

Cliona's

For families with a seriously sick child

Summer 2024

Hi there,

Once again we hope you're taking time out to enjoy summer 2024, despite the poor weather but let's not dwell on it - onwards and upwards. We've agreed that the Olympics from Paris were a great distraction!

As you will see from Cliona's Foundation Summer 2024 Newsletter, we've been more than busy but thankfully for all the right reasons; lots of fundraisers, events, donations etc and we have as many more to look forward to over the coming months. Thus, this enables us to support the numerous family applications we receive almost on a weekly basis - please see map inside for the breakdown.

Brendan and I would like to thank Team Cliona's for contributing to the success of Cliona's Foundation

over the last 6 months - Phil, Charlotte, Pamela & Katie, and our newsiest team member Alana are a pleasure to work with! It goes without saying that our Board Members deserve gold also for their advice and dedication each month. However it would be remiss of us not to acknowledge the departure of Tom Tierney from our Board; Tom was instrumental in setting up Cliona's Foundation in 2008 and has, almost without fail, attended every Board Meeting and steered Cliona's to the charity it is today. Thank you Tom from all Board Members and Team Cliona's.

Enjoy Cliona's Summer 2024 Newsletter,

For now, stay well, healthy & happy!

Brendan, Terry, Phil, Charlotte, Pamela, Katie & Alana.

Summer 2024

“

Our Vision

All families caring for a seriously sick child Will be supported financially.

Our Mission

To provide immediate financial support to families caring for a seriously sick child across the Island of Ireland.

”

 /clionasfoundation

 /ClionasFDN

 /clionasfoundation

 cliona's-foundation

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

www.clionas.ie

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

Events & Fundraisers

Remembering beautiful Louise

Earlier this year we received an extremely generous anonymous donation with a very heartfelt note about their daughter Louise that had passed away some months previously.



"Everyone in Cliona's it has been a long and hard struggle to know which charity to give this donation to. It was our daughters money and we know she would liked that we choose this charity in honour of her."

Their only ask was for us to do something to thank & remember Louise and we were privileged to be able to place a plaque on the bench in the playground of the stunning Lough Gur.

We hope her family will be happy with this and we want to thank them & Lough Gur for allowing us to pay tribute to Louise in this little piece of heaven.

Metis Ireland gives Cliona's a run for money

What a wonderful evening we had for the inaugural 5km Fun Run in April organised & sponsored by the Metis Ireland team in Limerick.



Over 100 participants jiggled & walked the scenic 5km from the Clayton Hotel, crossing the Condell Bridge and out the river bank and back in evening sunshine, followed by generous post event refreshments.

There was great feedback from all who supported the event which raised over €3,000 and we are extremely grateful to Ronan and all of the Metis team for the work they put into it and looking forward to making it bigger & better in 2025.



Wonderful people making a real difference to others

What a courageous leap of faith from the trio of Charlie Fitzgerald, Sylvia O'Mara & Paula O Sullivan, when they brought us to new heights in April.

In perfect conditions they jumped from 10,000 ft raising fantastic funds in the amount of €7,995 for & awareness of Cliona's & Ronald McDonald House.

We salute their bravery & selflessness & are extremely grateful to everyone that supported their adventure.



Top marks for Na Piarsaigh

Members & supporters of Na Piarsaigh GAA Club in Limerick had all the right answers for Cliona's in their Christmas Table Quiz & Pat O Neill on their behalf handed over the fantastic amount of €1,210 in January

The quiz was organised by the very thoughtful Tony & Suzanne O Gorman and we are extremely grateful to them for selecting us as the beneficiaries.



Shamrock Rally listen to Reegan McCarthy

In March we had a heartwarming visit from Kieran Mac Carthy of Limerick & District Motorcycle Club and his granddaughter Reegan with a wonderful donation of €800.

The money was raised at the 55th Shamrock Rally held in Killarney and Reegan nominated Cliona's as the beneficiary as she had read "The Dolls Complaints" book and wanted to help Cliona's.



A huge thank you to the patrons & proprietors of **The Country Club Bar & Lounge** who held a fantastic fundraiser earlier this year to install a defibrillator on site for the local community in the Caherdavin/Cratloe area with the surplus being donated to Cliona's.



Our CEO Brendan Ring & his brother Diarmuid were delighted to accept the donation of €1,500 from The Country Club owners Gary & Eileen Clancy.

What a wonderful example of a community making a real difference to many others.

Limerick Chamber Tee off for Cliona's

The annual Limerick Chamber Golf Classis sponsored by Mr. Binman took place in June and Cliona's were the charity partner for the event.

In addition to the funds we benefitted from in the amount of €900 it gave us a wonderful platform to raise awareness of Cliona's to the Chamber members.

Enable Ireland in Limerick host Cliona's for International Womens Day

The service owners & staff in Enable Ireland limerick very generously selected Cliona's to be the beneficiary their International Womens Day coffee morning in March.

They raised a wonderful amount of €320 and it was a very special visit to their amazing, warm, welcoming homely facility.



Danielle shares her luck with Cliona's

Danielle Byrne from Kilkenny was the very lucky winner in Blaa Giveaways weekly draw and had nominated Cliona's as the beneficiary charity of the profits of the raffle in the event of her getting lucky.

Her luck was our luck and we were absolutely delighted to receive €2,000 in April. Danielle works with our Board member Eric Delaney in Bluebird Care so was very familiar with our work & the impact the donation would make.



The **I.A.G.G Golf Society** very generously selected Cliona's to be the beneficiary of their Annual Golf Classic in Galway last September and Brendan Ring caught up with organiser & former Galway Hurler Peter Murphy earlier in the year to accept the incredible proceeds of €6,000, enabling us to support another 3 families.



Schools get a gold star for their support

We love visiting schools & meeting with pupils & teachers who have selected Cliona's to be a beneficiary of their fundraising efforts. All of their events & fundraisers are very special to us and we are very appreciative of the effort put in by the schools, supported by all the students families.



Knockainey Pre school in Co. Limerick held a cake sale in February and donated the proceeds of €417 to Cliona's. Our former board member Tom Tierney was delighted to visit the school & his grandson to accept delivery of the monies.

The pupils & teachers in **Scoil Iosagain** in Hospital Co. Limerick finished out their school year with a Bric & Brac sale for Cliona's & Cliona's mum Terry had a wonderful visit to the school to receive their cheque for €300.



Monaleen National School in Limerick has a history of giving back to the community and in June the 6th class pupil organised a bake sale with the support of their teachers for Charity.

Thanks to the generosity of the rest of the school & their families they raised a fantastic total of €1,640 which they distributed to Cliona's, Monaleen Cancer Support Group & the Children's Ark in UHL.



Castletroy College in Limerick has always been a great supporter of Cliona's through various initiatives and this year Cliona's was selected as the beneficiary of their "Give Back Week" in May.

The school held a colours day and the TY students completed a sponsored 16km walk on the Limerick Greenway, raising a fantastic €3,000.

A special thanks to their TY Programme Coordinator Declan English, former Principal Padraig Flanagan and all who supported and donated.



Vintage Tractors take to the Wild Atlantic Way for Cliona's

We are very grateful to have been a beneficiary of the Leyland, Nuffield & Marshall Vintage Tractor Run for the past number of years and this year they raised the bar again with a route of over 330kms over 2 days on the Wild Atlantic Way.



Over 50 tractors took to the roads on February 24th from Newport Co. Tipperary along with a backup & service team raising funds & awareness for Cliona's & the Mid Western Cancer Foundation.

The huge effort, energy & time from all involved and all who supported & donated reaped an unbelievable result and we were blown away by the whopping total they raised of €27,629.

A massive & heartfelt thank you to all who invested in getting their tractors road ready, all who drove, navigated, repaired and supported - absorbing all costs themselves & generating these very much appreciated funds.

It was very special for us at the cheque handovers to hear what it meant to them, what fun they had doing it and for us to be able to share with them the difference it would make. A great bunch of hardworking people making a real difference.

For Cliona's it meant us being able to support another 5 families - helping make their journey somewhat easier.



Teleflex Limerick make a real difference

Following on from our selection as their 2023 Charity partner, Teleflex Limerick handed over a super amount of €7,540 in March, providing support to 3 families.



Throughout the year the staff organised a number of fundraising activities, generating funds which were then very generously matched by the Company. Also very special that one of the staff would have been in school with Cliona, which made for a very personal & touching input.

Benefact Group support the wellbeing of families

Following on from a callout for nominations from the general public we were thrilled to get the news in May that Ecclesiastical Insurance Ireland and its parent company, the Benefact Group selected Cliona's as 1 of 10 winners of their Health and Wellbeing special draw & received €5,000 as part of the Benefact Group's 2024 Movement for Good Awards.

This award enabled us to support 2 families and we appreciated the opportunity to meet with some of the team and give them an insight into what we do and the impact the monies would make.



Camino for Cliona's memorable trip for TY Students

The 2nd Camino for Cliona's took place across two trips in May & June when a group of 102 students, teachers and group leaders flew to Santiago in Northern Spain to undertake a huge personal challenge - the 117kms Sarria to Santiago leg of the Camino.

This special trip took place after the group collectively raised over €116,000 for families caring for seriously sick children in Ireland. They then walked along the infamous Camino in solidarity with these families over 5 days. Along the way each member of the group carried the families in their hearts as well as their loved ones at home. The effect on each participant was profound.



102 Transition Year students took part this year from 22 schools across the Country including Dublin, Cork, Waterford, Kerry, & Carlow. The students had not met each other in person until they travelled to the airport on the morning of the flight, having only met through Zoom throughout the year. However, friendships were formed at lightning speed as their collective adventure began and the chat, dancing, singing, support, mentoring & friendships developed amongst the group really was very special to witness. The sense of purpose and accomplishment between the group made for emotional scenes as they entered the square despite the muscle aches & blisters.

These were an amazing group of young people who dug very deep, carried each other throughout the week and represented Cliona's in such a positive way that Team Cliona's are so proud of them. The pride & emotion was further enhanced when other walkers

on route relayed their experience of meeting them at various stages on route & who praised them so much for their engagement, attitude & efforts. Wonderful ambassadors for Cliona's.

Emily O'Sullivan, a student from Buttevant said it was such a rewarding challenge



“Completing the Camino de Santiago with the Clionas Foundation was one of highlights of my Transition year! It was such a rewarding challenge that I am so glad I undertook, we made memories and friends for life, as well as overcoming such a long and hard challenge of walking 115km. Anyone who is thinking of completing the Camino with the Foundation I would strongly encourage. The Clionas Foundation do so many wonderful things to help families around Ireland and it is so rewarding to play a small part in their amazing work.”

Having witnessed the benefits to both the families Cliona's support and to the students who take part, Cliona's are aiming to grow this annual event nationally and are calling on all schools to get in touch to learn more.

Contact alana@clionas.ie



Launch of partnership with Rose of Tralee International Festival

In March we were able to share the fantastic news of the partnership with the Rose of Tralee International Festival which was officially launched in Killarney by our new ambassador Roisin Riley, the 2023 Rose.



This is a wonderful partnership which gives us a very valuable platform for raising awareness of Cliona's and the journey that many families are on as they care for a seriously sick child. After the launch Roisin took time to pay what was a very special visit to 2 year old Sean Howard & his family at their home in Killarney. Sean was recently diagnosed with a progressive genetic condition which means he needs a lot of care & Roisin was able to see first hand the impact of support from Cliona's Foundation.

Following on from the launch Roisin & 5 other Roses & escorts along with our own Terry Ring undertook a section of the Camino for Cliona's - 120kms, beginning in the Portuguese city of Valenca and finishing in the Spanish city at the Cathedral in Santiago De Compostela.



A huge commitment & effort from each of them in mixed weather conditions but one that they said was a unique & memorable experience. In addition to the massive awareness raised throughout the journey we are also very indebted for the funds raised in excess of more than €3,000.

We are really excited & looking forward to continued engagement with The Rose of Tralee Festival Committee over the coming months.

Cliona's launch in New York

In February we introduced Cliona's Foundation in NYC, meeting Consul General Helena Nolan and her team at the Irish Consulate, then hosting an awareness & networking event in Manhattan.

There were really incredible people in attendance & we were energised by many who have pledged their support for the work of Cliona's at future events and fundraising efforts in NYC.



We are especially thrilled to have our Rose of Tralee ambassador Roisin Wiley there. Huge thanks to our friend Nevan Higgins and all who supported his outstanding efforts to make the event and trip a success.

We are really looking forward to increasing our profile further in New York over the next 12 months.

Huawei feature Cliona's in their annual report

Huawei have been a very generous partner of Cliona's since 2023 and we were delighted to accept their invitation to the celebration in June of 20 years in Ireland which they marked with the launch of their Economic & Social Impact report.



Fantastic surprise & privilege to see Cliona's feature in their report & their confirmation of their continued support.

Families paying it forward

It is always extra special for us when families we have supported offer to raise awareness & funds for us and in turn other families. It reinforces for us the impact of the financial support they received and how they want to alleviate the stress to other families on journeys similar to those. Over the past 6 months we have been privileged to engage with families who undertook various wonderful initiatives

The Clancy family

and their friends, family & extended network organised & supported a fundraising raffle for a signed Craig Casey Ireland Jersey with the proceeds going to Cliona's & Aoibheann's Pink Tie.

16 year old Alex was diagnosed with testicular cancer in 2023 and has been on a tough road of surgery & treatment, Thankfully he is now doing fantastic and it was very special to meet his parents Kevin & Dawn to accept the wonderful donation of €1,000 but also get an insight into the journey they have been on, the support they received from so many and the strength & character Alex has displayed throughout it all.



Marian Dolan along with her two sisters participated in Vhi Women's Mini Marathon in memory of her son & their nephew Evan who passed away in 2016 after battling cancer but also raising awareness and over €1,300 for Cliona's. Her message on her fundraising page was very special.



"When your child is sick you put all your time and energy into looking after them and try to block everything else out....but the bills don't stop. Cliona's Foundation helped us when we were busy making memories with Evan. Precious time we are so grateful we had. This is our way of saying Thank You for that help. Any amount given is very much appreciated and will be used to help the parents of critically ill or complex care children."

Laura Kavanagh also did the VHI Womens Mini Marathon for Cliona's in appreciation for the support received in 2022 when her son Ronnie was in hospital in London following liver surgery. Laura said she was delighted to be able to share with many others doing the Marathon what Cliona's did as she admitted she never knew about us, until she needed us.



"When Ronnie was diagnosed with Biliary atresia Clionas Foundation very kindly sent us a cheque which meant we were able to take care of the non medical expenses we occurred while over in London for Eonnie's big surgery. We cannot thank Cliona's foundation enough for their help"

Rian Keogh was born on the 4th January 2022 & in spite of all the odds he battled his condition until he passed away on the 16th March 2023.

To remember & celebrate his short life his family organised a sea swim in Portmarnock in March and we were very privileged to be one of the beneficiaries along with Jack & Jill.



It was an uplifting and emotional morning, a mix of blue skies & showers with a fantastic turnout of family & friends. Cliona's uncle Diarmuid was delighted to meet with Rian's family, thank them for their support & share with everyone how grateful we were for their support. Due to the generosity of so many they raised the incredible total of €8,740.



On the Saturday 13th January 2024, to mark **Emily's Byrnes** 5th liverversary the Byrne & Fenton families took on an epic cot push to raise funds for and awareness of Cliona's Foundation.



Emily underwent a lifesaving liver transplant on the 11th January 2019 at just 19 months of age when John Fenton, a family friend donated 20% of his liver to Emily. The first 2 years of Emily's life was spent mostly between in Cork University Hospital, Crumlin and Kings College Hospital, London & Cliona's was able to support to help with some of the significant non medical costs. IN fact her mum kept a record of all the accommodation, travel food & other costs & over a period of just under 5 years they spent €47,000.

We are delighted to say both are doing very well to date & to celebrate the liverversary they put wheels on a cot & pushed it the 22kms from the Byrne house to the Fentons house. It was a challenging but unbelievable event with all of the community jumping on board taking turns to push & participate, making donations, supporting a raffle and much more resulting in a staggering €10,355 being raised for Cliona's.

It was both an emotional but hugely gratifying to travel to meet Emily, her family, the Fentons & all the community that made this happen to accept the cheque on what was appropriately Mothers day. The warmth & love from the community was palpable.



Riverfest Limerick reaps rewards for Cliona's

The May bank holiday weekend marks the Riverfest Festival in Limerick where there are numerous events & activities where Cliona's profile & benefit from.



This years festival was no different and it kicked off on a hugely beneficial note with Cliona's as one of 3 charities beneficiaries of the Mayors Ball. Mayor Gerad Mitchell has been a wonderful supporter of Cliona's for many years and it was a privilege for Board members Brendan Ring & Fergal Deegan to attend at his invitation and accept a very generous donation.



The weekend continued in the same positive light with a team cooking up a storm for Cliona's in the riverside barbecue competition, scooping the most entertaining team followed on Sunday by the Regeneron Great Limerick Run where in blazing sunshine Cliona's Blue Crew participated in various distances.



Cliona's flying high with the Dublin Airport Authority

A massive boost for Cliona's came with the announcement in February that following on from a rigorous staff selection process over a number of months, Cliona's had been selected as 1 of the 3, Dublin Airport Authority Charity partners for 2024 along with A Little Lifetime Foundation and Cork Penny Dinners.

We are so grateful to all the employees in the DAA who voted for Cliona's but in particular those who led the charge and undertook a robust awareness and promotion campaign amongst their colleagues to get us over the line. It all started with a DAA staff member hearing our CEO Brendan Ring being interviewed on a national radio station, and being so moved that they took on the role of making this happen for us.

While any funds raised will make a huge difference to us, the awareness it will create of the work we do and why is extremely valuable and we are beaming with pride every time we pass through Dublin & Cork Airports & see our logo on display to all other passengers.



Ballybricken Troop put their best feet forward

The Co. Limerick Ballybricken Scouts troop members from Scouts to Cubs & Beavers went the distance for Cliona's with their Founders Footsteps Charity walk in February. Terry Ring was delighted to meet with them in Lough Gur on their activity day in March to receive the wonderful amount of €885 thanks to the generosity of all the members, leader and family & friends.

The Christmas that keeps Giving to Cliona's

We had a wonderful visit from Mary & Cormac Hayes with their donation of €3,842.50 from the fantastic Hayes Christmas Lights display which took place from November to January 9th this year. The annual display is in memory of husband & dad Timmy & son & brother Noel.

We are very grateful to be a beneficiary of months of effort put into making their home a magical wonderland for everyone and to all who visited, donated & sponsored.



The Greybridge Classic Club have been a very generous & loyal supporter of Cliona's for many years and we have been the beneficiary of many events including their Tractor & Trucks Christmas Lights run on December 30th. It was an amazing convoy of so many vehicles & the support they received was phenomenal.

We were blown away by the donation we received in the amount of a whopping €11,000 which was a fantastic kick start into 2024 for us.



Cheltenham Preview night a great bet for Cliona's



The fantastic Conor Fitzgerald & his team in the Fitzgeralds Woodlands House Hotel & Spa hosted a jam packed Cheltenham Preview night in March with all of the funds generated – a whopping €20,196.72 going to Cliona's.

With a stellar panel of 12 racing experts including Ted Walsh, Jane Mangan Darragh O Keefe & Brian Arnold, everyone in the audience received some great insights & tips along with many moments of humour & banter.

The very animated panel were all managed by the super capable Brian Arnold who also made sure to generate as much as possible from the live auction. While Mc Manus bookmakers were on hand to offer very generous free bets & odds to anyone who fancied taking their chances.

What an energetic & successful event thanks to so many those who donated prizes and everyone who attended and dug very deep into their pockets to raise this super amount.



Resilience & Resolve Breakfast provides powerful & unique insights

Our 1st event of 2024 and what wonderful morning in the Limerick Strand Hotel for our 2nd Annual Resilience & Resolve Networking & Fundraising Breakfast.



We expected something special from the super panel of journalist and activist Joanne O'Riordan, sport psychologist Caroline Currid & author Donal Ryan with sports journalist Liam Aherne as MC but they really did inspire, invigorate, enlighten & entertain the full house with their experiences of resilience & resolve, what got them through challenging times & their own tips for overcoming tough situations and difficult days.

A huge thank you to the panel and our MC, the Mayor of Limerick City & County for his kind words and all those who arrived in darkness to support, but who left much more enlightened & inspired.



Deserved recognition for Keeva Delaney

Champion supporter & fundraiser Keeva Delaney took the national title of Lions Club Young Ambassador of the 21st Century in January.

The awards programme which operates throughout Europe, is a competition that recognises young people (between the ages of 15 and 19) for their outstanding community service involvement, leadership accomplishments, and their speaking ability.

Keeva who is a student of Presentation Convent Carlow has been actively fundraising for many years for Cliona's.



In 2018 aged just 11 Keeva wrote and illustrated a children's book called the "The Dolls Complaints" that raised over €100,000. In 2022 along with her family she played a role in the development of soft toy "Rory Owl" which generated €80,000 and she also fundraised for her Camino adventure with Cliona's this summer with her "Pet Portraits".

An amazing young person with boundless generosity & creativity, a wonderful ambassador for Cliona's and we are very privileged to have her on our extended team.

Wishing Keeva the very best of luck as she proceeds to represent Ireland in Bordeaux in October.

Annual Race Day another winner for Cliona's

The Fourth Annual 2024 Inter Firm Charity Race Day took place on Thursday 23rd May at Limerick Racecourse. The Race Day was first held in 2019 and everyone was absolutely delighted to be back again to enjoy a day out while also helping to raise funds for Cliona's.



TJ Ryan, MC for the event, kept the crowd up to date on the evening's races. Companies and individuals involved in the event were treated to some delicious BBQ food served by Fitzgerald's Woodlands Hotel, followed by fantastic live music in the Greenmount suite. The evening offered an opportunity to network with other businesses and time to relax with friends & colleagues.



There was fierce competition throughout the afternoon with many Company's in the running for the wonderful overall prize for a Corporate package which EI Electronics scooped in a very exciting finish in the final race of the day.

The real winners were the families caring for a sick child which the proceeds from the event enabled us to support thanks to race sponsors & all who supported.

Cliona's team are very much looking forward to next year's event already!



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.

“Due to the rise in cost of living and one of us being off work to look after our sick child the support is coming at a much needed time

It will save us having to choose between paying for therapies for our baby or to pay for oil to heat the house

It will also help with petrol travelling from Kerry to Dublin

As well as that it enables one of us to be able to mind him full time for another while when he needs us most”

“ This support goes a long way in keeping my family afloat financially

Besides the costs of travelling & staying in Dublin we have 2 other children whose lives we have to insulate from significant financial stress as a result of their siblings illness

The support helps in maintaining our normal life

“ It was very hard to hear about our child's incurable disease

But Cliona's gave us faith & hope

This is a huge & valuable support for our family

We can now spend more time taking care of our baby instead of worrying about money

We will always be grateful to you

Thank you so very much for what you do. Your help shines a light in the darkest of times for families who are going through the unimaginable.

Sending big love to you and your fundraisers

THANK YOU

Initiatives You Can Support

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 1,295 families that we have supported over the last 15 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

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.



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.



A Gift in your Will to Cliona's

Making a Will is one of the most important things you can do for your family – and for the causes you love, including Ireland's sick children and their families.

The culture of leaving a gift in your will to a favourite charity is quite new in Ireland. Only 34% of people have made a will & those that have don't realise that they can give money to charities in this way.

We understand that you will want to ensure you take care of your family as a priority, but it's also a tremendous opportunity to help make a long lasting difference to charities and the invaluable work they do.

A gift no matter how small or large can have a huge impact on the lives of the many families of children with a serious sick child that are struggling to deal with the non-medical costs of caring for their child over a long period of time. The financial stress of caring for a sick

child is one that no family should have to endure. Your gift can help relieve this stress and allow them to focus on the most important thing – caring for their child. If you require any further information or assistance please contact us.



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 grant. A company could opt to donate to support one or multiple family applications.

Partner with Cliona's: 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 to chat about how we can work together.



Walk the Camino Portugués for Cliona's in 2025

Have you also wanted to walk a section of the Camino, but not sure what route, how to organise and who to travel with?

Well Cliona's are taking that worry away from you and enabling & supporting you to undertake that challenge on your bucket list in 2025 while also making a real difference to the families on their own difficult journey.

Following on from the success of our TY Camino for Cliona's and the many enquiries we have received about an adult trip we are delighted to present our Camino for Cliona's 2025 trip in partnership with Irish Company Camino Groups

While details have to be fully finalised, we are inviting expressions of interest on what we know will be a very special trip.

Walking 120km across 6 days on the beautiful & scenic route from Valenca to Santiago in the company of old & new friends, family members or just yourself. Flights, transfers, accommodation & daily luggage transfers all organised for you & the comfort of knowing you are part of a secure group .

The trip will take place in October 2025, cost of accommodation will be approx. €900 and we are also asking that you would raise €1,000 in advance of this adventure. These funds will make a real difference to the families it will enable us support.

To find out more & register your interest contact katie@clionas.ie



Camino for Cliona's
October 2025
Walk in solidarity for families with seriously sick children across Ireland

Join us for a highly rewarding adventure covering 120km over 6 days from Valenca to Santiago

Fly from Dublin to Santiago Transfers Inc. Approx €200pp

Accommodation with breakfast each morning in towns along the Camino Way approx. €595pps

Achievable fundraising target €1000

Make friends and memories to last a lifetime on a very special journey!

085-2757746
katie@clionas.ie



How you can help us help families

Champion Cliona's Foundation in your Company

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.



Orna's fundraiser for Cliona's Foundation
Fundraiser for Cliona's Foundation by Orna Donnelly Ni Bhraonáin

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.



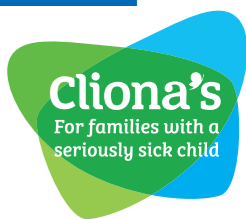
2024 RESULTS

€ 305,000 distributed to **FAMILIES**

121 across **COUNTIES**

27

Thank you for making a difference



Dates for your Diary

Cliona's Foundation Cork Lunch

We are delighted to be back in the Clayton Hotel, Cork on Friday October 18th for this wonderful fundraising event.

SAVE THE DATE

Kindly supported by **DORNAN**

Special Guest **Alan Shortt**

Cliona's Foundation Cork Lunch

Join us for an inspirational afternoon with special guests, drinks reception by Kinsole Gin and four course lunch with wine.

Friday 18th October
Clayton Hotel, Cork City
Table of 10 €1000

Special Guest **Miriam O'Callaghan**

To Book: Audrey McSweeney 087 6383985 or info@doteypets.ie

Cliona's For families with a seriously sick child

Join us for a wonderful afternoon with special guest Miriam O Callaghan, a drinks reception, 4 course lunch with wine, special guest Alan Shortt and the opportunity to network with many others. Thank you to Dornan Group for their sponsorship and to our fantastic Cork supporters Audrey McSweeney & Mary Dwyer for organising & driving this event.

Details for booking your tickets, please email: info@doteypets.ie

This newsletter was kindly designed and printed by:

CUBE 
DESIGN • PRINT • PACKAGE
Committed to Exceeding Expectations

www.cube.irish

[/clionasfoundation](https://www.facebook.com/clionasfoundation) [/ClionasFDN](https://twitter.com/ClionasFDN) [/clionasfoundation](https://www.instagram.com/clionasfoundation) [cliona's-foundation](https://www.linkedin.com/company/cliona-s-foundation)

THE THIRD DIESELMAN'S BALL

On **SATURDAY 23RD NOVEMBER 2024 AT 8PM**

In **THE DEVON INN, TEMPLEGLANTINE**

If you feed it, drive it or broke it, you are welcome

Music by **THE MICHAEL COLLINS BAND**

FOOD - DRINK - DANCING - GRAND RAFFLE
CRAIC A'SUS C'EO CASUAL DRESS
TICKETS €50 TO COVER MUSIC AND A 4 COURSE MEAL
All while raising money for

TICKETS AND FURTHER INFO FROM
PAT WHITE 086 817 0600 / ANNE DULLEA 086 776 0269
DEVON INN HOTEL 069 84122
www.clionasfoundation.ie

Annual Christmas Gala

Cliona's Christmas Gala

November 28th, 2024

Hosted By **Muireann O'Connell**
Irish Television Broadcaster

Anantara The Marker Dublin
Special Guests and Entertainment
Dress Code - Black Tie

Contact charlotte@clionas.ie

Proudly Sponsored By **METIS IRELAND**

Cliona's Foundation are proud to present our 2nd Christmas ball which will be hosted by our Virgin Media presenter Muireann O Connell & generously sponsored by Metis Ireland The event takes place on November 28th in the Iconic ANANTARA The Marker Dublin Hotel. There will be a drinks reception, followed by a three-course meal with wine. There will also be a live auction, followed by music to dance the night away . If you would like to book a table or tickets for a super night out with friends, family or for your Christmas work event (tax deductible).

Please contact charlotte@clionas.ie

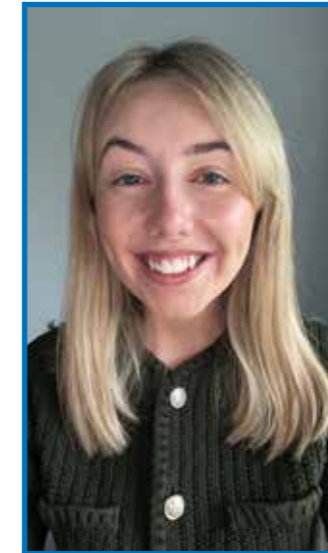
Welcome to Alana Bligh Schools Engagement Co-ordinator

Alana joined Cliona's in August 2024

Alana is a Roscommon native living in Kildare.

She enjoys time with friends and family, walks on the beach and travelling to exciting new places.

Alana comes to Cliona's with a Master's degree in Adolescent Health and two years' experience of therapeutic recreation practices having worked on the camp management team at Barretstown SeriousFun camp. Alana has a real passion for working with young people. She is excited to bring her experience from working with transition year students in her previous position to her role as Schools Engagement Co-ordinator working on Camino for Cliona's.



"The work Cliona's does is so special, and I am very excited to be apart of this organisation which is making a real impact for families across Ireland."

Cliona's
For families with a seriously sick child

Schools Engagement Programme

CAMINO FOR CLIONA'S 2025

Join us for an adventure with a difference!

"BUEN CAMINO!"

Cliona's Foundation will organise the entire trip from sign up to accompanying the students on the journey. The students will be travelling with experienced group leaders with the trip organised by the renowned schools company Camino Groups.

The fundraising aspect of the trip is very achievable €1000.

Students can privately fundraise for the costs of their flights and accommodation, which may be helpful to families during these expensive times. Accommodation for 6 nights is approx. €550 and flights are approx. €200

"I went by myself and I can definitely say that it was one of the best experiences of my life! I met so many amazing people and everyone from the TY students to the leaders were lovely"

TIME TO TRAVEL

Taking part in Camino for Cliona's will not only help families in a crisis across Ireland but it will also teach our young people how rewarding it is to help our community, foster the development of emotional intelligence and empower them to continue to make a difference into the future by nurturing our young people into communicative, compassionate and collaborative contributors to our communities.

Other Ways to Get Involved

TY Mini Company Fundraisers
#MyFridayFeeling
schools@clionas.ie for info

Providing Nationwide support

LOCATION of FAMILIES we have ASSISTED over the past 16 years.

Cliona's
For families with a seriously sick child



www.clionas.ie

 /clionasfoundation

 /ClionasFDN

 /clionasfoundation

 cliona's-foundation

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

www.clionas.ie

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