in the process.

The event is a 250km unsupported endurance event across the rugged landscape of North West Donegal. To finish competitors have to complete 15km of kayaking, 166km of cycling, 5km of mountain running and 64km of road, and trail running, and all this within a 24 hour period! A fantastic achievement and we are delighted to be a beneficiary of his efforts and the wonderful support he received.



Costs of having a sick child highlighted once again

Cliona's Foundation highlighted the financial costs associated with caring for a sick child in our "Too Dear to visit" report published in 2018.

In 2020 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.

A few months ago, The Irish Cancer society published a report called "The Real Cost of Childhood and Adolescent

Cancer" following research carried out with 100 parents / guardians of children receiving treatment.

This report once again highlighted that a childhood cancer diagnosis can cause an average hit of €15,300 to annual family incomes on top of other crippling added expenses, which has devastating consequences for families.

Below is some of the feedback they received highlighting once again the stark reality of having a sick child.

“

"For us, the major impact was not the expenses, it was the loss of income."

"The other expense is having to give up your job and while carer's benefits help it's not enough."

"I had to give up my job, which left us with my husband as the only income. Thankfully, he managed to keep his job only taking holidays when needed for hospital stays and appointments."

"After taking leave I ended up taking redundancy while my daughter was in treatment. I went back to work when she had recovered but I'm at a significantly reduced salary (-50%)."

"It's had a huge impact even though my daughter is finished treatment. I am only working very few hours. We have essentially being reduced to a one income family."

"I wasn't working and my husband had to take unpaid leave from work when our son was diagnosed."

“

"Normal life just came to a stop after our [child's] diagnosis... things like our other kid's extra curricular activities stopped."

"I feel guilty because my children paid the price with the sacrifices they had to make. We could no longer afford gymnastics, basketball or dancing, so their life changed drastically..."

“

"We tried to negotiate with our mortgage company who added to our stress, we reduced our mortgage repayments, fell into arrears, drained all our savings..."

"We still had to take the decision to pay interest only on our mortgage for 6 months. Dealing with the bank was extremely stressful at an already stressful time."

“

"To this day we are still attending appointments in Dublin, my child will need medical care for the rest of their life. No additional costs are met with regard to travel. We never stayed over whilst my child was on treatment because we couldn't afford it. I used to sleep in the car park with my child for 20mins so I could make the journey home. Once treatment is finished you are literally thrown out of the system."

"I feel tax relief of 100% on travel would be a big help and if this was applied retrospectively, e.g. to the last seven years [...] it would be a big help."

Living with a life threatening illness

The Ayer family were supported by Cliona's earlier this year and they sent us the most honest and very moving thank you at the time.

"We greatly appreciate your financial support. The money that we received helped us in so many different ways in such a difficult time for our family of 4."

Since Zack's diagnosis I can't work anymore. Our bills increased and we used to have 2 full time jobs and incomes to cover mortgage, bills etc. Now we have 2 kids & extra expenses due to his illness. After Zack's diagnosis we have been paralyzed with fear. It took us months to stand up on our feet.

Zack's illness is so rare that it made us feel very isolated and lonely - our families live abroad.

We are full of fear and worry about the future but at the same time people like you have a huge positive impact on our situation.

Zach is in good form and absolutely adores his older sister. His smile makes our hearts melt."



Zach's mum Jadwiga then went on to share with us the impact Zack's condition, the journey they are on with him and the financial impact of caring for him.

When Jadwiga Ayer's daughter Rose, gets home from crèche, she's not allowed to touch her little brother until she has washed her hands. If she has a cough, she must isolate from him – and so must any family member who becomes unwell.

Zach has MMA, a very rare life-threatening metabolic disorder. *"Not all disabilities are visible. Zach looks great but his body's very sick,"* says Newbridge-based Jadwiga.

Any type of stress – for example, viral illness – to the 15-month-old's system can cause life-threatening metabolic decompensation, a kind of metabolic crisis. *"It can cause organ, brain and optic nerve damage. Children can go into a coma or die."*

When Zach was born everything seemed fine. After vaccinations at two months, Jadwiga and husband Karl noticed he was lethargic, vomiting, losing weight. Within days the GP referred him to Portlaoise Hospital. Temple Street Hospital was soon involved.

"This condition's hard to diagnose but one doctor felt it was metabolic," says Jadwiga, who's grateful it took just a day to get the MMA diagnosis. *"He has the trickier Type B MMA, which doesn't respond to vitamin B12 injections."*

In those first days, Zach needed urgent intervention. His survival wasn't certain. Trained to do injections, put in a feeding tube, his parents brought him home from Temple Street, knowing they'd have to do what the nurses had been doing. *"For a whole year, we were every day sterilising, preparing feeding tube, feeding him. The medication regimen was so strict. There was the pressure of observing him. There was no time to sleep, eat or process."*

Slowly, over months, they weaned Zach off the feeding tube. He's eating solids now and has started sitting and crawling. Five-year-old Rose loves making him laugh. But Jadwiga and Karl have been told Zach could run into liver and kidney issues in the next few years. *"It's a very complicated illness. We're still learning. Any childhood illness could induce metabolic crisis – we live with that uncertainty. During this first traumatic year of Zach's life"* Jadwiga says *"Cliona's Foundation has been a godsend."*

Jadwiga describes the costs of driving to hospital every day, the toll and parking costs, as placing an impossible burden on them. *"Transportation was a huge hit for us. Feeling so lost, so unsure, Cliona's Foundation was a massive help. And when we'd get a call from the charity – especially with isolation of Covid – we felt we weren't alone."*



Moore Family continue to run & raise for Cliona's

Back in 2019 the Moore Family approached us with the offer of raising funds for Cliona's by participating in the Cook Medical Women's Mini Marathon. which they were doing in memory of their son & brother Adam who passed away in 2009 at 10 years of age.

Dawn & Brian were unfortunately familiar with the financial pressures of caring for a seriously sick child and wanted to help families who are travelling the same journey they travelled.

3 years later and following their participation in the virtual event they called to us with €3,090, bringing

to €8,825 the total amount raised by them over the past 3 years.

Thank you, Dawn, Brian, Sarah & Ciara, all their family and friends and Brian's colleagues in United Metal Recycling for this amazing support.



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.



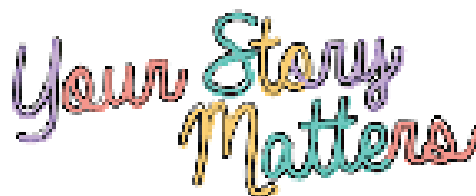
Are you a family that will share your experience?

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 997 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 and you can contact us by emailing info@clionas.ie.

Cliona's are #goingtothemoon with Humanli

Cliona's are delighted to be part of the Humanli family of Charities onboard the #tothemoon mission to raise needed funds for the work we do.

In November they launched the #ToTheMoon initiative, encouraging businesses and organisations to sign up for . It was a fun interactive virtual challenge that promoting wellness and connectedness while raising funds for seven charities and social enterprises including Cliona's.

The target was to collectively conquer the distance to the moon (384,000kms) during the winter of 2021/2022 through zero-emission activities such as walking, running, cycling, rowing or swimming.

Participants were able to nominate Cliona's as their specific charity or to support the Humanli Family of charities and communities which include Blue Box Creative Arts Therapy, Cliona's Foundation, CareBright Community, Clare's Wish Foundation, Corpus Christi Primary School, Limerick Suicide Watch and Lime Tree Theatre.

As we went to print we are nearly but there is still time for you to lend your support.

The initiative was to culminate with the #Musicformentalhealth gig in Dolans , Limerick on the 16th January but this has now been deferred (due to restrictions) to a date to be confirmed in February or March.

Further details can be found at www.clionas.ie



Marketlink goes Virtual at TUS



Marketlink is an annual event organised by 1st year students of Marketing and Management, Digital Marketing and Enterprise and Innovation in the Technological University Shannon (Moylish Campus, Limerick) . It forms part of their assessment for the semester, but it also raises funds for a selected charity each year and for 2021 we were delighted to be that Charity.

Traditionally held as a market day on campus with students selling various products, COVID dictated that the event went virtual from the 15th to the 26th of November.

We had the opportunity to present to and engage with the students and support them as much we could. There was fantastic creativity displayed with the online events the teams created, from bingo to gaming, power energy bars to cocktail booklets and much more.

All donations were then channelled through event specific online donation platforms they created and their efforts and energy resulted in €3,588 being raised.

It was great to meet with academic staff Roseanne Dunne, Donnacha Mc Namara & Gillian Clogan to thank them for their support and one of the participating students Stephen Clancy, who presented us with a signed Munster Jersey which his team had acquired as part of their project.

Iarnród Éireann in Limerick go Loco for Cliona's

The Limerick Station Team, Loco About Fitness secured 3rd place in Iarnród Éireann National Team Wellbeing Charity Challenge, and in the process raised €2,000 for Cliona's.

The Limerick Team, Loco About Fitness were pipped to the top spot in Iarnród Éireann's recent Wellbeing Charity Challenge. However, Loco About Fitness clinched the 3rd place spot beating out over 100 teams from around the Iarnród Éireann network.

The challenge saw teams from right around Ireland compete to clock up as many minutes of activity as possible over four weeks. Competing in teams of 3-6 people, the challenge saw more than 500 employees

in over 100 teams walking, running, hiking, swimming and much more in a bid to be crowned champions and more importantly raise money for their chosen charities. The teams managed to hit 1,132,647 minutes over the course of the challenge.

The challenge was part of a wellbeing initiative created by Iarnród Éireann's Wellbeing Programme Manager, Sharon Daly, who is aiming to get employees heart healthy and happy.

The Limerick team, led by Gareth Howard, CSO, Limerick also included Pat Roche, Derek Cremin, Ross Flanagan, Richard Dempsey.

We were delighted to be the nominated Charity of the Limerick Team and receive this donation but also the opportunity to raise our profile through the Iarnród Éireann network.

A personal partnership with WP Engine Limerick

WP Engine is the world's leading WordPress digital experience platform that gives enterprises and agencies the agility, performance, intelligence and integrations they need to drive their business forward faster.

Headquartered in Texas, WP Engine Ireland was established in Limerick in September 2016. What started out as a small group of employees, WP Engine's Irish community has now grown to more than 120 employees across several departments. It was ranked #23 on GreatPlace to Work Best Workplaces in Ireland list for 2021.

They are a company with an excellent "Give back" program which involves them engaging with local charities to support, raise awareness and raise funds.

Cliona's were delighted to be selected as one of their Charity partners for 2021. This partnership is more personal as one of the leads on this partnership for WP Engine's Rebecca O'Brien, who was a close friend of Cliona's.



We had the opportunity to present to and engage with some of the team in advance of them participating in the virtual VHI Women's Mini Marathon in October - an engagement which we feel gave them that added encouragement for their challenge.

4 of the team completed the challenge and through friends, family and colleague raised the wonderful amount of €5,500.

Thank you to all in WP Engine and we are looking forward to engaging with them further in 2022.

Centra gives a shop window & funds to Cliona's

Despite a very challenging 2 years, the Ryan Centra group supported Cliona's through raising awareness but also raising funds instore.

The Group, which has 4 stores in prominent Limerick locations committed in 2020 & 2021 to making a donation to Cliona's from each tea/coffee sold across all stores.

The Cliona's brand was also visible in all of the 4 stores, through instore displays, instore events and staff badges.

We were delighted to take delivery of just over €5,000 in December from Operations Manager and Cliona's Board Member Shane Dowling & Director James Ryan.



 /clionasfoundation

 /ClionasFDN

 /clionasfoundation

 cliona's-foundation

UL Executive MBA class is a valuable resource for Cliona's



We were given the opportunity to present to and engage with a group of the University of Limerick Executive MBA class in November as part of their course work.

What an extremely valuable and uplifting few hours it was which clearly went beyond being just "an exercise".

The quality of the feedback received and the strategies presented reflected their vast experience across various business sectors but also their desire to strengthen Cliona's- input which we will be taking on board as we move forward.

This additional support from the class of setting up and driving a fundraising initiative is just amazing.

The "relationship module" building a real relationship and making a real difference.

Some exciting times ahead



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 3 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 rate of support.

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

Fiserv make more than a remote difference for 2nd year running & shaving

Fiserv Nenagh once again made a fantastic commitment to Cliona's in 2021 through a number of online fundraising initiatives and their Company staff donation & matching platform.

While still working remotely, the Fiserv team response and 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 "5 for 5" in February and a "Movember" event where members of the staff offered

to Grow and then shave. We were blown away that their efforts with the support of the company resulted in over €3,500 being raised and still growing.



It was also very special to engage with the team remotely in December, show them the impact of their support and thank them for their wonderful efforts.

Well done and thank you to all at FISERV – the world's leading payments and financial technology provider.

Get Planning for 2022 with Cliona's

Cliona's have the perfect start to the New Year which could change the rest of the year for you with "The Game Planner"

Designed by Jennifer Kelly of Strategy Box, the "Game Planner" system will help you to eliminate procrastination and help you to avoid overwhelm by removing the complexity out of your goals and aiding you to map them out and break them down into more manageable tasks so you can focus on them one day at a time.

Cost is €20 with 100% of the proceeds going to Cliona's.

For further details and to place your pre order make your way to our online shop at www.clionas.ie



BlendnGo give back to Cliona's

BlendnGo is an Irish business established in June 2020 by student Cillian O Malley based in Limerick retailing portable blenders.

The product is extremely popular for hard working Cillian and he very generously pledged 5% of all his sales in November & December to Cliona's.

Fantastic to see young people giving back and making a difference. Check the product out at www.blendngo.com



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 instead. We can design and provide you with a personalised 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.



Special Christmas Cards for Cliona's

Last year a present of a card making set and having read "The Dolls Complaints" book encouraged Lily and Ruth Chadwick to design & sell Christmas cards and sell them to their family with the proceeds going to two charities, one of which was Cliona's.

They repeated this wonderful initiative and generosity again this December and we had a really fun visit from the girls and their Mum Dearbhla when they called to present their donation. Two budding entrepreneurs with generous hearts.



 /clionasfoundation

 /ClionasFDN

 /clionasfoundation

 cliona's-foundation

How you can help us help families

Champion Cliona's Foundation in your Company

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

Place one of our collection boxes in your shop, office or home.



Orna's fundraiser for Cliona's Foundation

Fundraiser for Cliona's Foundation by Orna Donnelly Ni 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

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.

Events continue to be Virtual but that does not have to stop you from playing your part.

Providing Nationwide support

LOCATION of FAMILIES we have ASSISTED over the past 14 years

Cliona's

For families with a seriously sick child



www.clionas.ie

[f /clionasfoundation](https://www.facebook.com/clionasfoundation)

[t /ClionasFDN](https://twitter.com/ClionasFDN)

[i /clionasfoundation](https://www.instagram.com/clionasfoundation)

[in cliona's-foundation](https://www.linkedin.com/company/cliona-s-foundation)

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

www.clionas.ie

Sponsored by
CUBE
DESIGN • PRINT • PACKAGE
Committed to Exceeding Expectations
www.cube.irish