



MAYO ROSCOMMON HOSPICE FOUNDATION

NEWSLETTER

ISSUE 005 NOVEMBER 2024



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...And so much more

Monthly Draw Results

November 2024:

- **€1,000 - Eileen Tracey**
- **€500 - Eileen Flanagan**
- **€250 - Claire Coleman**

Don't forget...the monthly draw is the first Friday of every month...and you've got to be in it to win it!

Next Draw: Friday, December 6th.

Sign up today. Call **094 93 88666**, email draw@hospice.ie, enter online at www.hospice.ie/draw or call into any of our 12 Hospice Shops.



Memorial Walk and Tree of Light ceremony set for December 1st

Mayo Roscommon Hospice Foundation's Memorial Walk and Tree of Light ceremony return this year on Sunday, December 1st.

Taking place in Knock, the walk begins at 5pm, followed by the Shine A Light ceremony at 6pm. Held annually, the combined events provide families with an opportunity to come together to celebrate the lives of those they have lost, with prayers and music offered for all those being remembered.

This year's Memorial Walk will begin at the Plaza in Knock at 5pm. Those wishing to walk in memory of a friend or loved one are invited to register now, for free, at www.hospice.ie or by calling the office on **094 93 88 666**. Sponsorship cards can be provided or participants can create an online donation page.

The tree lighting ceremony, as always, will be a particularly special event and will begin at 6pm with music by Brendan McGuinness and the Knock National School Choir.

Adorned with thousands of lights illuminating thoughts and memories of loved ones, the Tree of Light will shine brightly throughout the Christmas period. During the ceremony, people who have passed away or indeed those who have been going through a challenging time will be remembered. Shine A Light cards can be purchased right up to Christmas.

The names of all those for whom lights are sponsored will be entered into Mayo Roscommon Hospice Foundation's Book of

The names of those who lights are sponsored for will be remembered at Mayo Roscommon Hospice Foundation's special Ecumenical Service, taking place at 3.45pm on Sunday, January 19th, in St John's Rest and Care Centre in Knock. Both the tree lighting ceremony and ecumenical service give those who have been bereaved the opportunity to come together to remember and to cherish the many happy memories of their loved ones.

For just €5, you can purchase a Shine A Light Card from Mayo Roscommon Hospice Foundation, through the Hospice shops across the region, in pharmacies all over Mayo and Roscommon, or by calling the Hospice office on 094 93 88 666.

Mayo Roscommon Hospice Foundation's Christmas Cards and Shine a Light Cards will also be available to purchase this Thursday and Friday, November 28th and 29th, at stores across Ballaghaderreen, Westport, Kiltimagh, Castlebar, Ballyhaunis, Claremorris, Roscommon, Ballinrobe and Swinford.



You can also sponsor a light online by visiting www.hospice.ie/product/shine-a-light-cards/

Together We Can Do So Much

To support our services, visit www.hospice.ie/donate



Glencorrib fundraisers in memory of Padraic Moran total €16,600

An Auto Run and Dance in memory of the late Padraic Moran took place in the South Mayo village of Glencorrib recently. The money raised on the day, combined with the funds from a recent Coffee Morning – also in Padraic’s memory – have amounted to an astonishing €16,600 for the Mayo Roscommon Hospice Foundation.

A founding member of the Shrule & District Vintage Club, Padraic was hugely popular in the area and was known far and wide in his little white Mini car. Padraic sadly passed away in October 2023 at the Mayo Hospice, where both he and his family received the most amazing care.

Padraic’s family, friends and neighbours – together with the members of Shrule & District Vintage Club – held the Memorial Auto Run and Dance on Sunday, October 27th last, with all the proceeds donated to the Mayo Roscommon Hospice Foundation.

There were over 150 entries on the day, ranging from vintage cars to tractors, and from trucks and Honda 50s. Despite the bad weather, a really enjoyable run took place, with the procession leaving Glencorrib, routing to Cong, Clonbur, Finny, Tourmakeady, Ballinrobe and back to Shrule.

Following the Auto Run, there were refreshments and music in Craddock’s Bar in Shrule, as well as a raffle and an auction. Music on the night was provided by Kerrigan Family and Friends and Sabrina Fallon.

With over 70 spot prizes kindly donated by local businesses and friends of Padraic, the day and night proved a major success. More than €11,500 has been gathered so far from the Auto Run, and this has been added to the total from the recent Coffee Morning organised by Padraic’s family. The Coffee Morning, impressively, brought in €5,100 on the day, bringing the total to €16,600.

A huge thank you to the family and friends of the late Padraic Moran, and to all who supported these fundraisers along the way.





Errew Community Centre comes alive for Coffee Morning

The community in Errew came together recently to organise a Coffee Morning for the Mayo Roscommon Hospice Foundation, with the venue coming alive with laughter, chat and lots of goodies for all to enjoy. The event took place in Errew Community Centre, outside Castlebar, on September 27th, with an impressive €1,175 raised on the day.

Interestingly, the Hospice Coffee Morning was the very first event held since the relaunch of the Centre, which previously served as the Errew Girls National School. Situated right beside the current St Bridget's National School, the school had fallen into severe disrepair over the years. Now however, thanks to the efforts of local duo Éadaoin Earley and Janine Hoban, the space has been completely transformed and is an excellent facility for the community to enjoy.

During the COVID lockdowns, Éadaoin and Janine walked regularly together and often, the conversation turned to the school, and what a shame it was that the building had become so run down. After lots of walks, chats, ideas and inspiration, the pair decided to do something about it. And the rest, as they say, is history.

With much effort from Éadaoin and Janine, together with wonderful local community involvement, the Centre was renovated, refurbished and reimaged, transforming it into the wonderful building it is today.

A great crowd gathered for the Hospice Coffee Morning at Errew Community Centre, where tales of old were shared and plans made for many more local events. Pictured at the cheque presentation were Janine Hoban, Kathy Andrewartha from the Hospice Office in Knock, Catherine Hoban and Bernie Thomas.



Solos for Santa

What is Solos for Santa exactly?

Solos for Santa combines the skill of soloing a Gaelic Football with running, essentially, a distance run soloing a Gaelic Football.

How far is a run?

For anyone who wishes to participate, it is a run the distance of their choosing. In Vancouver, participants will run the Stanley Park seawall which is 10km. But, it could be a run in the playground for school kids, a run on a beach... basically anywhere you can run safely with a football.

How can I participate?

If you wish to participate and join the team to raise funds, contact JP using the Contact Button on GoFundMe and you will be added to the team. Once added to the team, you can share the fundraiser on social media.

Who can participate?

Absolutely anybody! You can participate as an individual, a club or school can do it together.

What if I can't solo a football?

No problem! You can take a ball and bounce it, or you can run with someone who can solo and pass the ball back and forth as you run. There is no skill requirement to run.

When is Solos for Santa?

You can do your Solos for Santa run any time you like at a time and date that works for you. The idea is this is done for Christmas so anytime between November and Christmas or New Year works.



Clubs and schools encouraged to participate in Solos for Santa festive fundraiser

A Mayo man is running a unique fundraising campaign to raise money for the Mayo Roscommon Hospice Foundation. Swinford's JP Mac Lochlainn has launched the Solos for Santa initiative and is encouraging people from all across the region, and beyond, to get involved and join the team.

JP's dad sadly passed away in November 2023 in Mayo Hospice in Castlebar, following a brave and lengthy battle with cancer. The family is incredibly grateful to the Mayo Roscommon Hospice Foundation for the care and support they provided and want to give something back to the charity.

To honour his dad's memory and to support the wonderful work of all the team at the Mayo Roscommon Hospice Foundation, JP has launched Solos for Santa 2024, combining the festive season with the family's passion for Gaelic Football.

"We have participants taking part in Vancouver from Vancouver Éire Óg GAA Club, as well as in Swinford GAA and Four Masters GAA Coventry. I'd love to add more clubs and schools and to see this campaign grow to support and raise awareness for the Mayo Roscommon Hospice Foundation," JP explained.

JP has established a GoFundMe page, where he explains more. "Dad spent a lot of time at the Hospice in Castlebar and made a lasting impact on the amazing team there. In his final year, they provided him with so much care and friendship and it is truly fortunate that he took the step to go to the Hospice. He availed of the many activities provided and his time there certainly added to his quality of life," JP noted.

"The Mayo Roscommon Hospice do tremendous work, only truly seen by those who avail of their service. The team are fantastic, have enthusiasm for what they do and make lasting positive impacts on people in their most difficult of times. For this reason, I wish to keep doing what I can to provide support for the Mayo Roscommon Hospice Foundation as a thank you to them for all they did, and to assist in the continuation of their great work for other families," he continued.

"Please join me by donating or by participating in Solos for Santa and joining the team," JP added.

To get involved, support, or learn more, visit
 JP's GoFundMe page at <https://gofund.me/4df85fba>

Send festive cheer to friends and loved ones with Mayo Roscommon Hospice Foundation Christmas Cards

It's that time of the year again. Time to start picking up your Christmas cards to send to friends and loved ones at home and afar. This year, why not choose a box of Mayo Roscommon Hospice Foundation's Christmas Cards and send some festive cheer while also supporting the work of the Foundation.

A box of 12 Hospice Christmas Cards is incredible value at just €6 and the cards come in a gorgeous selection of designs. The boxes are available to buy online, in any of the 12 Hospice shops in Mayo and Roscommon, in local stores across the region, and also across Total Health pharmacies.

A special word of thanks to Total Health who kindly part sponsor the Mayo Roscommon Hospice Foundation's Christmas Cards each year, and indeed to all the outlets and volunteers across the region who sell the cards.

If you would like to stock the Christmas Cards in your shop, simply contact the Mayo Roscommon Hospice Foundation Office in Knock on 094 93 88666 or email info@hospice.ie



Pick up your cards before they sell out

In addition to the cards being on sale online and in the Hospice shops across the two counties, there will be a big push in towns across Mayo and Roscommon this weekend.

Mayo Roscommon Hospice Foundation's Christmas Cards and Shine a Light Cards will be available to purchase on Thursday and Friday, November 28th and 29th, at stores in the following towns:

- Ballaghaderreen
- Castlebar
- Roscommon
- Westport
- Ballyhaunis
- Ballinrobe
- Kiltimagh
- Claremorris
- Swinford



Home improvements made easy with Mayo Roscommon Hospice Foundation Household Shop

Whether you are looking for a dining table, a new sitting room suite, or furniture for your bedroom, a trip to the Hospice Household Shop in Castlebar should definitely be on your agenda. Located in the N5 Retail Park on the Moneen Road in the County town, Mayo Roscommon Hospice Foundation's only dedicated household shop has everything you would expect, and more. The outlet opened its doors some nine years ago and by all accounts, has proved a wonderful addition to the town.

Managed by Seán Moran, the large retail unit is always full of fantastic deals and fabulous furniture. "We have always been really lucky with the donations we have received, but of course, we're always happy to open our door to more," he said with a smile.

In terms of furniture, the shop stocks everything from bed frames and wardrobes to lockers and chests of drawers, and from dining and coffee tables to suites of furniture...and everything else in between. "We don't take mattresses or divan beds, and we also don't accept what are known as white household appliances such as washing machines and fridges, but aside from that, as long as items are in good condition, we want to hear from you," Seán continued.

The vast majority of the furniture and other household goods that are offered to the Hospice Shop are in excellent condition. "We always ask people to send us photos so that we can get an idea of what they are wishing to donate. This allows us to see if the items

are sellable and appropriate. Of course, a photo doesn't always tell the full story, but most of the time, we're able to judge from the pictures," he added.

For the larger goods, the store has two vans on the road looking after both deliveries and collections. "We travel all over the region dropping off and picking up furniture. Often, we get the offer of a house clearance and that can be hugely beneficial," Seán explained.

Of course, as well as the larger furniture, the store stocks a wide range of household items like clocks, glasses, vases, tableware, and other bric-a-brac. Children's toys and clothes are also popular, while the shop does a big trade in books too.

"We always have a really impressive display of books in the shop, as well as CDs and DVDs. In the last year or so, we also started working with World of Books who provide a collection service. They collect the books from us and pay the Foundation according to

the value of the book," noted the manager.

Over the last few weeks, the Christmas stock has proven hugely popular. "We get all sorts of donations at this time of the year, as people start to take decorations down from the attic and maybe decide they want something different or that their need has changed in some way. As a result, we get lots of Christmas trees, decorations, Santa figures, snowmen, and lots more, and they are always snapped up quickly. That said, there's more coming in all the time, so we are always worth a visit," he reasoned.

Seán has a brilliant team with him in the Hospice Household Store. The shop has four full-time and three part-time staff, together with a wonderful group of volunteers. They also have some team members from Tús – the community work placement scheme – providing additional help on the vans and in the shop.

"We have an excellent team in Castlebar and of course, we are always so grateful



to our donors and volunteers too. Without them, the shop simply would not exist,” Seán admitted.

Of course, running such a big operation comes with its challenges too. “I suppose it’s a good complaint, but on occasion, we have so much stock that it’s difficult to fit it all. It comes down to managing the logistics a lot of the time. If there’s stock coming in, we might have to try to get some of the

deliveries out earlier than planned, so that we can make room for it.

“We would hate to have to turn away good furniture because at the end of the day, it’s all about raising money for the Mayo Roscommon Hospice Foundation and supporting the wonderful work being done by our palliative care teams across both Mayo and Roscommon, and supporting our two purpose-built hospices,” he remarked.

For anyone looking to donate goods to the Hospice Household shop in Castlebar, it’s as easy as popping into the store or picking up the phone to arrange a collection. “We would appeal to people to never leave bags of goods or furniture outside our store when we’re closed. We can always work with you to organise collections and we’re open six days a week, Monday to Friday from 9.30am until 5pm, and on Saturdays from 10am until 5pm,” he explained.



To contact the Hospice Household Shop, you can call the team on **089 701 7222**, email castlebarfurniture@hospice.ie or simply pop in to speak with Seán or one of the staff. Your support is always greatly appreciated.



Not all heroes wear capes...shining a light on Peggy McLoughlin

Mayo Roscommon Hospice Foundation is incredibly lucky to have such wonderful volunteers and supporters. It's true that not all heroes wear capes and Peggy McLoughlin is, undoubtedly, one of the great heroes.

Peggy has been involved in Mayo Roscommon Hospice Foundation's Shine A Light campaign for several years. Before they can be sent out, the Shine A Light cards need to be sorted and assembled, and Peggy is one of the wonderful volunteers who takes on this job for the charity. Peggy (pictured here) sets up her table by the fire each year, and carefully puts them together. She looks after hundreds of cards every year and we are so grateful for her help.



If you're looking to pick up some festive treats in the coming weeks, here are some dates for your diary:

BOYLE: Boyle Hospice Support Group will host a Craft Fair in the Community Hall on **Friday and Saturday, November 29th and 30th**. Hospice Christmas Cards and Shine A Light Cards will also be available at the Fair.

FOXFORD: A Christmas Craft Fair will take place at Foxford Community Hall from **Friday December 6th to Sunday December 8th**. Mayo Roscommon Hospice Foundation will be at the Fair over the weekend, with Christmas Cards and Shine A Light Cards available.

A Perfect Christmas Present

A Gift Voucher For Someone At Home Or Abroad.

Sign Up Now At
Hospice.ie/draw
Or Call Instore

A promotional graphic for a 'Monthly Draw' by Mayo Roscommon Hospice Foundation. It features a sunflower, lottery balls, and a green circle with prize amounts: WIN €1,000 JACKPOT, 2nd Prize €500, 3rd Prize €250. A yellow banner on the right says 'Help Support Our Hospice for just €100 for 12 months'. The background is white with a red ribbon and a sunflower.

Walk in memory of a loved one this December

The 2024 Mayo Roscommon Hospice Foundation's Memorial Walk returns this year on Sunday, December 1st, as part of our Christmas Tree Lighting Ceremony. Taking place in Knock, the walk begins at 5pm.

Would you like to walk this year in memory of your loved one? You can register now, for free, on www.Hospice.ie or simply call the office on 094 93 88 666. Sponsorship cards can be provided or participants can create an online donation page.

Gather family and friends and get together to remember your loved one this Christmas.

Come along and join the Mayo Roscommon Hospice Foundation Memorial Walk this December 1st.




**MAYO ROSCOMMON
HOSPICE
FOUNDATION**

COMMUNITY PALLIATIVE CARE | MAYO HOSPICE | ROSCOMMON HOSPICE
TOGETHER WE CAN DO SO MUCH

MEMORIAL WALK

Walk In Memory of Your Loved One.

December 1st 2024 at 5pm
KNOCK, CO. MAYO

Register at: www.hospice.ie/memorialwalk

Company No: 202773 | CHY No: 10980 | RCN No: 20029098

Hospice Christmas Cards



€6.00 per pack

Thank you for supporting
Local Palliative Care
Services





Well done to the 5th Class students at Scoil Phádraig on the Newport Road in Westport, who recently raised an incredible €742 for the Mayo Roscommon Hospice Foundation. The money was raised through a fundraising bake sale – the brainchild of three 5th Class students, Chloe Murphy, Rachel De Sa Reilly and Roisin Walsh. With the help of Ms Hanley and Ms Carroll, a very successful bake sale took place in the school hall, with all of the delicious baked goods produced by the school's two fifth classes. The students were delighted to welcome Marie McGuinness from Mayo Roscommon Hospice Foundation to the school to receive the donation. Congratulations and a heartfelt thanks to all those who supported the bake sale.



A huge thank you to everyone who supported the recent fundraising golf event in loving memory of Martin Hughes. An incredible €30,000 was raised from the event. Colette Hughes is pictured here, presenting the cheque to Josephine Ganley from the Mayo Roscommon Hospice Foundation. Colette's husband Martin passed away in the care of Mayo Hospice on November 30th, 2023.



We were very grateful to receive an incredible €3,511.80 from Ollie O'Brien and family from their recent coffee morning in Clann na nGael GAA Club. The cheque was presented to Ollie McGuinness, Board Member of Mayo Roscommon Hospice Foundation.



A massive thank you to everyone from the Fuerty Support Group who raised an incredible €6,710 at the recent Fuerty Fair. Pictured is Eimear O'Connor (centre) presenting a cheque to Fuerty Support Group members, Mary Curley and Leonie Gallagher.

A special thank you to all the students and teachers from the Convent of Mercy in Roscommon, who raised an incredible €2,040 from their recent Colour Run in memory of their former colleague in the Convent, Máire Allen. Thank you to Ms Mulleague, Paula and the Active Schools Class for organising this event.



Pictured are the students from the Convent of Mercy in Roscommon presenting the €2,040 cheque to Marie McGuinness from the fundraising department of the Mayo Roscommon Hospice Foundation.



Pictured are some of the students, setting off on their Colour Run.

Stronger Together For Edel

The Lodge at Ashford



Stronger Together For Edel

The Lodge at Ashford



Photos: Conor McKeown

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The Lodge at Ashford



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The Lodge at Ashford



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Photos: Conor McKeown

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The Lodge at Ashford





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