



MAYO ROSCOMMON
HOSPICE
FOUNDATION



sunflower
Children's Hospice



NEWSLETTER

ISSUE 010 MARCH 2026

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...And so
much more



Roscommon's Fergal Guihen, pictured outside the iconic Sydney Opera House in Australia, after completing his epic 30,000km cycle from Rossie to Aussie.



Fergal Guihen completes epic Rossie to Aussie cycle

Roscommon's Fergal Guihen has completed his epic Rossie to Aussie cycle, raising more than €208,000, and arriving at Sydney Opera House to a hero's welcome last month.

The 27-year-old nurse departed from his home in Arigna, Co Roscommon, in March 2024, travelling across three continents, through 28 countries, and covering an astonishing 30,000km on his bike. In so doing, he has raised more than €208,000 for Mayo Roscommon Hospice Foundation and NorthWest STOP, with the fundraising total continuing to rise.

Speaking to the media upon his arrival at Sydney Opera House in February, Fergal explained that he originally thought the journey would take one year, describing the challenge as the toughest thing he has ever done.

"Along the way I navigated the remote valleys of Afghanistan, endured minus 20 degrees on the Tibetan Plateau, and found myself followed by undercover police through the Taklamakan Desert in China," he explained.

"I made it through all of those terrains and many more on the very same bike I left Roscommon on, armed with nothing more

than the belief that I would rather try and fail than never try at all."

Fergal went on to explain that NorthWest STOP suicide prevention services and the Mayo Roscommon Hospice Foundation are close to his heart, remaining his inspiration throughout.

"When I left home two years ago, I never expected so many people to follow along, or that together we would raise such an incredible amount for two charities that mean so much to me."

"What this journey became was far more than I could have imagined. It grew beyond a simple endurance challenge and turned into something bigger, diving into different countries and cultures, and forever changing my perspective on the world. The kindness and friendliness I came across in the most unexpected places is what will stay with me long after this challenge, and I think that's what those who followed the journey will remember most," he admitted.

Along every step of the journey, Fergal continued to speak about the wonderful work being done by his two chosen charities at home in the West of Ireland. The money raised through his **iDonate** page will make a huge difference for both organisations. Donations are continuing to roll in and will be accepted through the platform until March 31st, 2026.

Chief Executive of the Mayo Roscommon Hospice Foundation, Martina Jennings, said Fergal's achievement is nothing short of incredible.

"We cannot tell you how grateful we are here at Mayo Roscommon Hospice Foundation, and how proud we are of your determination, your resilience, your courage and your bravery, but most of all, your generosity."

"We are so glad you've arrived safely in Sydney, and that so many supporters turned out to welcome you across the finish line. We are sure your family and friends are every bit as proud of you, as we are," she added.

Sydney photos courtesy of @seansperception (Sean Kee) and @inis_lens (Arlene).

Together We Can Do So Much

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

A Message from our CEO, Martina Jennings

Welcome to our March 2026 Newsletter!

It's hard to believe we're almost through the third month of 2026 already. Wishing everyone a belated happy new year and a massive word of thanks to each and every one of you for all your support in 2025. It was another busy year in our hospices and for our community teams.

I would like to sincerely thank the staff and volunteers in both the Mayo Hospice and Roscommon Hospice for their work and dedication to our patients, along with our community palliative care teams in both counties.

We are making solid progress with our Sunflower Children's Hospice project. Throughout January and February this year, we hosted five family engagement and clinical workshops to inform the final design of the hospice. Our next step is to finalise the design and submit our planning application in May.

We are in continuous collaboration with the HSE in terms of their commitment to staffing and governance, while we at the Foundation continue momentum with fundraising.

We have been blown away by the incredible support from across the community and are delighted to see so many Corporate Partners coming on board to accelerate fundraising and awareness building around the project, which you will see reflected in this newsletter edition.

We are thrilled, too, to welcome Professor Michael O'Neill to our Board of Directors. Michael brings decades of clinical leadership, medical expertise and healthcare education experience to the organisation. I look forward to working with him, and our entire Board, in the months ahead.

Thank you, once again, for your ongoing support,



Martina Jennings
 Chief Executive Officer

Together We Can Do So Much

Professor Michael O'Neill appointed to Board of Directors

Mayo Roscommon Hospice Foundation is delighted to announce the appointment of Professor Michael O'Neill to our Board of Directors. He brings decades of clinical leadership, medical expertise and healthcare education experience to the organisation.

Professor O'Neill is a recently retired Consultant Paediatrician at Mayo University Hospital, where he also served as Clinical Director of Paediatrics in Castlebar. A specialist in cystic fibrosis and respiratory diseases, he played a pivotal role in advancing paediatric care in the region and was instrumental in establishing the Cystic Fibrosis Clinic at Mayo University Hospital. This development has significantly enhanced specialist care for patients and families across the west and northwest.

He currently serves as Dean Designate and Director of Training and Education in the Faculty of Paediatrics at the Royal College of Physicians of Ireland, where he is helping to shape the future of paediatric training and medical education at a national level.

Welcoming the appointment, Paul Foxe, Chair of Mayo Roscommon Hospice Foundation, said: *"We are delighted to welcome Professor Michael O'Neill to the Board. Michael brings exceptional clinical insight, leadership experience and a deep understanding of patient-centred care. His lifelong commitment to improving healthcare services will be an invaluable asset as we continue to develop and strengthen hospice services for communities across Mayo and Roscommon."*

Martina Jennings, CEO of Mayo Roscommon Hospice Foundation, added: *"I am delighted to welcome Professor Michael O'Neill to the Board. We are fortunate to have 14 dedicated Board Members who generously give their time in support of the Foundation's ethos and mission."*

"Professor O'Neill is widely respected for his clinical expertise and leadership in advancing healthcare services across the region. His experience will be invaluable as we continue to strengthen and expand specialist palliative



Professor Michael O'Neill

care for patients and their families," she continued.

Volunteer your time for Mayo Roscommon Hospice Foundation



At Mayo Roscommon Hospice Foundation, we are always on the lookout for more volunteers. Whether you can spare a couple of hours to help out at one of our annual fundraisers, or you can set aside a few hours each week to volunteer in one of our Hospice shops in Mayo or Roscommon, we'd love to hear from you.

Why not get in touch today and see how you can help make a difference. Call us in the Hospice Office in Knock on 094 93 88666 or email info@hospice.ie.

Here are some of our planned events for 2026

Sunflower Days – June 12th and 13th

A hugely important annual fundraiser for the charity, this year's National Sunflower Days for Hospice will take place on Friday and Saturday, June 12th and 13th. On each of the days, volunteers will be present in shops and on the streets – weather permitting – all over Mayo and Roscommon, and your support would be greatly appreciated.

Right now, the Mayo Roscommon Hospice Foundation is looking for volunteers to get involved.

If you can give a few hours of your time on **June 12th or 13th**, please get in touch today.

Coffee Morning – September 24th

Our annual National Hospice Coffee Morning, Together with Bewley's, takes place all across Ireland on **Thursday, September 24th**. Whether you've hosted in the past, or you're thinking of getting involved for the first time, here at Mayo Roscommon Hospice Foundation, we would love to hear from you.

Our Hospice Coffee Morning is one of our biggest fundraisers each year. It brings people and communities together to catch up, have fun, and raise money for vital palliative care services. Remember, as with all our fundraisers, every cent raised locally stays locally.

There are lots of ways to get involved and don't worry if **September 24th** doesn't work for you; you can plan and host a Coffee Morning or other event on another more suitable date. Simply get in touch with our team and we will work with you to help you plan for a date that suits.



Tree Lighting and Memorial Walk – December, 6th

Our annual Tree Lighting and Memorial Walk takes place in Knock on the first Sunday in December each year, with this year's event falling on **December 6th**. Always an afternoon filled with love and warmth, the event gives families and friends an opportunity to come together to remember their loved ones in a very special way.

Although it seems like a long time away at this stage, we always try to keep one step ahead of our calendar and so, we are already calling for volunteers to help out on the day. If you think you can spare a few hours to help out on **December 6th**, get in touch.



Dates for Your Diary

Do you enjoy a leisurely walk, or are you more of an avid jogger or runner? Maybe you're trying to get fitter in 2026 and would love the chance to work towards a goal? If any of these sound like you, why not tog out and walk, jog or run for the Mayo Roscommon Hospice Foundation this year?

Here are some upcoming events where you can take part to raise money and help fund and develop essential palliative care services across Mayo and Roscommon. Every donation goes towards expanding our support for people living with life-limiting illnesses and their families.

Kilmovee Road Race - Easter Saturday, April 4th

The annual Kilmovee 5km and 10km Road Race place on Holy **Saturday, April 4th**. Each year, the event raises vital funds for Mayo Roscommon Hospice Foundation. Registration is still open. Sign up today at kilmovee10k.com

Dublin Marathon October 25th

The Irish Life Dublin Marathon is the leading running event in Ireland, taking place on **Sunday, October 25th**.

Join thousands as they run and fundraise for charity.

If you are taking part in the Dublin Marathon, please consider using the event as an opportunity to raise funds for Mayo Roscommon Hospice Foundation!

Vhi Women's Mini Marathon - May 31st

If the May Bank Holiday doesn't work for you, why not take part in the Vhi Women's Mini Marathon in Dublin on **Sunday, May 31st**, and raise money for Mayo Roscommon Hospice Foundation.

Sponsorship cards and t-shirts are available to participants. Contact us today and get ready for a really great day out.

West of Ireland Women's Mini Marathon - May 3rd

Calling all runners, joggers and walkers! Come and join us in participating in this year's Western People West of Ireland Women's Mini Marathon this May Bank Holiday weekend. The event takes place on **Sunday, May 3rd, in Ballina**, with all ages and fitness levels welcome to take part.

If you are thinking of taking part, please consider choosing Mayo Roscommon Hospice Foundation as your charity.

Sign up today at www.westofirelandwomensminimarathon.com and get involved. You can set up an online fundraising page or request a sponsorship card and t-shirt from our office.



**** By taking part in any of these events, you will be helping our Hospice teams to continue to provide essential palliative care services, free of charge, to people who need our care. To get involved, call us in the Hospice Office in Knock on 094 93 88666 or email info@hospice.ie.**

Monthly Draw Results

Sign Up Today!

€1,000 JACKPOT

Jan 2026:

- €1,000 - Gabrielle Campbell
- €500 - TJ Regan
- €250 - James Power

Feb 2026:

- €1,000 - Teresa Carolan
- €500 - Anthony McDermott
- €250 - Mairead Doherty

Mar 2026:

- €1,000 - Kathleen Murphy
- €500 - Sheila Tiernan
- €250 - Mary Healy

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, April 3rd.

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.

Monthly Draw



WIN
€1,000
JACKPOT
2nd Prize
€500
3rd Prize
€250



MAYO ROSCOMMON
HOSPICE
FOUNDATION

Help Support Our Hospice for just

€10
a month

Sign Up Now At **Hospice.ie/draw** Or Call Instore
Tel. 094 9388666 Email **draw@hospice.ie** Website **www.hospice.ie**

“Palliative care isn’t about keeping you alive, it’s about keeping you living”

Mayo Hospice allowed Orla Freeman to be a wife, rather than a carer, and she will never forget the care and compassion she and her family received.

Shane Freeman was just 44 years old when he was diagnosed with cancer and for six years, he lived well. A young man, with an adoring wife and three sons, he managed his symptoms as best he could and never let his illness get in the way. Shane endured over 35 rounds of chemotherapy, four surgeries, and many bouts of radium treatment. He never saw cancer as a battle, it was like his travelling companion, and one that he wouldn't allow slow him down. In his final 12 months, however, it became clear that his illness would not be cured. For the last 11 weeks of his life, Shane was under palliative care at the Mayo Hospice in Castlebar – something that proved a lifeline for Shane and his family.

“Those 11 weeks gave Shane quality time. He enjoyed day trips out, nights at home, and moments of normal life. He was living. The

Hospice team managed his medication and symptoms in a way that made life possible, not just bearable. Palliative care isn't about keeping you alive, it's about keeping you living. It allowed me to be Shane's wife, rather than his carer, and we will forever be grateful for the care and compassion that all of us received,” explained Shane's wife, Orla.

Orla and Shane had been together since she was just 21 years old. He was the love of her life and although she had experienced grief previously, with the deaths of both of her mother and father, Shane's diagnosis and eventual passing brought a whole new level of grief.

“I thought I knew everything about grief, but losing a partner is different. What Hospice gave me, though, was the ability to have a ‘clean grief,’” she said.



By ‘clean grief’, Orla means she was able to be Shane's wife, not his carer. Her grief, while still devastating, is uncomplicated because she got to both spend and enjoy that precious time with him. *“You grieve from the moment you get the diagnosis, and you never go back to being the family you were. But the Hospice team helped me to survive – and continue to survive – to this day. Hospice care supports the family as much as the patient,”* she added.

Throughout Shane's 11 weeks in Mayo Hospice, Orla stayed with him every night. *“He was very reluctant to go into hospice care at first, but he eventually did. Hospice wasn't just about Shane, it was about all of us. It was a home away from home – a place that protected us, and it's where I found strength,”* she admitted.

The Freemans chose to live in the present and during Shane's final 11 weeks, they began having honest conversations about mortality. Their three boys – now aged 15, 13 and 11 – had grown up with cancer as part of daily life, and their father going for chemotherapy was normal to them.

Shane showed the boys how to survive. He was honest when he wasn't well and left them a blueprint for coping with hard days and grief. He explained that he couldn't have chemotherapy when he was in pain, and with guidance from the team at Mayo Hospice, Orla and Shane were supported in having honest conversations with their children. They told them clearly that Shane was not getting better.

Shane didn't leave the hardest conversations to Orla alone – they did everything together. When one of the boys asked if their dad was going to die, Orla told them that every goodbye from then on could be the last.

In September 2025, Shane passed away peacefully at Mayo Hospice, but before he died, he had planned every element of his funeral. He had told Orla exactly what he wanted. He asked her to deliver the eulogy, and to thank everyone for the previous six-and-a-half-years of love and support. He made sure she had passwords and practical





details in place.

"Shane had given me very clear instructions for the eulogy. He wanted me to thank everyone for all their help and support. He wanted everyone to know that he had lived his life to the full, and had no regrets. We had planned it all together and in so doing, we had grieved together. When I stood up to deliver the eulogy, I wasn't talking about Shane, I was speaking on his behalf," Orla recalled.

During his final months, Orla's sister had taken the couple's three children for the summer, allowing Orla to stay with him in Castlebar. They celebrated their wedding anniversary there, as well as one of their son's birthdays. The distinction of being able to be Shane's wife during that time meant everything.

Now, five months on, Orla still goes back to Mayo Hospice, because it's where she feels closest to Shane. It's also where Shane could see that his family would be supported, and that the community would be there after he was gone.

"It was in Mayo Hospice that we were able to have open conversations, able to talk about his death, and to say the things that

we needed to say. I spent the time listening very carefully to everything he had to say, and it also allowed us to give our children every opportunity to grieve in a healthy way. I will be forever grateful to Hospice for the time they gave me with Shane," she said.

Christmas was, understandably, difficult for the family, but on Christmas Day, Orla had a very special gift for each of their boys. The family visited Shane's grave, and there, she presented each of them with a chain carrying their dad's fingerprint. It had been something the Hospice team had organised before Shane's death, and Shane had asked Orla to give the boys the gift on Christmas Day.

Speaking on the Tommy Marren Show on Midwest Radio in January, during National Grief Awareness Week, Orla said the family cried together at the graveside. *"It was a relief for me to see them express themselves. The tears gave us all comfort. It was the most imperfect perfect time and the boys said it was the best gift they had ever received,"* she explained.

Coming into 2026 has been difficult for Orla and the family. 2025 was when Shane was last alive, and leaving that behind was a challenge. *"Right now, everyone is numb. The anaesthetic is wearing off. The boys play*

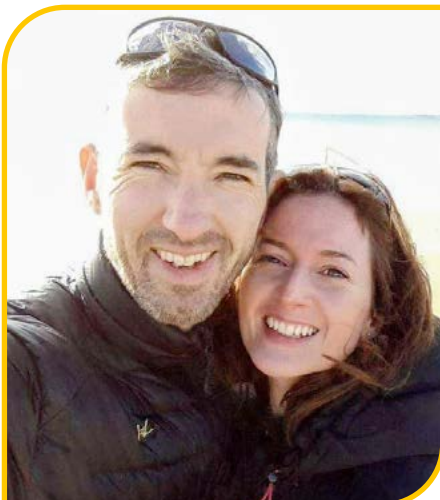
sports and find their father in those moments, and I encourage them to express their emotions," she said.

The family continue to receive counselling and have attended bereavement workshops at Mayo Hospice. *"Grief is not black and white, and there's no right or wrong way to do it. It's not about good days or bad days, it's about having good moments, good hours in our day-to-day lives. We have been experiencing grief for seven years, but there has also been love, support and hope,"* she noted.

Despite her huge loss, Orla wants to give strength to others by telling her story from the heart, as well as acknowledging the abundance of care and compassion she and her family received from Mayo Hospice.

"I think it's important that people understand the story of hospice care and move past their fear of it. Shane's pain was so well managed during his final few months, and it allowed us to make the most of every day. Palliative care isn't about keeping you alive, it's about keeping you living."

We would like to sincerely thank Orla for sharing her story to help others, as part of Grief Awareness Week earlier this year.



Roscommon Hospice marks third anniversary



It has been three years since the doors first opened at Roscommon Hospice. On February 13th, 2023, the Roscommon Palliative Care Unit opened as an eight-bed inpatient unit with full day-care facilities, run in partnership with Roscommon University Hospital. It was developed on a site purchased by the Foundation, coming in under budget at €6.3 million, and built entirely from fundraised income.

Over the last three years, the Roscommon Palliative Care Unit has provided invaluable care and support to so many patients and their families from all across the county. Mayo Roscommon Hospice Foundation is so incredibly grateful to all the supporters, volunteers, fundraisers and donors, and to the Roscommon University Hospital for their incredible work over these three years.

In an Irish Times article in December 2025, journalist Patrick Freyne spoke of the warmth and compassion that envelops the facility, pointing out that therapy dogs, reflexology and 'cuddle beds' for families are all part of the care offered in Roscommon Hospice.

On his visit to the facility, Patrick spoke to patients, families and staff in the Hospice and was evidently moved by the whole

experience. *"Everyone I speak to talks about what a privilege it is to do this work,"* he explained.

The characters he encountered, the homely feel, the amazing facilities, the laughs shared among everyone present, the birthday celebrations, and the hugs on the corridors all have a place in Patrick's story. And it's all of this, and more, that makes Roscommon Hospice such a truly special place.

Marking the third anniversary of the facility in February, Mayo Roscommon Hospice Foundation CEO, Martina Jennings, paid tribute to everyone who played a part in bringing the project to fruition, and all those who continue to ensure the smooth running of the facility.

"It is the day-to-day fundraising carried out

in local communities that keeps the Hospice functioning. We are committed to continuing to fund, support and develop this, along with funding our community palliative care service," she explained.

Having funded and built hospices in both Mayo and Roscommon, the Foundation is now on this journey again. This time, the goal is to build a children's hospice to serve eight counties along Ireland's Western Seaboard.

"With The Sunflower Children's Hospice, we aim to achieve the same success in fundraising, delivery and excellence in palliative care. We are committed to delivering this project, with the support of our loyal community, and in partnership with the Health Service Executive," continued the CEO.



Roscommon Hospice staff members Mairéad Costello, Marie Duffy, Carol Duggan, Eleanor Moran, Annmarie Feeney and Katie Sloyan, pictured in the Roscommon Palliative Care Unit. Photo: Nick Bradshaw.



Mayo Roscommon Hospice Foundation CEO, Martina Jennings, pictured in the Roscommon Palliative Care Unit. Photo: Nick Bradshaw.

Roscommon Hospice



The Reflection Room at Roscommon Hospice



The Reception Area at Roscommon Hospice



Outdoor Area and Gardens at Roscommon Hospice

Photo: Nick Bradshaw



Achill teens surpass €30,000 after second year of Tractor Run

Two terrific teenagers from Achill have outshone themselves once again, organising a second major fundraiser for the Mayo Roscommon Hospice Foundation. At Christmas 2024, Tiernan Moyles and Shane Gallagher came together to host the Achill Agri Festive Run and in 2025, they did it all over again. This December, they raised a hugely impressive €12,804.94, bringing their total over the two years to more than €30,200.

Tiernan and Shane were originally motivated to raise funds for the Mayo Roscommon Hospice Foundation following the death of Tiernan's great-uncle (John Toolis from Crumpaun, Achill), and Shane's grandfather (Vincent Gallagher from The Valley, Achill). Both John and Vincent had received exceptional care at the Mayo Hospice in Castlebar prior to their deaths, and the teenagers wanted to do something to honour their memories, while at the same time giving something back to the organisation.

The most recent Achill Agri Festive Run took place on December 28th, leaving from Ted's at 4pm and journeying through Keel, Crumpaun, Ballanasally, Dugort, Valley and back to Ted's, where refreshments were served.

There was a huge turnout of tractors, trucks and cars on the day, all decked out and dressed up in Christmas regalia. In total, 88 vehicles registered for the event, and there were prizes for the best dressed vehicles, as well as spot prizes and a host of great raffle prizes.

Between online donations, registration fees, raffle tickets and buckets, Tiernan and Shane

– both students at Coláiste Pobail Acla – managed to raise an astonishing €12,804.94.

Of course, the fundraiser would not have enjoyed such tremendous success without the wonderful support from the community in Achill, and indeed further afield. That said, none of the fundraising would have been possible without the continued enthusiasm,

drive and passion from both Tiernan and Shane.

A credit to their families, their school and their community, the future is certainly bright with the likes of Tiernan and Shane leading the way in Achill. Well done lads, we salute you both!





Glór na dTonn performing on the night.

Glór na dTonn strike a chord with €25,594 fundraiser

The award-winning Glór na dTonn Céilí Band hosted a fantastic fundraising concert in February in support of Mayo Roscommon Hospice Foundation. Organised in loving memory of Paul and Linda Judge, the All-Ireland winning Céilí Band were joined on the night by The Bofield Céilí Band, with hundreds gathering for the special event.

Taking place at The Great National Hotel in Ballina, the event provided an extraordinary night of music, community spirit and generosity, with an impressive €25,594 raised. From the moment the first tune began, there was an electric atmosphere in the room, and what unfolded was far more than a concert; it was a celebration of friendship, tradition and community through music, song and dance.

Memorably, Paul and Linda Judge's son and daughter, Alan and Róisín, performed two reels on stage at the sold-out concert. It was a truly special addition to the evening, and undoubtedly, Paul and Linda would have been so proud of them both.

An incredibly generous audience, those in attendance not only purchased tickets but also gave donations and supported a lively raffle that ran throughout the evening. Every contribution, large and small, played its part in pushing the total well beyond expectations.

All funds raised will go directly towards the essential services provided by Mayo Roscommon Hospice Foundation, supporting patients and families across the region with compassionate palliative care.

The success of the event was also attributed to the seamless organisation behind the scenes. Furthermore, The Great National Hotel in Ballina was praised for its hospitality and professionalism, providing an ideal setting for the occasion. Sound and lighting were expertly managed by John and Maria McHugh, while Deirdre Barry and Laura McShane received special mention for their efficiency and good humour while overseeing the raffle and keeping proceedings running smoothly.

The Bofield Céilí Band took to the stage for the first half of the evening, showcasing the extraordinary talent within the Ballina area. Needless to say, the band's energy and musicianship had the crowd engaged from the outset. After a short interval, the 2025 All-Ireland Céilí Band Champions, Glór

na dTonn, took to the stage to rapturous applause, truly bringing the house down with their music, songs and good humour.

Among those in attendance were Minister Dara Calleary and Hospice CEO Martina Jennings, both of whom spoke about the critical importance of hospice services within the community. Their words underlined the impact that the funds raised will have on families throughout Mayo and Roscommon.

Gratitude was also extended to the many local businesses who contributed prizes for the raffle, adding further momentum to the fundraising efforts.

As the final notes sounded and the crowd began to disperse, there was a shared sense that something special had taken place. The €25,594 raised stands as a testament to what can be achieved when a community comes together with generosity and a shared purpose – creating not only vital funds for hospice care, but lasting memories for all who attended.



From left to right: Séamus Tiernan, Róisín Judge, Martina Jennings, Alan Judge, Ciara Murray, Marianna Tiernan.



The Bofield Céilí Band performing on the night.



Loved ones remembered fondly at annual Ecumenical Service

Mayo Roscommon Hospice Foundation’s annual Ecumenical Service is always a truly special event. Large numbers turned out at this year’s event, held in January at St John’s Rest and Care Centre in Knock, to fondly remember those they had lost.

The event takes place each year to celebrate the lives of all those who were part of our Shine a Light campaign, with a special candle lighting ceremony taking place on the day.

The afternoon began with some stunning music and song from the Rejoice Gospel Choir from Ballina, expertly directed by Jack Cronin. Fr Richard Gibbons welcomed all those who had gathered, while CEO Martina Jennings spoke of the importance of the ceremony and thanked each and every person who had supported once again this year.

Prayer and music followed, before the lighting of the Paschal Candle and a moment

of silence for those in attendance to remember loved ones. Canon Andrea Wills delivered the First Reading, with a heart-warming Reflection by Fr Richard.

The Prayers of the Faithful were read by Hospice Support Group members, with prayers and readings peppered with some more enriching music and song.

Father Richard then invited the congregation to come forward, row by row. A candle was given to each person, which they then presented to one of the celebrants, mentioning the name of the loved one for whom the light shone.

A touching candle procession with music took place once everyone had their light shining bright and this was followed by a moment of silence and reflection, before the celebrants delivered the final blessing.

Taking place on the third Sunday in January each year, the Ecumenical Service offers families and friends a wonderful opportunity to remember and commemorate their loved ones. A hugely popular and worthwhile experience, cards for our annual Shine A Light campaign can be purchased before Christmas each year.



€17,000 raised through fun quiz in memory of Michelle Craven



The Abbey Hotel in Roscommon played host to a monster fun table quiz and raffle in memory of the late Michelle Craven earlier this year. What began as a simple fundraising idea soon took on a life of its own and on January 31st last, a staggering 56 quiz tables were filled, with the event raising a massive €17,000 for the Mayo Roscommon Hospice Foundation.

For almost 20 years, Michelle lived in New York, where she was very involved with the Roscommon GAA Club there, serving as Secretary for a number of years, and helping to co-ordinate one of Roscommon's Championship visits to the Big Apple. She was very supportive of young Roscommon people who travelled to New York in search of adventure, helping many to get settled with jobs and accommodation.

Michelle was an avid darts player, and a member of various teams in New York. It provided a wonderful social outlet; something she really loved. She spent many years in hospitality there, working in different bars, many with Roscommon connections. Her social, outgoing, easy-going outlook on life made her a natural for the industry, earning her great popularity and many good friends. She was well known both in New York, and at home in Roscommon, where she had returned about 10 years ago.

Late of Knockcroghery and Roscommon Town, Michelle sadly passed away in November 2023. She had bravely borne her illness and was surrounded by her loving family when she slipped away, in the devoted care of the staff at the Roscommon Hospice. Michelle's family were extremely grateful to

the Hospice team for the help and support they received while Michelle was in their care and, in return, they wanted to support the Foundation. The idea of a fun quiz, in memory of Michelle, was mooted late last year, and discussions and conversations developed before and over the Christmas period. Eventually, Saturday January 31st was chosen for the fundraiser, with jobs delegated among family and friends. Some were tasked with raising sponsorship and donations; others with organising the quiz itself; more were asked to liaise with Mayo Roscommon Hospice Foundation; while the logistics of venue and requirements for the night fell on other capable shoulders. Alongside all of this, an iDonate page was established, publicised, and very generously supported.

Several weeks of phone calls, emails, and meetings ensured everything was in place for the event itself and The Abbey Hotel was decked out in balloons in the Roscommon colours. With the quiz logistics taken care of, sponsors for cash prizes lined up, and tables borrowed from Roscommon CBS across the road, an optimistic 60 tables were set out that day. Of course, nobody really believed they'd all be needed, but expectations were soon surpassed, with 56 teams taking part.

Family, friends, fellow parishioners, quiz buffs, and supporters turned out in huge numbers, and a thoroughly enjoyable night was had. It was all about fun and fundraising. There was a relaxed atmosphere, much sharing of answers, and a certain amount of Googling...allegedly!

By the end of the tie break round, there was white smoke, with first, second and third places all determined. For those not so lucky with the questions, there were plenty opportunities to win in other ways, with more than 20 raffle prizes up for grabs.

Members of the Craven family spoke before and after the quiz, thanking everyone for their kindness and generosity, and commenting on how proud Michelle, the socialite, would have been to see such a crowd enjoying a great night. Sponsors and those who donated raffle prizes were mentioned and thanked, while the Abbey Hotel got a special mention for generously donating the use of their function room for the event.

Once the dust had settled, and all the money collected and counted, the Craven family were thrilled to realise that the remarkable sum of €17,000 had been raised for Mayo Roscommon Hospice Foundation.



MAYO ROSCOMMON HOSPICE FOUNDATION

Together We Can Do So Much



We are so grateful to the local community in Togher, Taughmaconnell, for the incredible generosity shown through a fundraising auction held at Killeen's Public House. Thanks to a phenomenal community effort and a packed house on the night, an amazing €28,566 was raised in support of the Roscommon Hospice – a powerful example of people coming together to care for one another. Our sincere thanks to the committee members, Michael Brooks, Tim Farrell, Frank Kelly, John Kelly, Dermot Killeen, Fr Sean Neylon and Peter O'Connor, and to Mary O'Connor, Mary Farrell, Mairead Farrell, Michelle Brooks and Robbie Brooks for their help on the night, along with Catherine and Georgina Bruce for selling raffle tickets. Martina Jennings, CEO Mayo Roscommon Hospice Foundation, is pictured with the committee receiving the cheque.



We were very grateful to receive a cheque for €5,686 from Saoirse Burke, who ran the Border Half Marathon in loving memory of her very close friend, Meabh Feerick, who was looked after by the team at Mayo Hospice. Saoirse presented the cheque to Martina Jennings, CEO Mayo Roscommon Hospice Foundation. We thank you so very much.



We were very grateful to recently receive a cheque for an incredible €16,000, raised by the Morris Family in memory of Fr Donal Morris. The 4th of June would have been the 30th Anniversary of Donal's Ordination and to commemorate him and his anniversary, the family decided to do 5K-a-day for the 30 days of June. The family members are pictured here presenting the cheque to our CEO, Martina Jennings. We thank you so very much.



We were very grateful to receive a cheque for €1,000 from the Roscommon Harriers AC, who organised a Santa Dash on December 21st last. The event consisted of a short 1km novelty race for children and a longer 5km dash for adults. Donations on the day were collected for their local Roscommon and Mayo Hospices and they give many thanks to all who supported the event. Pictured are Glen Campbell, Paul Foxe (Chairperson Mayo Roscommon Hospice Foundation), and Tommy McGuckian.



A heartfelt thank you to Liza Kelleher who ran a Half Marathon in Waterford last year in memory of her best friend Edel Beisty, raising an incredible €11,250 for the Mayo Roscommon Hospice Foundation. Pictured presenting the cheque to CEO Martina Jennings are Liza along with Edel's husband Paul and their children Eva, Ellen and Tom.



John Keane (Chairman of the ESB Galway Benevolent Fund) and James Wynne are pictured presenting a cheque for €15,000 to Josephine Ganley of Mayo Roscommon Hospice Foundation, on behalf of ESB Galway staff and theirs. We are truly grateful for their generosity and their commitment to supporting our cause.



MAYO ROSCOMMON HOSPICE FOUNDATION

Together We Can Do So Much



A massive thank you to Feerick's Hotel, Rathowen, Co Westmeath, who recently raised €10,000 for the Mayo Roscommon Hospice Foundation. As part of their 25th anniversary celebrations, the Feerick family came up with the fantastic idea of producing and selling a retro Mayo jersey. With strong links to Mayo and its supporters, all proceeds from jersey sales were donated to Mayo Roscommon Hospice Foundation. A brilliant initiative and heartfelt thanks to everyone who supported the fundraiser from start to finish. Special thank you to everyone at Feerick's Hotel and to KC Sport who produced the jerseys. The cheque was presented by CEO Martina Jennings. Pictured left to right: John Feerick, CEO Martina Jennings, Ann Feerick and Paul Feerick.



A massive thank you to all at Dawn Meats, Ballyhaunis, who recently held a fundraiser in memory of their colleague Noel McDonnell. Presenting the €5,000 cheque to CEO Martina Jennings are Noel's family and former colleagues. We are so grateful to everyone involved for fundraising such an incredible amount. Front row: Sinead Curry, David Mulderig, Mairead Ganley, Claire Noone (Noel's daughter), Martina Jennings (CEO Mayo Roscommon Hospice Foundation), Colette McDonnell (Noel's wife), Fiona O'Malley, Roger Ryan and John Collins. Back row: Anthony Dowd, Frank Walsh, Niall Kitching and Paul Ruane.



King & Moffatt Building Services chose Mayo Roscommon Hospice Foundation as one of their 2025 Charities of the Year, and proudly presented a cheque to CEO Martina Jennings following their fantastic fundraising efforts. Over the course of the year, the team raised vital funds through a wide range of initiatives from company-wide campaigns to locally driven events. These generous contributions reflect the incredible spirit, time, and commitment shown by King & Moffatt and their employees across the business. A huge thank you to everyone who organised, participated in, or supported the fundraising activities throughout the year. Your support makes a real and meaningful difference and we were honoured to be chosen as one of your 2025 Charities. Pictured are the staff of King & Moffatt. Front (third from left): Fiona McVeigh, MRHF CEO Martina Jennings, Pat King (Managing Director of King & Moffatt Building Services), and Audrey Duffy (MRHF), photographed at the cheque presentation in Carrick-on-Shannon.



A massive thank you to Kiltimagh GAA Club for their incredibly generous donation of €1,000 from their St Stephen's Day Coillte Cup. Your support and kindness are greatly appreciated and mean so much to us. Pictured is Marie McGuinness from our fundraising department receiving the cheque from Kiltimagh GAA Club representative Aoife Mahon. Thank you to everyone involved.



Members of Michael Davitt CCE, Swinford, who organised the St Stephen's Day "Bring Back the Wren" fundraiser, are pictured presenting a cheque for €300 to Joanne Bourke, Manager of the Hospice Shop in Swinford. Pictured, left to right: Clodagh Gleeson, Sheila Byrne, Mary Brennan, Máirín Noone, Alex Richmond, Sean Healy, Breege Gleeson and Joanne Bourke. Thank you so much to everyone involved.



MAYO ROSCOMMON HOSPICE FOUNDATION

Together We Can Do So Much



We were very grateful to receive a cheque for €632 raised by a group of girls who went out on the Wren in Roscommon on St Stephen's Day. The cheque was presented to Martina Jennings CEO, Mayo Roscommon Hospice Foundation by Kate Rose Hoare, Julie Coyne, Elaina Byrne, Katie Staunton and Ava Farrell.



We were very grateful to receive a cheque for an incredible €6,000 raised from the 'Merry Monks Climb' of Croagh Patrick. The climb took place earlier in the year in aid of Mayo Roscommon Hospice Foundation and Blood Bike West. The event was sponsored by the Doolin Motorcycle Club, who presented the cheque to our CEO, Martina Jennings. Pictured, left to right: Hugo Feehan, Trish McGrath, Martina Jennings, James Clancy, Manus Campbell and Niall Ward. We thank you all so very much.



We are incredibly grateful to the sheep farmers across the West of Ireland who so generously donated wool in support of Ann Sheridan's sheep wool fundraiser. A special thank you to Patrick and Shane Coffey of P Coffey & Sons LTD, who kindly looked after and stored the wool. None of this would have been possible without the dedication and hard work of the amazing Ann Sheridan, who organised the fundraiser from start to finish. We also extend a heartfelt thank you to everyone who made private donations to Ann in support of this cause. Ann is pictured here receiving the cheque from Patrick Coffey and then proudly presenting it to Board Director Ollie McGuinness at the Roscommon Hospice. An incredible €3,504.44



A massive thank you and well done to Marian Sheirdan who ran the Irish Life Dublin Marathon in memory of her dear brother William Sheridan, and raised an incredible €8,700. Pictured are Martina Jennings (CEO Mayo Roscommon Hospice Foundation), Marian Sheridan, Angela Sheridan, Caroline Sheirdan, and staff from Carroebeag where William attended day service with Western Care - Louise Munster, Jackie O'Grady (Centre Manager) and Jarlath Cunningham. Thank you so much Marian and everyone who donated. We are so grateful.



We are so grateful for this incredible donation from St Gerald's College 2020 Debs Committee and the overall class of 2020, in conjunction with St Gerald's College. An impressive €5,626.22 was raised through several fundraisers to fund the Debs, which never took place due to Covid restrictions. The committee made the donation in memory of Anne Marie Cunningham, and all the other families who have availed of the Mayo Roscommon Hospice Foundation's amazing services. They are happy to see the money go to support the life changing work the hospice undertakes. Thank you very much to the St Gerald's College Class of 2020. Pictured, left to right: Dean Fadden, Ciaran Mylett, CEO Martina Jennings, and Shaun Burke.



We were very grateful to receive a cheque for €2,055 raised from the recent Dysart Community Centre Coffee Morning. The cheque was presented to our CEO, Martina Jennings. Pictured at the presentation were, front row: Alice Mulligan, Mary Kelly, Marian Cunniffe and Monica. Back row: Pat Cunniffe, Rachel Hastings, Miriam Hastings, Monica Hastings and Martina Jennings.



MAYO ROSCOMMON HOSPICE FOUNDATION

Together We Can Do So Much



St Brigid's GAA Club, Killashee held a charity match on St Stephen's Day 2025 in aid of Mayo Roscommon Hospice Foundation. Owen Johnson, then Chairperson of St Brigid's GAA Club was in the care of the Hospice at the time, and sadly, Owen passed away in January. The club raised €1,390 from the event and were delighted to present a cheque to Mayo Roscommon Hospice Foundation. Pictured from left to right were Rosemary Johnson (wife of the late Owen Johnson), Damian Edgeworth (Chairperson of St Brigid's GAA Club), Martina Jennings (CEO, Mayo Roscommon Hospice Foundation), Kevin Connell (Club Treasurer), and Anne Mahon Evans (Club Secretary).



We were very grateful to receive a cheque for €600 from St Joseph's GAA Club, Kiltveevan. The money was raised from their Annual St Stephen's Day Henry Brennan Memorial Tournament. The cheque was presented to Paul Foxe, Chairman, and Martina Jennings, CEO of Mayo Roscommon Hospice Foundation, by Larry Brennan and Sean Mooney. We thank you so much.



Mary Kelly and Mary Devaney are pictured on behalf of Creggs Charity Walk presenting €2,000 for the Roscommon Hospice to CEO Martina Jennings. Thank you to everyone who supported this fundraiser.



Thank you so much to the team at Ireland West Airport for choosing Mayo Roscommon Hospice as one of its six Charities of the Year for 2025. A record €54,000 was raised in total, the highest amount since the launch of the initiative eight years ago. We were honoured and grateful to attend the group cheque presentation shortly before Christmas, where each of the six staff-nominated charities received a cheque worth €9,000. Pictured with Joe Gilmore, Managing Director, Ireland West Airport, are Marie McGuinness, Fundraising Department, and Audrey Duffy, Corporate Partnerships Officer at Mayo Roscommon Hospice Foundation.



We were very grateful to receive a cheque for an amazing €8,865 from Courtney's Bar and Off Licence in Brideswell, Co Roscommon. The money was raised by Vincent and Ann Courtney, who held a recent auction fundraiser in memory of Paul Ferry, a cherished friend. They both put a huge amount of work into its success and it showed. The cheque was presented to Kathy from the Hospice Office in Knock by Vincent, Ann, Paul Ferry's wife, Jeannie, and also members of the local community who supported the event.



Official Charity Partners

Proudly supporting the development of Ireland's first Children's Hospice outside Dublin.

Sunflower Children's Hospice welcomes host of founding Corporate Partners

Just four months after unveiling our ambitious plans to build a state-of-the-art children's hospice in the heart of Co Mayo, Mayo Roscommon Hospice Foundation is delighted to welcome a host of fantastic corporate partners on board.

Details of the Sunflower Children's Hospice project were unveiled at a special launch event in the TF Royal Hotel and Theatre in Castlebar last November. Funded by Mayo Roscommon Hospice Foundation, the Sunflower Children's Hospice will provide essential care for children with life-limiting illnesses, and their families, across eight counties on the Western Seaboard.

We would like to sincerely thank each and every corporate partner for coming on this journey with us – some of whom have signed a three-year partnership agreement and will see it through the build. This support will not only help us raise funds to make this project possible, but will also help accelerate and raise awareness of the project.

If your company would be interested in becoming a corporate sponsor, we would love to hear from you.



For more information, visit www.sunflowerchildrenshospice.ie and follow us on social media @thesunflowerchildrenshospice

O'Hara's of Foxford

The Sunflower Children's Hospice is delighted to announce a new three-year partnership with O'Hara's of Foxford, the family-owned bakery. 2026 is a landmark year for O'Hara's as the business celebrates 75 years in operation, alongside the first anniversary of its Bakery 51 Café in Ballina.

As part of this collaboration, O'Hara's of Foxford is featuring the Sunflower Hospice logo on its best-selling product, O'Hara's Premium White Sliced Bread, with a QR code where customers can donate directly to the Sunflower Children's Hospice. Products are available in shops across Connacht, as well as all shops selling O'Hara's sliced white pan globally. In addition, Bakery 51 by O'Haras of Foxford will hold four coffee mornings throughout the year in the café, with donations going to the Sunflower Children's Hospice.

Julia O'Hara of O'Hara's of Foxford, said the business is honoured to team up with Mayo Roscommon Hospice Foundation on this incredibly meaningful initiative. "The Sunflower Children's Hospice will be a lifeline for families facing unimaginable challenges, and O'Hara's



Martina Jennings, Julie O'Hara, Kate O'Hara and Audrey Duffy.

are committed to helping bring this vital service to the West of Ireland. We're a family business and family means everything to us. What they do for families is just amazing. It was the right thing to do. It was just the right fit," she explained.

Martina Jennings, CEO of Mayo Roscommon Hospice Foundation, sincerely thanked the

business for this partnership. "We are delighted to work with O'Hara's of Foxford over the next three years. Their generosity and strong community spirit will have a tangible impact on the care we provide across the Western seaboard. They have gone above and beyond for us – having not changed their packaging in more than 20 years – and I cannot thank them enough," she said.

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Castle Davitt Furniture

West of Ireland family-run business, Castle Davitt Furniture, has chosen the Sunflower Children's Hospice as its 2026 Charity Partner. As a part of this partnership, the company is running a major in-store fundraiser across its three locations in Galway, Mayo and Sligo.

Each store has a prominent Big Clock donation display on the counter, which was pre-loaded with €1,000. Customers can choose to add a donation when making a purchase, and the clock is updated daily to show the growing total raised.

In operation since 1982, Castle Davitt Furniture is an Irish owned, family operated business, with showrooms in Mayo (Castlebar), Sligo and Galway.

Castle Davitt's Managing Director, Phyllis Loftus, said that over the last 40 years, the family has always endeavoured to give something back by supporting causes that truly matter across the region.

"As I near retirement, the development of the Sunflower Children's Hospice is a cause that is very close to my heart. We are honoured to partner with Sunflower Children's Hospice on this important initiative and we hope our customers will join us in helping to make a lasting difference for families who need this support most," she said.

Mayo Roscommon Hospice Foundation's CEO, Martina Jennings, thanked Castle Davitt Furniture for their commitment to support the Sunflower Children's Hospice for the next year.

"Their generous partnership will make a real and lasting difference to the lives of children and families who rely on our care. We truly appreciate their dedication to helping us continue this essential work as we move closer to bringing the Sunflower Children's Hospice to life for families across the Western Seaboard."



Phyllis Loftus, Castle Davitt Furniture, Martina Jennings, CEO Mayo Roscommon Hospice Foundation, Sarah Loftus, Castle Davitt Furniture, Christine Peacock, Castle Davitt Furniture, Audrey Duffy, Corporate Partnerships Officer at Mayo Roscommon Hospice Foundation, and Damien Gibbons, Castle Davitt Furniture

Fort Wayne Metals

Castlebar-based Fort Wayne Metals has chosen the Sunflower Children's Hospice as its 2026 Charity of the Year. Based in Castlebar since 2002, Fort Wayne Metals is a leading manufacturer of precision wire-based materials that their customers use in medical devices to help improve people's lives around the globe.

Carmel Keane, Head of HR, said the company is delighted to be able to support the Sunflower Children's Hospice. "At Fort Wayne Metals, our people are at the heart of everything we do, and each year our employees are invited to nominate and vote for the charity they feel most passionate about supporting," she explained.

"The Sunflower Children's Hospice was the clear number one choice, reflecting the strong connection our employees feel to this incredible project and the vital care it will provide to children and families across the West of Ireland. This partnership is a meaningful opportunity for our workforce to come together, fundraise, and make a real difference in our community. We are proud to support the Mayo Roscommon Hospice Foundation in helping bring this much-needed children's hospice to life," Carmel added.

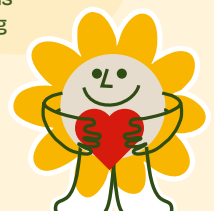
As CEO of Mayo Roscommon Hospice Foundation, Martina Jennings said the Sunflower Children's Hospice is truly grateful. "This partnership carries particular significance, given that Fort Wayne Metals is an organisation that holds people, community and meaningful impact as core values – principles that sit at the very heart of hospice care."

"Sincere thanks to the employees of Fort Wayne Metals for choosing the



Fort Wayne Metals Ireland team, pictured front, left-right: Jean Marc Neyret, Irene Joyce, Gail Campbell, and Anthony Mc Hale. Back, left-right: Pdraig Lennon, Richard Bonner, Chris Sweeney, and John Carney.

Sunflower Children's Hospice. Partnerships like this play a vital role in helping us move closer to making this long-held vision a reality," she said.



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Official Charity Partners

Proudly supporting the development of Ireland's first Children's Hospice outside Dublin.

FOXFORD

FOXFORD recently launched a fantastic three-year corporate partnership in support of the Sunflower Children's Hospice, with a coffee morning at the Foxford Cafe raising an incredible €1,150.

As a part of the new corporate partnership, FOXFORD has committed to donating 10% of all online sales from its children's range (toys, books, baby blankets, etc) to the Sunflower Children's Hospice for the next three years. This includes favourite items such as their heirloom woven baby blankets, and the ever-popular Jellycat toys. In addition to this, FOXFORD has made the decision to pay it forward, with a generous €10,000 donation.

Founded in 1892, the woollen mill was established as a means of improving people's lives and supporting the community. With community at its core, FOXFORD is delighted to partner with a charity that will make such a profound difference across the West of Ireland.

Joe Queenen, Managing Director at FOXFORD, said the company is very proud to support such an important initiative. "Commendably, over €7 million has already been raised through incredible community support and we are delighted we can contribute towards this."

Martina Jennings, CEO of Mayo Roscommon Hospice Foundation, thanked FOXFORD for choosing to support the Sunflower Children's Hospice for the next three years. "We are deeply grateful to Joe and all the team at FOXFORD for their incredible generosity and commitment to this project. Your support brings us one step closer to delivering this much-needed service for families across the West," she said.



Audrey Duffy, Mayo Roscommon Hospice Foundation, Joe Queenen, Managing Director at Foxford Woollen Mills, and Martina Jennings, CEO Mayo Roscommon Hospice Foundation.

Hollister Ballina

Employees at Hollister Ballina have pledged their support to the Sunflower Children's Hospice for the next three years. The global healthcare company will host a monthly employee fundraising draw to support the ambitious project.

The announcement coincides with Hollister celebrating 50 years of operations in Ballina. The MedTech manufacturer first opened the facility in 1976 and now employs close to 1,000 people at its Mayo site, specialising in the production of Ostomy and Continence Care products.

Shane Caher, Senior Director of Plant Operations and General Manager of Hollister, said the Sunflower Children's Hospice is a project that the team is truly proud to stand behind.

"At Hollister ULC Ballina, our values guide not just the work we do, but how we care for people. As a team focused every day on improving comfort and quality of life, we feel a deep connection to our community and to the compassionate care the Sunflower Children's Hospice will provide to patients and families at such an important time. This unique partnership is especially meaningful because it was driven by our associates – people who wanted to make a real difference in their own community," he explained.

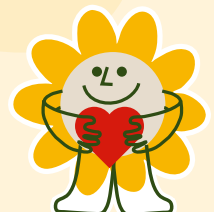
Martina Jennings, CEO of Mayo Roscommon Hospice Foundation, said Hollister's patient-centred approach to healthcare aligns closely with the Foundation's own values. "This three-year partnership will make a real



Pauline Burns, Hollister, Cole Langdon, Hollister, Martina Jennings, Mayo Roscommon Hospice Foundation, Shane Caher, Hollister, Peter Grant, Hollister, Audrey Duffy, Mayo Roscommon Hospice Foundation, Pat Carr, Hollister, and Mari Mahon, Hollister.

and lasting difference to the lives of children and families who rely on our care," she added

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Meissner

The team at Meissner in Castlebar, Co Mayo has selected the Sunflower Children's Hospice as its Charity Partner of the Year, and employees have already begun organising a series of fundraising initiatives that will take place throughout 2026.

The first event will see 21 of the company's Castlebar employees take part in the Westport Marathon on April 18th, raising funds for the project. The employee fundraising committee has also organised a number of additional community events including a Darts Night in June, a Shave or Dye fundraiser, and a Quiz Night in Castlebar. You can follow their fundraising efforts [here](#).

John O'Shea, Site Lead and Director of Operations at Meissner, said the partnership aligns perfectly with the company's values of community, compassion, and collaboration.

"We've established an internal committee to drive our fundraising efforts, ensuring employees can shape and lead initiatives that make a real difference. We have a wide range of engaging events planned over the coming year, with the aim of demonstrating the people-focus we have at Meissner, while raising vital funds and awareness for this extremely worthy cause," he added.

Martina Jennings, CEO of Mayo Roscommon Hospice Foundation, thanked Meissner for choosing the charity. "The enthusiasm already being shown by employees, from those preparing to take part in the Westport Marathon to those organising community fundraising events throughout the year, reflects the strong sense of community



Meissner's Sunflower Children's Hospice Committee, pictured with Martina Jennings and Audrey Duffy from Mayo Roscommon Hospice Foundation. Back row, left to right: Donovan McHale, Angela Chambers, Sharon Curley, Fiona O'Grady, Clare Joyce, Mia Warde, Cailin Barrett, Dawn Nealon, Joe Convey and John O'Shea. Front row, left to right: Sean Moran, Dave Munnally, Martina Jennings, Naomi Kenny, Claire Duffy, Lisa McNama, Audrey Duffy, and Pat Molloy.

within the organisation.

Support like this plays an important role in helping us move closer to delivering a dedicated children's hospice for families across the West of Ireland."

Pamex Ltd

Irish family-owned business Pamex Ltd has chosen to support the Sunflower Children's Hospice as its 2026 Charity of the Year. Founded in Castlebar in 1995, Pamex is a leading healthcare sales, marketing, and distribution partner, specialising in niche pharmaceuticals, medical devices, and OTC products. It works closely with pharmacists and healthcare professionals nationwide, managing importation, warehousing and distribution for trusted brands including Alflorex, Utipro, Kin Dental and BioXtra.

As part of the partnership, Pamex Ltd will host several events, including a major fundraiser in June where the team will walk from Dublin to Castlebar, the location of the children's hospice. The walk is intended to reflect the long journey parents face to access hospice services.

Tom Murphy, Founder and Company Chairman of Pamex Ltd, spoke of the parallels between both organisations. "The Hospice Movement makes a positive difference in people's lives and here in Pamex, we distribute and promote products which also make a positive difference for people.

"Construction of the new Children's Hospice will begin later this year here in Castlebar, and



Gerard Murphy, National Sales Manager, Pamex Ltd, Tom Murphy Founder / Company Chairman, Pamex Ltd, Martina Jennings, CEO Mayo Roscommon Hospice Foundation, Mary Murphy, Financial Director, Pamex Ltd, Cormac Kearney, Chief Executive Office, Pamex Ltd, and Audrey Duffy, Corporate Partnerships Officer at Mayo Roscommon Hospice Foundation.

our goal is that by that time, we will have done our utmost to ensure a substantial financial contribution is raised to help this very worthy cause," he said.

Martina Jennings, CEO of Mayo Roscommon Hospice Foundation, paid tribute to the team at Pamex, whose focus on supporting patients, families and frontline healthcare professionals closely reflects the values at the heart of the Foundation's work.

Why become a fundraising partner?

- **Be part of something historic:** Help build the first children's hospice on the Western Seaboard – a sanctuary of care and compassion for families across eight counties.
- **Make a real local impact:** Every contribution directly supports children and families in your community during their most difficult times.
- **Champion compassion and dignity:** Align your brand with a cause that represents care, humanity and hope.
- **Inspire your people:** Unite your team behind a shared purpose through meaningful fundraising and volunteering opportunities.
- **Leave a legacy of kindness:** Together we can ease suffering, bring comfort, and build hope for generations to come.

Become an Official Charity Partner

Email: audrey@hospice.ie

Phone: 094 93 88666



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€33,601.70 raised for Sunflower Children's Hospice thanks to Bound for Canada, with TELUS Digital and Kenaidan Contractors Ltd

An incredible €33,601.70 has been raised for the Sunflower Children's Hospice project, in an initiative by Mayo County Council in collaboration with TELUS Digital, Ballina and Kenaidan Contractors Ltd. Collectively, between a Bound for Canada musical event over two nights, a charity raffle, and a table quiz, the organisers exceeded all expectations.

A huge thank you to everyone who played a part in reaching this fantastic total. Your support is greatly appreciated.

For more details on the Bound for Canada fundraiser, see pages 23-25.



Pictured at the cheque presentation at TELUS Digital, Ballina, were Dr Sheila Flanagan, Registrar and Vice President Academic Affairs at Dundalk Institute of Technology; Martina Jennings, CEO Mayo Roscommon Hospice Foundation; Seamus Kenny, Director at Kenaidan Contractors Ltd; Margaret McGinty, Senior Director | AI Operations, TELUS Digital Ballina; Joanne Grehan, Director of Services, Mayo County Council; and Audrey Duffy, Corporate Partnerships Officer, Mayo Roscommon Hospice Foundation. The total raised through the collective fundraisers was €33,601.70 (€16,040 through the online raffle, €13,515 through Bound for Canada, €3,110 through the raffle at Bound for Canada, and €936.70 through the table quiz). Picture: Sarah Jane Walsh Photography

Online raffle raises €16,040 for Sunflower Children's Hospice

A hugely impressive €16,040 was raised for the Sunflower Children's Hospice project through a monster fundraising raffle, sponsored by TELUS Digital in Ballina.

The raffle winners were drawn at fundraising Table Quiz at the Cot and Cobble in Ballina on Friday, February 13th:

- Fiona Bush was the lucky winner of the €5,000 Dromoland Castle Hotel Voucher.
- Mary McHugh won the framed 2025 Masters Flag, signed by Rory McIlroy.
- Michelle Munnelly won two tickets to see Take That at the Aviva Stadium in July.



Quiz raises €936.70

A fundraising table quiz took place in the Cot and Cobble in Ballina on Friday, February 13th, as part of TELUS Digital's fundraising activities.

There was great fun throughout the evening, with the brilliant sum of €936.70 raised through the quiz for the Sunflower Children's Hospice project.

Thank you to everyone who turned out to support.





In Ballina at the Bound for Canada event were, back row: Kevin Kelly, Chief Executive Mayo County Council; Minister Dara Calleary, TD; Seamus Kenny, Managing Director, Kenaidan; Ambassador Dennis King; Jana Hemphill; Cathaoirleach Sean Carey; Senator Mark Duffy; and Michael O'Boyle, Telus International. Front row: Mark Purdy, Chairman, Canada Ireland Foundation; Sheila Flanagan; Joanne Grehan; Martina Jennings; Margaret McGinty, Ballina Site Director, Telus International; and Robert Kearns, Founding Chair, Canada Ireland Foundation.

Inaugural Bound for Canada fundraiser brings crowd to their feet in Ballina

The inaugural *Bound for Canada: A Musical Journey from Hardship to Hope* fundraiser for the Sunflower Children's Hospice delivered a truly unforgettable experience, bringing audiences to their feet in the Ballina Arts Centre. Held over two nights in December, the concert featured a full 80-minute symphony, combining orchestral and choral forces with the haunting sound of the internationally acclaimed sean nós voice of Sibéal. A massive €13,515 was raised through the two-night event, with an additional €3,110 raised in raffles over the two nights.

The Ballina shows were organised as fundraisers to support the building of The Sunflower Children's Hospice - Ireland's first children's hospice on the Western Seaboard. The Mayo event followed the successful international premiere of Bound for Canada in the Elgin Garden Theatres in Toronto, with Ballina Arts Centre delighted to bring the Irish premiere of the orchestral work to Mayo.

Of course, it was fitting that Ballina played host to this magnificent two-night fundraiser for the Sunflower Children's Hospice. The home of the Dunford family, Kevin Dunford was three weeks short of his ninth birthday when he sadly died in 2014. His life, values and legacy were a central inspiration behind the children's hospice, and large crowds gathered over two unforgettable nights to support what was the inaugural fundraiser for the project.

Audiences were treated to a music extravaganza, which told the incredibly beautiful story of the Irish contribution to building and shaping modern Canada. The talented ensemble featured Sibéal, Hubert Francis, Ellen Fair, Odhrán Ó Casaide, Dr Claire Fitch, the Garda Band conducted by Inspector Pat Kenny, and St Muredach's Cathedral Choir led by Regina Deacy, delivering unforgettable breathtaking performances. A special fundraising raffle

was also launched during the Ballina performances (See page 22).

Warmest thanks extend to everyone involved, especially to the infamous Tommy Marren, who masterfully hosted both evenings. Special appreciation goes to all event partners, including TELUS Digital, Kenaidan, Ballina Arts Centre, Ballina Manor Hotel, Midwest Radio, Event Audio Visual, Mayo County Council, Dundalk Institute of Technology, Connacht Bottlers, Noo Chocolates, Clarie's Kitchen and Doherty's Daybreak, whose support made this extraordinary event possible.

Special guests on the evening included His Excellency Dennis King, Canadian Ambassador, accompanied by his wife Jana Hemphill; Minister Dara Calleary, TD; Senator Mark Duffy; Cathaoirleach of Mayo County Council, Cllr Seán Carey; Robert G Kearns, Founding Chair, Canada Ireland Foundation; and Mark Purdy, Chair, Canada Ireland Foundation.

Speaking after the event, Martina Jennings, CEO of Mayo Roscommon Hospice Foundation, thanked everyone who made this inaugural fundraiser possible. "From performers, production teams and volunteers, the scale of goodwill and collaboration was extraordinary. I am especially grateful to our event partners

whose generosity and belief in the project were instrumental in bringing Bound for Canada to life in Ballina and ensuring meaningful impact for hospice care," she said.

Joanne Grehan, Director of Services at Mayo County Council, and Mayo Roscommon Hospice Foundation Board member, described Bound for Canada as a truly memorable event. "I would like to sincerely thank the people of Ballina and Mayo for embracing this inaugural fundraiser with such warmth and generosity. It also showcased the deep and enduring ties between Canada and Mayo - connections built on shared history, values, and a spirit of opportunity that continues to inspire collaboration today," she said.

"What made these concerts so special was the way our entire community came together - families, businesses, performers, volunteers, and partners - with our children and young people at the heart of our fundraising efforts. Their future, their care, and their potential are the reason we do this. Once again, Mayo can stand tall in helping to deliver this much-needed service to the Western Seaboard. We are proud to play our part and excited for what comes next," added Ms Grehan.



Pictured at the Bound for Canada fundraiser in Ballina were, back row: Nicola Flynn; Ashling Connor; Michael O'Boyle, Director AI Program Delivery, Telus International; Martina Jennings; Margaret McGinty, Ballina Site Director, Telus International; Edel Sheridan; and Mary Le Roux. Front row: Catriona Dwyer; Anne-Marie McAndrew; and Michelle McKenzie.

Enjoying the Bound for Canada event were Kevin Kelly, Chief Executive of Mayo County Council; Margaret McGinty, Ballina Site Director, Telus International; Ambassador Dennis King; Jana Hemphill; Senator Mark Duffy; Mark Purdy, Chairman, Canada Ireland Foundation; and Seamus Kenny, Managing Director, Kenaidan. Front row: Minister Dara Calleary, TD; Sibéal Ní Chasaide; and Cathaoirleach Sean Carey.



John Cummins, Richard Moyles and Colm Finnerty, pictured at the Bound for Canada fundraiser.



Sunny the Sunflower, Bertha Cooley, Mary Reilly, Geraldine Leonard and Nuala O'Brien at the Bound for Canada fundraiser in Ballina.



In Ballina at the Bound for Canada fundraiser were, back row: Sunny the Sunflower; Seamus Kenny, Managing Director, Kenaidan; Margaret McGinty, Ballina Site Director, Telus International; Joanne Grehan; and Kevin Kelly, Chief Executive Mayo County Council. Front row: Mark Purdy, Chairman, Canada Ireland Foundation; Martina Jennings; and William Peat, Canada Ireland Foundation.



Teresa and Professor Paul O'Grady at the Bound for Canada fundraiser in Ballina.



Bofield Céilí Band members, who provided Preshow entertainment on both nights in Ballina: Michael Durkin, Aisling Ginty, Rebecca Durkan, Gavin Brennan, Siofra Wilson, Matthew Conroy, Lorna Lynott and Grace Curran.



Martina Jennings; Minister Dara Calleary, TD; and Tommy Marren at the Bound for Canada fundraiser in Ballina.



Sunny the Sunflower, Hannah Dunford and Sibéal Ní Chasaide at the Bound for Canada fundraiser in Ballina.



Pictured at the Bound for Canada fundraiser in Ballina were, back row: Joanne Grehan; Chuck, Hannah and Mairead Dunford; and Senator Mark Duffy. Front row: Sunny the Sunflower, Iarla Dunford, Helena Sly and Romy Dunford.



Together We Can Do So Much



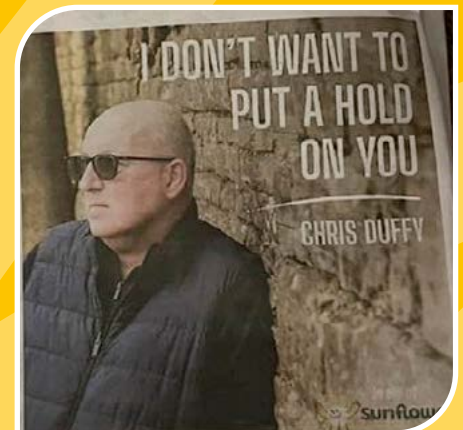
We are so grateful to the wonderful team at Vantive Health Castlebar who raised an amazing €3,765 from three employee-run events – a quiz night, a raffle, and a darts night. A lot of fun, hard work and a fantastic sum of money was raised for the Sunflower Children's Hospice. Pictured together at the cheque presentation, left to right: Martin Cosgrove (Head of HR, Vantive), Richard O'Boyle (Senior HR Manager, Vantive), Walter Barrett (Vantive), Aishling Condrón (HR Operations Specialist, Vantive) and Audrey Duffy (Corporate Partnerships Officer at Mayo Roscommon Hospice Foundation).



Thank you so much to Dee, Brendan and all the staff at REDZ Hair and COBO Brew in Claremorris for their generous donation of €1,000 to the Sunflower Children's Hospice.



We are so grateful to the 21 Bank of Ireland Branches across Mayo and Galway who held a bucket collection to raise funds for the Sunflower Children's Hospice. Pictured at the cheque presentation, which took place at Claremorris National School, were Annette Carty (Branch Manager, Bank of Ireland Westport), Audrey Duffy (Mayo Roscommon Hospice Foundation), and Michael Costello (County Manager for Mayo and Galway, Bank of Ireland). The incredible amount of €3,907.68 includes €350 raised by the children of Claremorris National School. A huge thank you to all Bank of Ireland employees and everyone who donated on the day. What an unbelievable effort by all involved.



On March 3rd, at the Percy French Hotel, Chris Duffy relaunched his CD "I Don't Want to Put a Hold on You" in aid of The Sunflower Children's Hospice. We would like to thank Chris for his incredible support.



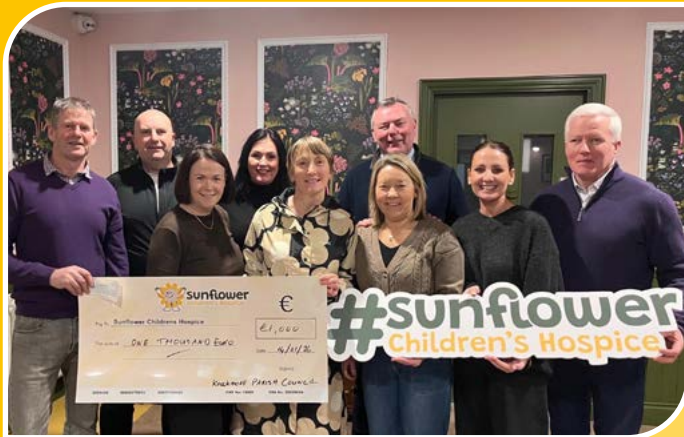
A big thank you to the staff and children from The Haven Community Childcare Centre, Ballina, who recently hosted a fun Pyjama Day to raise funds for the Sunflower Children's Hospice.



We are so thankful to Galway Drum Show who held a silent auction for this amazing drum head signed by Phil Collins, with all proceeds in aid of the Sunflower Children's Hospice and to remember a beautiful young boy, Adam Nagajek, who was a drummer with Galway Drum School.



Together We Can Do So Much



We were delighted to attend a cheque presentation at Knockmore Rathduff Resource Centre for an amazing €1,000 raised through the St Stephen's Day Knockmore 5k, organised by Knockmore Pastoral Council. Thank you to everyone involved and for choosing to support the Sunflower Children's Hospice. Pictured, left to right: John Munnelly, organiser, Finbarr James, organiser, Laurita Blewitt, Martina Jennings, Marie Killeen, Chairperson Knockmore Pastoral Council, Fr Michael Reilly, Patricia Battle, organiser, Audrey Duffy and Frank Mulvihill.

Thank you so much to Brian Cunningham Transport LTD for the generous donation of €5,000 towards the development of the Sunflower Children's Hospice. Marie from Mayo Roscommon Hospice Foundation was delighted to meet Adrian and Brian Cunningham, together with members of the team, at Brian Cunningham Transport.



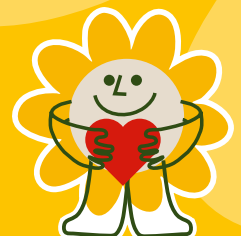
A massive well done to the 6th class students of Swinford National School who recently held a bake sale in the school for the Sunflower Children's Hospice and raised an incredible €960 in one day. Pictured are the students, with their teacher Mr Kelly, presenting the cheque to Marie McGuinness from the Mayo Roscommon Hospice Foundation. Thank you to all the teachers, parents and students for your support.



Mayo County Council's Social Club organised a Christmas Jumper Day and raised €1,250 for the Sunflower Children's Hospice. Pictured, left-right Joanne Grehan, Karen Ruane, Martina Jennings, Bobby Feeney, and Kevin Deignan. Thanks to all who supported.



A special word of thanks to the Wren Boys in Foxford who collected €376 for the Sunshine Children's Hospice on St Stephen's Day.



sunflower Children's Hospice

Together We Can Do So Much



A huge thanks to Seamus and Mary for supporting the Sunflower Children's Hospice. Their fundraising event at The Four Provinces Lounge/Bar, Rathallen, Boyle, Co Roscommon on February 13th raised an incredible €5,895. Thanks to all who made donations and provided entertainment on the night. Pictured, left to right: Seamus Butler, Mike Smith and Mary Foye. Photo credit: Enda Regan.



We are so grateful to the Westport Hotel Group for choosing to support the Sunflower Children's Hospice and donating proceeds from their Sea2Summit 2025 fundraiser. A massive €32,924.97 was raised through the event. Pictured, left-right: Vincent Nugent (Castlecourt Hotel), Kieva Tracey (Westport Sea2Summit Spirit First Lady 2025), Martina Jennings (CEO, Mayo Roscommon Hospice Foundation), Anna Marie Corcoran (Westport Hotel Group), and Paul O'Brien (Sea2Summit Race Director).



Thank you to Sodexo at HollisterBallina for choosing to donate to the Sunflower Children's Hospice with the sale of Toy Show goodie bags, raising €350. A donation from this event was also made to The Sodexo Stop Hunger Foundation, helping vital work tackling food insecurity. Pictured at the cheque presentation were Martin Lohan, Business Manager for Sodexo UK & Ireland at Hollister Incorporated Ballina, and Shane Caher, Hollister Senior Director, presenting a cheque to Audrey Duffy, Corporate Partnerships Manager at Mayo Roscommon Hospice.



A huge thanks to Claremorris National School for supporting the Sunflower Children's Hospice and raising €350 from the school's Christmas Jumper Day. The children also performed as a choir in the Claremorris Branch of Bank of Ireland on the day of their bucket collection, contributing to the combined fundraising efforts across all Bank of Ireland branches in Mayo and Galway in support of the Sunflower Children's Hospice. Pictured, left-right: Ms Grace Burke (Principal of Claremorris National School), Annette Canty (Branch Manager, Bank of Ireland Westport), Audrey Duffy (Mayo Roscommon Hospice Foundation), and Michael Costello (County Manager for Mayo and Galway, Bank of Ireland).

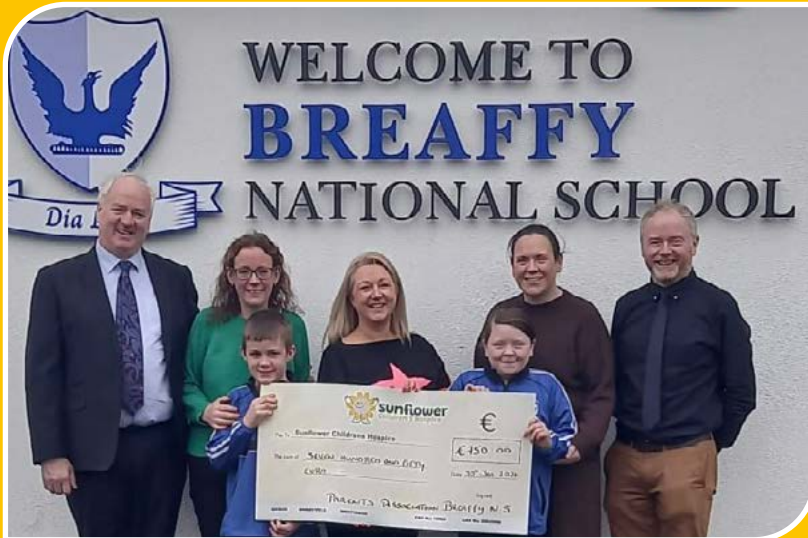


A heartfelt thank you to all at Penneys in Castlebar for raising an incredible €3,350 through a bucket collection and in-store raffle. Thanks, also, to everyone who supported the initiative. Pictured is Geraline Clancy (Manager) and Paul O'Shea (Store Manager), presenting the cheque to Marie McGuinness from the fundraising team.





Together We Can Do So Much



A big thanks to Breaffy National School and the Parents Association for supporting the Sunflower Children's Hospice, raising €750. Pictured at the cheque presentation were George Moran (principal), Karen Kissane (Parents Association), Darragh Kissane, Marie McGuinness (Mayo Roscommon Hospice Foundation Fundraising Department), Jennifer Kelliher (Parents Association), Fiadh Kelliher and Brendan Duignan (Vice Principal).



A massive thank you to all at Strand Celtic, Strandhill, Co Sligo, for hosting a charity match on St Stephen's Day in support of the Sunflower Children's Hospice. An incredible €1,300 was raised through their efforts. We are so grateful to Ryan and Charlie for presenting the cheque to our CEO, Martina Jennings, and to everyone who donated so generously.



Thanks to The Foxford Mimmers Group who held a Wren Boy collection on St Stephen's Day in Foxford, raising a total of €412.36 for the Sunflower Children's Hospice. Attending the cheque presentation at Foxford Woollen Mills were, left-right Katie Moore, her daughter Millie Gallagher, Audrey Duffy from Mayo Roscommon Hospice Foundation and Niamh O'Grady.



A massive thank you to Anna, Leah and Thomas McLoughlin who raised an incredible €400 for the Sunflower Children's Hospice doing the Wren on St Stephen's Day. We are so grateful for your effort and couldn't be prouder of you all. What a fantastic achievement. Anna, Leah and Thomas are presenting the cheque to CEO Martina Jennings.



A massive thank you to everyone at Bonniconlon GAA who recently hosted a fantastic charity match, raising an incredible €1491.10 for the Sunflower Children's Hospice. Your generosity, community spirit and teamwork truly make a difference. Pictured presenting the cheque to CEO Martina Jennings were members of Bonniconlon GAA. Well done to all involved.



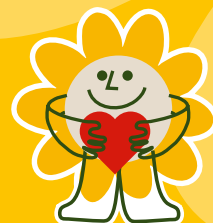
Together We Can Do So Much



A small club with a big heart...a huge thanks to Kiltewan Gun Club from Castlereagh for raising a fantastic €6,000 for the Sunflower Children's Hospice at a social night held in The Cosy Bar, Castlereagh, including a raffle. Pictured at the cheque presentation were, left to right: PJ Connelly, Shane Keegan, Martina Jennings, Margaret Diggins, Patrick Connelly, and Trevor Kelly.



The Midfield/Swinford 5k Run for Hope raised €5,320 in December, and the Sunflower Children's Hospice and Mayo Roscommon Hospice Foundation are honoured to have been selected as two of the chosen charities to benefit from the event. Thank you so much to Sandra and Jonathan for organising this amazing event every year and everyone who donated to this wonderful fundraiser.





Mayo Hospice



Roscommon Hospice



Sunflower Children's Hospice coming soon

Together We Can Do So Much



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