



## Cliona's Foundation NEWSLETTER | AUTUMN 2014

*Working together to help struggling families in Ireland*

### Quarterly update

Since the last edition of our newsletter we have been really busy at Cliona's Foundation with lots of exciting things happening.

We have officially hired our first full time member of staff; Allison McNamara has joined us as our Marketing and Fundraising Manager. Alli brings more than 14 years of knowledge and experience in the non-for-profit sector to Cliona's Foundation. We are delighted that she has started working with the organisation and hope you will all join us in welcoming her on board.



Allison McNamara

Our annual cycle took place on the 30th of August this year and was a fantastic day out for everybody. We had a great turn out this year and we would like to thank everybody who turned up. There have been some great fundraisers for the Foundation over the last few months with people organising parachute jumps, race nights, staff fundraisers and ice bucket challenges. Thank you so much to everybody for your support.

Cliona's Foundation has also received some huge media coverage over the last few months which included Richard Mulcahy appearing on TV3's Late Lunch Live, a radio one interview and some lovely articles about the foundation and 2 articles about the amazing Sarah Crowe which appeared in The Sun and The Mirror newspapers.

We are also delighted to announce that Cliona's Foundation has been chosen as one of the main beneficiaries of this year's Mid West Press Ball at the Radisson Blue Hotel on Saturday the 4th of October. It is a big honour for us to be nominated as one of the main charities for the event.

This year the number of applications for assistance that the foundation received has been steadily growing with so many more families needing our assistance. We are delighted to say that we have been able to support 20 families since we released the last edition of our newsletter. But there are still so many families waiting to receive support, we need to raise €150,000 by Christmas this year if we are going to continue supporting families. We are both so proud to say that up to now we have never had to turn down a family for funding that has met all of the necessary criteria and we don't want to have to start now.



Brendan & Terry Ring

Cliona's Foundation completely relies on public support and fundraising as we do not receive any government funding. If you would like to support us you can do so by organising an event, doing a personal challenge and even just by sharing our stories on Facebook.

All of your support is greatly appreciated because to put it simply we could not assist struggling families without you.

### Madeline Mulqueen shows her support for Cliona's Foundation.

Beautiful [Madeline Mulqueen](#) who has recently returned from a worldwide trip premiering her fiancé Jack Raynor's latest movie Transformers 4, is looking every inch the professional model showing her support for Cliona's Foundation. Unconfirmed reports say Madeleine hopes to be in attendance and maybe even participate in [Adare to Survive](#) for Cliona's Foundation! ATS is on Sunday 28th September where we are hoping you will come out in force with Madeline to support us.



Madeline Mulqueen

### Adare to Survive

Cliona's Foundation are absolutely delighted that we have been named as the charity of choice for Adare to Survive for the second year running.

Adare to Survive is an opportunity to test yourself to the max as you endeavour to endure and enjoy our unique 7.5K course featuring man-made and natural occurring military style obstacles designed to challenge your body and mind.

We already have some great teams signed up to take part in Adare to Survive for Cliona's Foundation including a team of over 30 people from the Limerick Strand Hotel, Barbara's Babes, Brid's Boot camp, The Buggy Boot camp and The Brian Hunt Memorial team.

If you would like to take part in Adare to Survive on behalf of the Foundation please let us know by emailing [allison@clionasfoundation.ie](mailto:allison@clionasfoundation.ie) and we will send you out T-Shirts and sponsorship cards.





## Sakurai fundraiser raises over €7,000

This August our friends at Sakurai held a fundraising night at Windsor Racecourse to raise money for Cliona's Foundation. More than 50 guests joined the Sakurai team for a brilliantly successful charity race night. In addition to some fine racing, great company and wonderful food, highlights of the evening included a draw for a weekend break donated by The St Giles Hotel, London and the raffling of an executive box at West Ham Utd for three Premiership games, donated by David Dine of Close Asset Finance.



Brendan & Terry Ring at Windsor Racecourse

"Thanks to everyone who came along, others who have donated and to our principal supporters, Natgraph, Baldwin, and Close Asset Finance"

This event has so far raised €7,000+ An amazing sum of money which will help us continue to help families of critically ill children.

## What's wonderful is that someone thinks of your child!

"Had somebody beaten me up, it wouldn't have been as bad as this". That's how David Crowe felt when doctors told him and his wife Mary that their four year old daughter Sarah had Alpers' disease, a progressive, incurable condition affecting the brain and liver.



David, Sarah, Jimmy & Mary Crowe

"She was a beautiful, healthy baby when she was born on August 1st 2003" says David. "When she started walking at 18 months, she had an unusual gait, but we weren't unduly worried".

"She would sometimes vomit, go pale and sleep for a few hours then wake up perfect. We didn't know it then, but it was seizure activity, a characteristic of Alpers' disease."

Sarah was diagnosed in 2007 and David says "Our world fell apart. I asked the doctor: 'Can she have a life? Can she go to school?' He said he didn't know."

Sarah did go to and still attends the local primary school in Kilfinane, Co. Limerick, where David said she is treated like a superstar. "The other kids are fantastic with her and she thrives in that stimulating environment".

The couple decided that Mary would continue working while David gave up his job as a courier to become a full time carer for Sarah and their son Jimmy, now seven. Things were tight, but when David's sister told him about Cliona's Foundation, at first he didn't want to know.

"It was still very raw", he says. "I didn't want to admit that she had a life-limiting disease. Accepting help made it a reality".

He relented though and when Cliona's Foundation made a donation; he knew what he wanted to do with the money. Sara was unsteady on her feet and had a habit of falling over.

"I had special rubber tiles laid in the back garden so that she could get about on her tricycle and if she fell off, she wouldn't hurt herself. It gave us great peace of mind that she could go out and have fun. She can no longer walk but for the time she had out there, she had a bit of normality and even now she can sit on that surface while I'm tinkering with my motorbike."

He has tremendous respect for the work done by Cliona's Foundation.

"What Terry & Brendan do is amazing. It's not even the money - although we had spent a lot of our savings going up and down to Temple Street Hospital in Dublin but what's really wonderful is that somebody thinks of your child".

"I didn't know these people and they didn't know me. They knew only that we had a sick child and wanted to help. I was stunned. It's very hard to explain. You have to be in a situation like this to understand how much that means".

## Such generosity in one so young

Jimmy Crowe is 9 years old and his family have been supported by Cliona's Foundation in the past. Jimmy's sister Sarah is the oldest living person in the world with Alpers Syndrome at 11 years of age. Sarah's family have given so much back to Cliona's Foundation over the years by telling their story and helping us to raise awareness of the work that we do. The Crowe family have told their story on the Secret Millionaire and in many of Ireland's national papers. The family have also organised fundraisers to raise money so that the Foundation can help other families, their support has been truly amazing.



Jimmy Crowe

But the latest gift that we received from Jimmy has completely blown us away; Jimmy had a Hurley that was signed by all of the 2013 Clare All Ireland winning hurling team. Jimmy decided recently that he too would like to do something to help somebody else like his sister Sarah and he has amazingly donated his signed hurley to us in the hope that it can raise some money. The thoughtfulness and generosity that Jimmy has shown is truly amazing.



The prized Hurley is now open to offers as we want to do Jimmy proud and raise as much money as we can from it, if you know a pub or business that would like to add it to their collection or indeed have an auction to raise money please let us know.

## Cliona's Foundation 7th Annual Cycle



John Hayes with the members of Cliona's Foundation Cycle Club.

Cliona's Foundation annual cycle took place on Saturday the 30th of August and was a huge success with hundreds of people turning out on the day, including rugby legend John Hayes who came out to cheer on all of the cyclists.

The cycle raised much needed funds for the Foundation which will help us to reach our target of raising €150,000 by the end of the year. A great day was had by everybody and we hope that we will see you all again next year.



John Hayes at the start line of the Cliona's Foundation Annual Cycle.

## Cliona's Foundation Cycle Club launches new cycling gear.

Cliona's Foundation Cycle club along with Leanne Moore launched their new cycling gear which they will use at all events to promote their association with Cliona's Foundation. At the launch on the 5th of July in Limerick the group presented their honorary member Leanne Moore with her own set of gear.



Leanne Moore pictured at the launch of the Cliona's Foundation Cycle Club new gear with cycle club members

"Due to huge interest and growth in the club over the last 18 months we decided to redesign and improve our club gear, with the support of our sponsors all our members are now kitted out with the new gear. We are extremely proud to be supporting Cliona's Foundation while we are out on our bikes taking part in events all over the country" - Club Member Trevor Daly.

The cycling gear for the club was very kindly sponsored by Lifes2Good, Martin Hartnett Builders Ltd, Abercorn Construction Ltd, DPACK Packaging Ltd, Corrib Oil and Cube Printing Ltd. All of the sponsors attended the launch and expressed their delight at being able to help out the foundation and cycling club.

The club also wished to express their gratitude to Spin 11 who supplied the cycling gear for them and to Maria Connaughton for all of her wonderful help and advice.

## Cliona's Foundation Van

A big thank you to John Finn who has very kindly had his van wrapped with Cliona's Foundation logos, so that he can promote the Foundation while on the road.



## Beauty the heifer helps Cliona's Foundation families

We appreciate all sorts of fundraisers, the quirkier the better! On Monday the 1st of September Beauty the Heifer went under the hammer at Kilmallock Mart, Co. Limerick at 1.30pm to raise money for Cliona's Foundation. Beauty sold for a whopping €1,500, a big thank you to John Fitzpatrick and his family for putting her up for auction.



## ARF Investment Brokers & Insurances Ltd...

...has come together with Cliona's Foundation to raise money to help families with critically ill children in Ireland.

Cliona's Foundation was recently approached by Basil O'Mahony from ARF Investment Brokers and Insurance Ltd who wanted to find a way that they could start making regular donations to the Foundation. ARF Investment Brokers have agreed to contribute 50% of the first year's premium to Cliona's Foundation on any renewal of an existing or new Life policy / Mortgage protection policy or 50% of commission on Investments or Pensions taken out with them.

For example:

Alli McNamara pictured with Basil O'Mahony of ARF Investment Brokers.

Joe Blog has an existing Life policy / Mortgage protection policy that costs €50 a month annual cost is €600. Joe Blog changes his existing policy to a new life office at the same cost through ARF Investment Brokers & Insurances Ltd. A donation will be made to Cliona's Foundation from ARF Investment Brokers & Insurances Ltd of €300 over the first year of your new policy.



Simply put this means you can greatly assist Cliona's Foundation at no extra cost to you by switching your existing policy or new policies to ARF Investment Brokers & Insurances Ltd.

Why not email or phone Basil for a quote at email [basilquantum@eircom.net](mailto:basilquantum@eircom.net) or Phone Basil at 087 2839469. Please tell a friend about this offer as every new policy will make a difference to Cliona's Foundation at no extra cost to you.



## A small amount shared by many can make such a big difference

This summer an incredible amount of money was raised for charity in Ireland, over a very short 3 week period over €1,000,000 was raised for IMDA through the ice bucket challenge. The amazing thing about this was that people were not donating large amounts of money but rather that lots of people were donating small amounts of money.



Here in Cliona's Foundation we feel that this is really very important as such a difference can be made by people donating small amounts like €2. When you put it in perspective we often don't think twice about spending a small amount like €2, we spend this every day on things like take away coffees, buying the newspaper or paying the toll on the road.

€2 would not even cover the cost of a breakfast roll, your lunch or even a pint of beer. Yet that money can mean everything to the families that Cliona's Foundation supports. We have spoken to families with sick children who do not even have the cost of a comforting cup of Tea or Coffee when they are spending all of their time in hospitals with their children hoping they will get better or dreading test results that will bring bad news.

These are the families that Cliona's Foundation helps, families that are in desperate situations both emotionally and financially who have nowhere else to turn for help. The Foundation is currently inundated with requests from families looking for assistance and we estimate that we will need to raise €150,000 between now and Christmas to be able to support these families.

Now €150,000 is an incredible amount of money but a goal that we feel can be achieved by lots of people donating small amounts. So here is our ask – can you go without your take away coffee for one morning or look up the news on the internet instead of buying the newspaper? Could you donate that €2 to Cliona's Foundation? But more importantly would you ask or nominate your friends to do the same? If we had lots of people donating this small amount we feel that we could definitely reach our goal of €150,000, Cliona's Foundation has never turned down an eligible family for funding and we don't want to start now.

If you can help then please **Text CLIONA to 50300** to donate €2 but also please nominate three of your friends, who in turn might be willing to do the same, it is only with people's support that we will be able to assist more families in need. Let us know on Facebook what you are willing to go without in order to give a €2 donation to Cliona's Foundation.

## Harvest Fair

This year Cliona's Foundation was once again picked as one of the chosen charities for the annual Harvest Fair in Meanus, Co. Limerick. Despite the weather it was another fantastic family day out with vintage tractor displays and great entertainment for all of the family. The event also raised awareness for the work that Cliona's Foundation's doing and helped to raise much needed funds.



## First Holy Communion Students Donate

As they prepared for their First Holy Communion, second class from Lisnagry NS decided to give some of their Communion Money to charity. The class wanted to pick a charity for children and Cliona's Foundation was chosen. They raised a total of €120.20 for this special cause.



## Shannon's Got Talent!

A very enterprising and talented young Tipp girl, Shannon, is using her hobby to raise funds for Cliona's Foundation. Shannon is 9 years of age and wrote this fabulous letter to explain how she is selling County coloured loom bands in the run up to the All-Ireland for €2! Thank you Shannon and well done from us all here at Cliona's Foundation



To Cliona's foundation  
Embly, Co. Tipperary

My name is Shannon Louren and I am 9 years old. I am going into 4th class in Embly National School. I like One Direction, my new kitten Shifty and loom bands. My sister Rachel and I have been making loom bands all summer long. I made some Tipperary loom bands for my Dad and Uncle and some Limerick bands for my cousin boyfriend. Last week I went to watch the Tipp match with my Dad and some people asked me for Tipperary loom bands and gave me €2 each. Then I got the idea to make and sell them for Cliona's foundation because I read Sarah Crowe's story on the paper. Her Cousin loan is in my class also.

I am sending you a Tipp and Limerick band, please wear these for the All-Ireland and please shout for Tipperary and I will cheer on Limerick in the minor match.

I will write again soon to let you know how I am getting on.

Love from Shannon Louren x x x

😊😊😊