

Summer 2022

**Cliona's**For families with a  
seriously sick child**Hi there,**

Here we are again sending out our bi-annual Newsletter for Summer 2022. Thankfully the mood of the nation has been a little more up-beat over the last number of months, primarily due to the lifting of C-19 restrictions, something almost all of us are grateful for. However here at Cliona's we are ever conscious that the strict restrictions imposed in fact suited some of the families we have supported in the past, primarily due to children with underlying medical conditions and being medically vulnerable.

We have been quite busy since our last Newsletter as you will see when you get a chance to read this edition. We are more than appreciative for the events, fundraisers, donations & support that Cliona's Foundation has benefitted from, which in turn has once again enabled us to financially support all of the families who were nominated for funding so far this year. You will see the breakdown on the map within.

We are delighted to announce that we have a new Team Member, please meet Charlotte who joined us last January as Partnership & Engagements Manager. Charlotte worked with HOPE for 10 years and having thought about it long and hard, she decided that it was time for a change – it has been truly beneficial for

Cliona's we all agree ! And some more exciting news - we are in situ at our new offices in Groody Centre, Unit 22, Groody, Limerick; our telephone number remains the same (061 331333) as do our email addresses.

And on another up-lifting note there have been changes to our Board structure. There are 2 new Members on the Board of Cliona's Foundation, Mr. Oliver Nally and Mr. Mick Kelleher who are more than welcome. Cliona's also have a new Secretary as Terry has resigned as Company Secretary but Mr. John King is more than familiar with Cliona's as he worked with us previously! We would like to thank all of our Board Members for their continued valuable guidance at our monthly Board Meetings, their advice is invaluable to Cliona's Foundation. Of course it would be remiss of us not to congratulate Board Member Clair Hayes on the birth of little Thomas, congrats Clair & Paddy.

Finally thank you to Darren & Phil who help "keep the show on the road" and contribute to the smooth & efficient running of Cliona's Foundation.

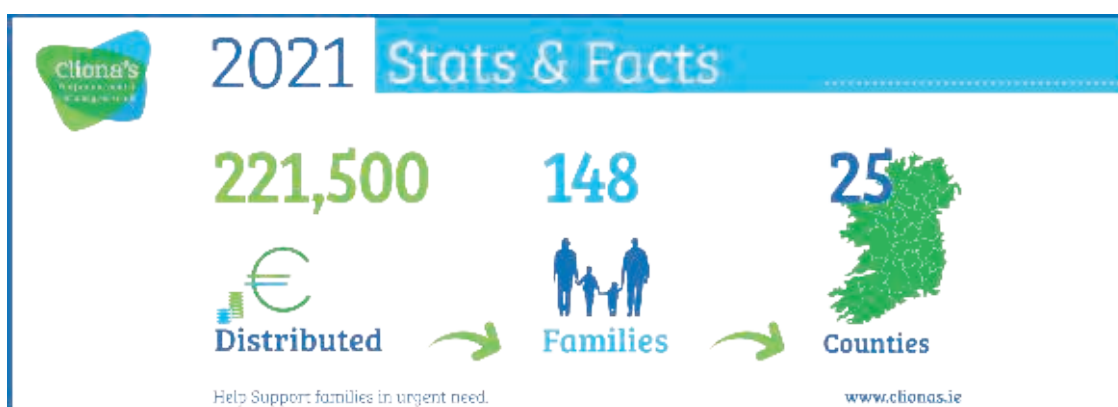
So enjoy the rest of summer 2022, stay safe & well.

While we are a nationwide charity but based in Limerick, please indulge us as we would like to congratulate the Limerick Hurling Team on their historic 3 In a Row as All Ireland Hurling Champions, well done because they have lifted the spirits in Limerick to a new high !!!!

For now, thank you.

**Brendan, Terry, Charlotte, Darren & Phil.**

July 2022



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# Many wheels turned for Cliona's & Ciara in Boher

After a gap for 2 years the Boher Community Development cycle in memory of Ciara Mc Carthy returned in person on a glorious evening on Friday 3rd June.



The annual charity cycle which has been held annually since 2014 is in memory of seven-year-old Ciara McCarthy, the beloved daughter of James and Aoife and brother of



Thomas passed away in March 2013 after a long illness.

The excitement of being back on the road for an actual event was palpable and Boher Co Limerick was buzzing with energy & banter with members of the cycling community & old friends getting reacquainted. There was fantastic support from many cycling clubs and an amazing turnout of people of all ages and cycling proficiencies for the 40km route. Their generosity after the 2 year gap has blown us away and over €5,000 was raised from this very special event.



We are so grateful to the Boher Community Development Association for their hard work in making the event such a success and their top class hospitality for all those that participated. A special thank you also to the Mc Carthy family for allowing us to be a beneficiary of remembering Ciara.

A wonderful example of a parish and a community making good things happen.

## Pushing, climbing and bringing Cliona's to Base Camp

We have had wonderful initiatives from many over the past 6 months involving walking, swimming, and yoga.

The wonderful staff of **Tipperary Credit Union Limited** organised a staff 5k walk/run in June encouraging all their staff to participate and raised €498.00. What a great way for everyone to get together and make a real difference.

**Noel Donnellan** has taken to the water for the past few months and committed to participating to a number of challenging open water swims in various locations around the country. He has 3 done, Lough



Cutra, Lough Derg & Youghal Beach Swim with one to go and his efforts have raised over €800 to date and rising.

**Sinead Garry of Village Yoga** gave over 12 of her summer sessions of Yoga over 6 weeks to raising funds & awareness for Cliona's.



The **GP Interest Group** in the **UL Medical School** took Cliona's on board as their Charity partner for the past 6 months and raised funds and awareness through a wide variety of events which included aerobics, karaoke, walk a dog, stress pack for exam students & much more. Real energy & reativity on display which raise over €600.



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# The Beasley family and Listowel Community lift Cliona's

Padraig Beasley and his family were one of the 4 families that featured on the "Ireland's Forgotten Families" in April with Padraig also appearing on Ireland Am with his dad Seamus to talk about their story.



What we could not have envisaged has been the overwhelming response from the Listowel Community which has been reflected in amazing fundraising initiatives and donations over the past two months. Their creativity, commitment and energy is testament to the regard with which they hold the Beasley family and their understanding & acknowledgement of the impact that support from Cliona's can make to a family on a very difficult journey.

It started off with three of the schools in Listowel which Padraig and his sister attend having Friday Feeling days, Colours Day & pyjamas day from the Gaelscoil Listowel & Naoinra to Presentation Primary School & Scoil Realta Na Maidine. The total raised from these schools is an amazing €6,927.

But a fantastic committee involving members of the business community pulled out all the stops for their Friday Fundraiser on the 1st July which involved a day long Spinathon in Queallys Supervalu, a night of music & entertainment in Christy's Bar and the auctioning of a Kerry jersey signed by the 2014 winning team. In addition there was a 2 week long instore support for Cliona's with a bucket collection and staff wearing our branded T shirts in Supervalu, raising awareness and funds. Many more members of the business community also jumped on board through donation of spot prizes and the placement of counter top boxes in store.



We were delighted to be part of all the events on the day and to then catch up with them recently to collect a cheque for the amazing amount €10,965.

A very inspiring and uplifting community effort which is really appreciated - thank you to all who organised, participated and supported.

## Schools making their mark for Cliona's

It is always wonderful to hear from schools and their interests in raising awareness and funds for Cliona's through various initiatives. We also love the opportunity to visit schools and share with them details of the work we do, the families we support and the impact of their efforts.



Over the past 6 months we have had TY classes in a number of schools taking Cliona's on board as their charity for the year and we were also delighted to be the beneficiary of a Superheroes day in Corpus Christi

School in Moyross Limerick in memory of Zach Frahill – whose family we were able to support some years ago & a bake sale in Gaelscoil Raithin.

Thank you to Scoil Pol in Kilfinane, Castletroy College, Laurel Hill, & Gael Scoil Raithin in Limerick and all who supported & donated to their fundraisers.



**Will be launching our new schools programme soon so please get in touch to find out more at [info@clionas.ie](mailto:info@clionas.ie)**

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



## Bruff GAA have Cliona's out front

The community in Bruff are very loyal supporters of Cliona's and this support is strongly displayed by Bruff GAA Club the club of All Ireland winning player Sean Finn. Cliona's brand is on all of the clubs leisure clothing in addition to being prominently displayed on the U16 team's playing kit.

We were also delighted to visit the club recently to present them with a display sign which will raise further awareness and support amongst and from their members and all visiting teams.



## The Blue Crew were back in full force for the Limerick Riverfest Weekend

After an absence of 2 years Limerick Riverfest was back with a bang on the May Bank Holiday weekend with Cliona's supporters out in force raising awareness and funds over the 2 day event.

It all kicked off on Saturday morning with the Riverfest Barbecue and a sizzling Cliona's team led by Board member Fergal Deegan cooking, cajoling & collecting for Cliona's. While their cooking skills may not have been recognised they did pick up the prize for the most entertaining team.



This was followed on the Sunday by the return of the in person Regeneron Great Limerick run and we were delighted to be back to our event base in the Limerick Chamber Offices. It was the perfect location to meet and look after all those that were representing Cliona's and swap notes, compare times and plan for next year!



The weekend was topped off with a wonderful evening of fireworks and entertainment provided by the Deegan brothers, watched from the roof of the Limerick Strand Hotel, catching up with & acknowledging our many supporters who had carried us through a very challenging two years.

It was a magnificent return to normality weekend for Cliona's Foundation and we cannot express enough our appreciation for all those that made it so special by giving their time and support to raising our profile and also funds to help us support our families.





## Vintage Tractors go the long distance for Charity

The Leyland, Nuffield & Marshall Circuit of Munster Charity Vintage Tractor Run took place on Saturday 26th and Sunday 27th March. This was a massive undertaking with a core of 8 Vintage tractors & support vehicles joined on route by others for specific sections covering 350km across 6 Counties over 2 days, with Cliona's and the Children's Grief Centre being the very grateful selected beneficiaries



We were blown away by the generosity of the participants, organisers & all who supported which resulted in us being the recipient of €8,450 which will make a real difference to a number of families on our waiting list.

Thank you to everyone who made this happen & in particular Ian & Colette Murphy Acheson, Kieran Lillis & all the drivers. This is a perfect example of a Community making good things happen and making a real difference to so many others thanks to their energy, passion & commitment.

## Pushing, climbing and bringing Cliona's to Base Camp

We have been privileged to meet the most amazing people that become closer than just donors or supporters. Dickie Reddy from Navan is one of those amazing people who only became aware of us from his personal trainer Ruairi Glynn who organised a fundraiser back in 2020 for Cliona's. He always had a childhood dream of climbing to Base Camp Everest and after hearing Brendan



speaking at Ruairi's event he said that if he ever got the chance to do it, Cliona's was who he would do it for. Only starting his fitness journey in 2019 at the age of 56, just 3 years later the opportunity was presented to him to take on the challenge in April. But it was long before that, Dickie supported by his family and fitness family, committed himself to an intense training regime and also a fundraising campaign for Cliona's. The fundraising campaign started with a 24 hour sled push in Danny Glynn Coaching facility on March 12th with Cliona's dad & Co founder Brendan sharing the why with the participants which inspired them to give it their all for the following 24hrs. The support over the 24hrs was immense and the effort intense with all ages and fitness levels giving the "big push". Dickie then set off on the 19th April joining a group of 12 strangers for the start of the nine days trek to Base Camp, acclimatising on route, reaching heights of 5,300m & hiking for 6-7 hours a day. Dickie completed this unbelievable challenge unscathed and it was very special to receive images of him with the flag depicting Cliona's which he left there. It was an emotional catch up with him on his return to take delivery of the fantastic amount of €10,500 from Dickie and the very special team of people who supported him from start to finish. What is also very special is that this relationship has its origins from a family we supported in Meath a few years ago and recommended us as a beneficiary of a fundraiser being undertaken in that area. What was given then has been returned & forwarded in multiples.



# Pedal Power brings Cliona's from Limerick to Lourdes

Originally scheduled for 2020 the Limerick to Lourdes Charity cycle finally took place in June with a team of 19 cyclists and 8 of a backup team making the 700km journey from Nantes to Lourdes raising funds for Cliona's and the Limerick Lourdes Invalid Fund.

Across 6 days the team cycled through Nantes to La Roche Sur Yon, La Rochelle, La Royan, Bordeaux, Mont Du Marsan, before crossing the finish line in Lourdes on Tuesday 14th June. A mammoth undertaking in terms of logistics, and while good weather is always a bonus the unusually high temperatures of the mid 30's significantly added to the challenge for everyone involved.



But each and everyone of the team rose to the challenge, with the cyclists pulling each other mentally through the difficult climbs and the back up crew adding additional rehydration, food and fuel stops on the route.

The crew were also energised by words of encouragement from Irish Rugby legend Ronan O'Gara who gave them a tour of La Rochelle Rugby Grounds and also Munster player and now Munster coach Michael Prendergast when they attended Racing Metro's game in Bordeaux. These were special highlights of the trip and gave us a great opportunity to share the story of Cliona's.

While the last day proved to be the toughest, the arrival into Lourdes to be greeted by family & friends who travelled for the finish was the perfect finish & full of emotion, it is



difficult to express our gratitude to this very special group including our own CEO Brendan Ring & board member Fergal Deegan. We have been beneficiaries for 2 of the 5 previous cycles in 2013 & 2016 and the significant monies raised have been a lifeline to our families.

Thank you to all the team and everyone who has supported their many fundraising events and donated over the past few years.

## Club Limerick New York score for Cliona's

Club Limerick New York gave us a fantastic lift in April with a wonderful donation of \$3,000 from their Limerick Hurling celebration event held last December in New York

Our CEO & co founder Brendan Ring along with Cliona's Ambassadors Shane Dowling & TJ Ryan were delighted to accept the donation from organisers, Jacinta O'Donovan, Mary Meyers and Finbarr Flood when they paid a flying visit to Limerick.



## GET THAT TREND were the perfect fit for Cliona's

It was fantastic to be chosen by online clothing company GET THAT TREND as their charity partner and have a limited edition t-shirt designed, produced and featured on their platform and that of many of their influencers with 100% of the profit going to Cliona's

Retailing at €19.99 the t shirt reflects our brand colours in the very appropriate holding hands design and is still available in navy and hot pink on their website [www.getthattrend.com](http://www.getthattrend.com)





***Outcry of support from the Irish public following the ground-breaking Cliona's documentary 'Ireland's Forgotten Families' which aired on Virgin Media Three April 21st 2022, highlighting the plight of many of the 4000 families caring for a child with a life limiting illness.***

There was an incredible outpouring of support and solidarity nationally around the issues raised in Cliona's documentary series "Ireland's Forgotten Families" which aired in April on Virgin Media Player.

The documentary was released against the backdrop of the cost-of-living crisis where so many families are struggling to make ends meet. The families featured in the documentary are the ones who are already crippled financially by the non-medical costs associated with caring for a sick child. Four very special families who needed financial support while caring for their seriously sick children shared their incredible personal journey. The two episodes, created by Jon Slattery at Trilogy Media tell the stories of their daily struggles and how finances are an extra layer of stress at the worst possible time of their lives. It is ground-breaking in that this issue and families affected by it have never spoken up so openly before.

The documentary is harrowing and tough to watch at times as the families lay bare their difficulties and heartbreak with many people taking to twitter to empathize and commend their bravery. Presenter and author Meghan Scully tweeted "That was truly heartbreaking to watch but a must see for everyone"

Cllr Daniel Butler, Mayor of Limerick also tweeted "watching this, understanding from within our own family the heartache and struggle involved in supporting your sick child, you cannot but be emotional"

Speaking about the reason for making the programme, Co-Founder and voluntary CEO of Cliona's Foundation Brendan Ring discussed the importance of bringing this issue into the national spotlight "So many of these families experienced, and continue to experience, the significant non-medical costs of caring for a child with a life-limiting condition. It has never been more urgent to work even harder to raise awareness for the forgotten families Cliona's work with"

Cliona's have provided financial support to over 1,000 families across the island of Ireland. The team believe that no family should suffer financial distress while caring for a seriously ill child. Brendan, Terry and the team at Cliona's have vowed to work even harder to advocate for more awareness and support around this huge gap in the system for these families.

"The cost of living is still rising. Oil and petrol are gone through the roof. As a result, more families with seriously sick children or children with a life-limiting illness, who would likely not have needed our financial support before, are now coming to us for help. This is going on for too long. We are more determined than ever to be their voice and advocate for more support. People need to know this is happening to their neighbours down the road. These families are in a real crisis"

Cliona's Foundation and Trilogy Media hope that this documentary will continue to raise awareness of the thousands of families who face these difficulties every day. Although there are raw and eye opening moments in the documentary, the overriding theme throughout the programme is how we all, as families, can overcome our challenges through kindness, love, and dedication.

Padraig Beasley's grandfather, Patsy Beasley sums up the spirit of "Ireland's Forgotten Families" when he says, "I could not put into words how proud I am of him, but I do believe that he is teaching us a lesson as well, in the acceptance of life, as it is, rather than we would like it to be". Through "Ireland's Forgotten Families" we are presented with the privilege of benefiting from an extraordinary insight into the personal journeys of some truly remarkable families living in every community in Ireland.

***Ireland's Forgotten Families" is available to watch on our website. All at Cliona's would like to take this opportunity to thank the incredible families for speaking out on behalf of others who are facing the same struggles.***



# The Rising Cost of Living

The relentlessly rising cost of living has dominated the news and our households throughout 2022. There is no indication that the rate of inflation is going to go down in the near future. With many families struggling to make ends meet, Cliona's Foundation are noticing an increase in the number of people applying to them for financial assistance. These families are the ones who are already crippled financially by the non-medical costs associated with caring for a sick child. They are now once more disproportionately affected by rapidly increasing bills.



The national media has been full of reports about struggling families, people and children, living on the edge, dreading what may come next. Families caring for children with life limiting illnesses are no different. Cliona's beneficiary, mother of three disabled children, Rita Dempsey told the Irish Daily mirror recently of her struggle to pay her bills as electricity prices soar. Rita now fears that her electricity bill will top €600 a month and feel that there is no end in sight. Speaking about her expenses Rita said "Instead of one weekly bin, I have three weekly bins. The bin charges are around €1,000 per year. We have the weekly family shopping bill as well as two kids that are peg-fed. The other is on another diet because she has swallow issues. Helping families like Rita with these astronomical costs is at the heart of our work, now, more

than ever.

Cliona's has seen a 15% increase in the number of applications received in the first six months of this year compared to 2021 and we expect this to continue when these families begin to feel the real impact of the increase in everyday costs, particularly travel and accommodation. More significantly, to alleviate the additional pressures brought about by the cost-of-living increases, Cliona's has increased the level of support provided to these families. This has seen a doubling of the total amount distributed to these families over the past six months to €172,500 compared to €88,000 in July 2021. This has only been possible because of the generosity of the public and several corporates who supported us through donations and various fundraising initiatives.

2022 marks 17 years of working on behalf of the forgotten families of Ireland whose daily struggles are at the heart of what Cliona's do. So many of us are parents, we have all had to take care of a sick child at some stage in our lives. For the majority of us our precious child bounces back and all is well again, but for approximately 4,000 families in Ireland this is not the case, they face an arduous, daily struggle with long term, life-limiting illness.



Speaking about the seriousness of the issue here in Ireland which he says really needs to be urgently addressed Co-founder and voluntary CEO at Cliona's Foundation Brendan Ring said. "It has never been more important to raise awareness for the forgotten families Cliona's work with. The cost of living is rising daily. As a result, more families with seriously sick children or children with a life-limiting illness, who would likely not have needed our financial support before, are now coming to us for help.

Cliona's Foundation expects at least 200 families will apply for financial assistance this year and will need to raise a minimum of €500,000 to meet these applications. To learn more and to help please visit [clionas.ie](http://clionas.ie).





# The Difference your Support makes to our Families

The feedback, cards, calls & emails we receive from families reinforces to us the need and the impact of the support they have received.

It is important for us to share some of these with you so you can see the difference your donation makes.



“With spending 7 months at present in hospital 24/7 with our daughter it meant neither of us could work as she needed 24hr supervision.

We are not entitled to carers benefit etc as she has never been discharged from hospital

We were living on my maternity benefit which has stopped now & didn't cover the mortgage, bills or her supportive needs.

We are so grateful & overwhelmed with your support.”

“This is an extremely important charity so we just wanted to say a huge thank you. Not many people understand the extra costs associated with a child being hospitalised.

The cost of driving up and down to Waterford before Christmas was crippling us. We had to drive home every 2nd day because our son also has the same condition and had to have his washouts, but couldn't be with us in parents accommodation.”



“Thanks to Cliona's Foundation for saving our young family and on the day the cheque was received seeing tears turn to smiles was beautiful”

“The cheque we received was a godsend and came at the right time for us as we were at breaking point”

“8 months of a 500km round trip 4 times a week”

“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”

“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”

“I cannot tell you how much you made our hearts smile when we received your letter & cheque We were totally emotionally & physically spent and receiving the cheque really lifted us”

# Cliona's Strengthen their Team

Cliona's Foundation were delighted to welcome Charlotte Kavanagh as Partnerships and Engagement Manager in January bringing with her over 15 years' experience in public relations, communications and fundraising management.



Highly experienced in the areas of media relations, networking and digital marketing, fundraising and events, corporate partnerships, brand development and operations management, Charlotte's style is

energetic and proactive with a focus on collaboration. Speaking on her appointment Charlotte said: "I am thrilled and honoured to have taken up this challenging new position to leverage skills and experience gathered from a long career in the fundraising and communications sector with a view to supporting and influencing growth and financial success to continue the incredible work of Cliona's".

Charlotte's most recent role, during her ten years at The Hope Foundation, was as Chief Communications and Fundraising Executive where she directed the communications strategy and communications team for the organisation in Ireland, US and UK. Charlotte also directed the fundraising strategy whilst overseeing implementation of fundraising activities, campaigns and the fundraising team in Ireland.

## Project Faith - A Garden for Faith from Conack

A safe garden for our children to play in is something many of us are lucky enough to take for granted. This

is not the case for one family in Mallow, Co. Cork, whose lives face tough daily challenges as a result of their daughter Faith's life limiting condition.

Faith Browne aged 9 was born with cerebral palsy, epilepsy and hearing loss. She had a cochlear implant in 2015 and travelled to the USA in 2017 for neurological surgery. In January 2022, she had major reconstructive surgery for hip and foot socket problems. Faith is immobile, requires regular physiotherapy and relies on her brightly decorated wheelchair with its butterfly adorned wheels to get around.

Cliona's reached out to Conack Construction, (one of Ireland's leading construction firms,) who had previously expressed their interest in supporting Cliona's to ask for their support and were thrilled when managing directors Tom O'Connor and Kieran Cusack immediately came to the rescue along with Michael Healy of Healy & Partners Architects.

Conack have very generously agreed to donate their resources to build a beautiful, safe garden area for Faith and with the support of many of their suppliers and sub-contractors are ready to go on site and give Faith & her family the garden she deserves and needs.

We are extremely grateful to Conack and all involved for committing to Project Faith and are very excited to see it's completion over the coming weeks.



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## Cliona's gets lit by Greybridge Classic Club

The Greybridge Classic Club in County Limerick every year make a wonderful contribution to many charities and we are very privileged to be one of those.

After an absence of over 2 years their Christmas Lights Tractor run returned with full blast on the 27th December. There was great excitement and support as over 100 tractors festooned with Christmas lights all competing for the title of best display passed through the towns & villages of County Limerick.

Wonderful efforts put in by all of those participating and amazing generosity from the sponsors and the

local community which resulted in €18,000 being raised for the benefit of Cliona's, Red Hill School, Patrickswell Co. Limerick & the Brothers of Charity in Feongagh in Co, Limerick

We were delighted to meet with the organisers and the other beneficiaries in January and receive a wonderful amount of €6,000



## 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 1,066 families that we have supported over the last 14 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.

*Your Story Matters*

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)

# TY Students have that Friday Feeling for Cliona's

The Cliona's inaugural "My Friday Feeling" fundraising initiative took place on April 29th involving a number of schools from around the country. The initiative which was created & promoted by Carlow TY student Sarah Delaney was aimed at all secondary school students across the island.



The unique fundraiser was organized by Transition Year Students within schools around Ireland and comprised two distinct components, a Non-Uniform Day to raise money for Cliona's & activities arranged by the TY students that gave the sense of Feeling Good about themselves & others.

We are delighted with the schools that participated raising awareness and over €4,000 for Cliona's.



Thank you to Sarah for her creativity & energy in developing this fundraiser and we are looking forward to it involving a lot more schools in 2023.

Contact us at [info@clionas](mailto:info@clionas) if you want to be involved.

## Can your Company make a Difference?

Could your workplace help? Cliona's are looking for businesses and corporates to build new partnerships to support families all over Ireland who are in a crisis right now.

**Sponsor a family/families:** We currently provide each family who meet our criteria with a payment of €2500. A company could opt to donate to support one or multiple family applications.

**Partner with Clionas:** Become a charity partner for a year or longer and work with us to improve the daily lives of struggling families while also benefitting from cause related marketing.

**Employee Volunteering :** We organise a diverse set of events for anyone willing to get involved.

**Employee Fundraising:** A company can choose to organise an event in aid of Cliona's or set up a matched/payroll giving system.

**Share skillsets with Cliona's:** Companies and employees can donate their skills or services to benefit the families we support.



**Sponsor or support a Cliona's event:** Work with us on a networking breakfast, lunch or gala dinner.

Contact Charlotte at [charlotte@clionas.ie](mailto:charlotte@clionas.ie) to chat about how we can work together.



## Corporate Supporters

As a member of the Humanli family we were delighted to share the Cliona's story at their "Music For Mental Health" gig which took place in Dolans in Limerick in March and be a very grateful recipient of just over €2,000 being the shared proceeds of this gig and the "To the Moon" fundraiser.



As charity partner for Gregg recruitment we had the opportunity to present in person to them at a staff conference earlier in the year. All of their offices had participated in a number of staff fundraising initiatives late in 2021 so it was great to be able to let them know the difference their efforts made and where their money was going. Their efforts matched by the Company resulted in a cheque for €5,500 being presented by Managing Director David Fitzgibbon to Brendan Ring. They are currently planning another fundraising event for 2022.



Velocity EHS from Cork led by loyal Cliona's supporter Chris Culhane took us to the top of Carrauntoohil recently as their selected charity beneficiary. A massive effort & tough challenge and we were delighted to reach new heights with them and thank them for the funds raised.

Staff of United Metals Recycling along with family & friends are taking to the hills for Cliona's when they hike Moylussa, the highest point in Clare at the end of



August. A wonderful example of how a corporate social/team building event can be used to raise awareness but also raise funds for Cliona's.

The staff of our very loyal and generous Charity Partners Fiserv in Nenagh continue with their generosity through various onsite fundraising initiatives and their online Company staff donation platform.

**fiserv.**



## Cliona's Visible in National Events

We were delighted to have had a number of people flying the flag for Cliona's in the **VHI Womens Mini Marathon** in June. All of the participants contacted us having seen "Ireland's Forgotten Families" and wanted to do something to raise awareness and raise funds while doing it. Wonderful to see the documentary making people want to make a difference.



The Irish Life Dublin City Marathon takes place in October and Cliona's will have a 16 strong team participating in our colours and raising funds through their participation. A challenge for them all and privileged that they have chosen to represent us and the families we support.



# 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.



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.





# Put Cliona's 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.



## Upcoming events & initiatives you can support

**GPA LEGENDS LUNCH**  
IN ASSOCIATION WITH  
**CLIONA'S FOUNDATION**

CROKE PARK, FRIDAY 26<sup>TH</sup> AUGUST

HOSTED BY **MIRIAM O'CALLAGHAN**

The **GPA** will honour four legends from the Gaelic family at an exclusive lunchtime event.

TABLES FOR €2,000 WITH ALL PROCEEDS GOING TO **CLIONA'S FOUNDATION**  
CONTACT [karen@gaelicplayers.com](mailto:karen@gaelicplayers.com)

Cliona's provide financial assistance directly to parents of children with life-limiting or chronic complex care needs across Ireland to help with the non-medical expenses related to caring for their child.

**save the date\***

**CLIONA'S FOUNDATION NETWORKING BREAKFAST**  
"RESILIENCE AND RESOLVE"

THURSDAY  
22<sup>ND</sup> 7:30 AM  
SEPTEMBER  
SAVOY HOTEL

SPECIAL GUESTS:

John McKenna  
Co. Galway  
Preference Made  
and Father of a Child

Jim Wherry  
Preference  
Clara Carr  
Clara Carr

Joy Macmillan  
Preference  
Clara Carr  
Clara Carr

TABLE OF 10 COGS  
PREPARED TICKETS  
INCLUDES  
FULL IRISH BREAKFAST

Cliona's  
For families with a seriously sick child

TO BOOK  
CONTACT [charlotte@clionas.ie](mailto:charlotte@clionas.ie)  
OR CALL 087 3666937

**SAVE THE DATE**

**Cliona's Foundation Cork Lunch**

Join us for an inspirational afternoon with special guests, informative talks by medical professionals, a gourmet lunch and more.

Friday 21st October  
Clayton Hotel Cork

Cliona's  
For families with a seriously sick child

**cliona's**  
For families with a seriously sick child

**CLIONA'S & GARRYSPELLANE GAA**

**CAR DRAW**

Win a brand new **Ford Focus 2023 ST Line**

Draw will take place  
**New Years Eve 2022**  
**TICKETS €20 each**  
Proceeds will be split 50/50 between Cliona's & Garryspillane GAA

**BUY ONLINE AT**  
[www.clionas.ie](http://www.clionas.ie)  
or **Garryspillane's Klubfunder page**

**COOK MEDICAL**

**MINI MARATHON**

**RunTogether**

**Run for Cliona's**

**SUNDAY SEPTEMBER 25TH 2022**

Cliona's  
For families with a seriously sick child

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

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

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

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

Cliona's, Unit 22 Groody Centre, Castletroy, Limerick  
Tel: 061-331333 / 1800 90 10 90

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

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