

The Irish Catholic
2021 LEGACY SUPPLEMENT

A Future Full
of *Hope*





Legacy donations can help charities like the Irish Heart Foundation and Special Olympics Ireland after a devastating pandemic, and long into the future, writes **Chai Brady**

The vulnerable in Irish society can be forgotten during times of crisis, which has devastating effects, not least for those who silently suffered a stroke at home for fear of going to the hospital, or a person with an intellectual disability distraught because their routine has been totally upended – the pandemic has a plethora of victims.

There are those who have done their utmost to bridge the gap caused by the need to quell the spread of Covid-19 and the services they provide.

The Irish Heart Foundation's CEO Tim Collins said that during the pandemic there was a "big issue" with people experiencing symptoms of a stroke but not attending hospital due to the belief they would inconvenience the health service or fears of contracting Covid-19.

"One of the problems we have in the whole area of heart disease and stroke is there is very poor data from hospitals but through our own network of cardiologists and stroke physicians around the country, we certainly were getting very strong evidence that people were not coming in if they had heart symptoms or stroke symptoms," Mr Collins explains, "and if they were coming in, they were coming in very late."

When someone comes in late after suffering a heart attack, there will be more complications and recovery will be more complicated. When it comes to a stroke, Mr Collins says: "There's a critical time period if you have a stroke that you must get into hospital because a good portion of strokes are reversible, particularly if they're caused by a clot in a large blood vessel."

"The services are there that can help those people but they need to get into hospital early, so we worked with the HSE during that time to encourage people to get in early, we did a couple of campaigns and then we did the FAST (Face, Arm, Speech, Time) campaign which is to encourage people who are getting symptoms of stroke to get into hospital fast but it is also about recognising the symptoms of strokes."

Mr Collins adds: "I know there is an ongoing reluctance of people to go into hospital or to go to their GP because they're afraid they are overburdening them or there are concerns about catching Covid but the

Supporting healthy hearts



CEO Tim Collins launches the Irish Heart Foundation's childhood obesity manifesto.

vast majority of people are now vaccinated, they needn't worry about that and it's much more important that they actually present early if they have got symptoms that are worrying them rather than sitting on them and waiting until they do themselves damage, or become ill."

“When the pandemic struck those services were shut down meaning the IHF had to pivot into delivering online services”

The Irish Heart Foundation also noticed increased issues with access to healthcare for those suffering from heart conditions, an issue their advocacy team took very seriously. "We found that very early on in the pandemic frontline nurses in heart failure and stroke were being redeployed and so waiting lists grew," Mr Collins said, "people had difficulty accessing services and we had to do a lot of work in that area to try and promote the interests of the people that we represent."

Childhood obesity

The same team are also behind efforts to tackle childhood obesity through legislation such as the sugar tax, which came into effect in 2018.

Like many others, the IHF had to move online to continue services. They developed a number of programmes for teachers who were teaching children from home and subsequently in school, one of which

was 'Bizzy Breaks'. It aimed to give teachers the resources needed to break up class time and get children more active during class and between classes.

Many of their community projects had to stop during the pandemic, one of which is their mobile health unit which reached out to disadvantaged communities and conducted health checks – working with partners such as Pavee Point and Men's Sheds. Mr Collins says they are now beginning to increase their activities but it has been a slow process due to social distancing and ensuring vaccination uptake rates were at a high level.

"The area that has probably changed the most for us in the course of the pandemic has been supporting patients in the community who are living with heart disease or stroke," Mr Collins explains.

"So prior to the pandemic we had about 25 in person support groups around the country that people went to every week and we would give them social support, physiotherapy, help and advice and so on, and these were very important for people who are trying to live with or recover from stroke or living with heart failure," he says.

Shut down

When the pandemic struck those services were shut down meaning the IHF had to pivot into delivering online services. In relation to stroke, they were asked by the HSE to provide a check-in service for people who had just been diagnosed and were about to be discharged from hospital because

"the hospitals were overwhelmed", Mr Collins says.

"We took on their care on the day they were discharged so we set up the service literally overnight, so when patients were discharged, they got a call from our check-in team which is nurse-led. We then go through a care plan for them over a six to eight-week period and check in on them regularly so if their situation gets worse we can then refer them back to the hospital or we can give them any other help and advice."

“People had difficulty accessing services and we had to do a lot of work in that area to try and promote the interests of the people that we represent”

"That has been hugely successful and we're working with most of the stroke units around the country on that programme and we've backed that up then with our ongoing support for people who are living with stroke through Facebook."

Regarding people living with heart failure – a chronic condition experienced by thousands of people across Ireland – the IHF are also running support programmes using Facebook.

One effect of the pandemic on the foundation is that it has scaled up its operations. Mr Collins says they have drastically increased the number of

people they are supporting and will continue to endeavour to expand but also try and find a way of giving face to face support to people who really need it "because that is a key element as well".

"It's been a very challenging time but it's certainly changed us as an organisation and changed our outlook and the channels and way we interact with people," he adds.

In addition to these challenges, the foundation, being the national CPR training organisation, were "busier than ever" due to the vaccination programme which required health care workers to receive CPR training. Mr Collins said they have trained "hundreds of thousands of people in the last couple of years".

Legacy

Legacy donations are an "absolutely vital source of income" for the foundation, Mr Collins says. About 90% of the IHF's income comes from donations from the public, with legacy donations making up more than 20%. About 10% of their funding comes from the State.

"We've been fortunate as an organisation because we've been part of life in Ireland for more than 50 years, and people know us well, there's a high level of trust in the foundation, and they have a good insight into what we do and the impact that we make," he says, "People are comfortable mentioning us in their will because they know that the funding is going to an organisation that is having an ongoing positive impact but also that their money will be spent on services which are vital and important."

The IHF are currently working on a nationwide survey on how children understand health, their own and the wider issues on health and how to manage their health. They are also working with six DEIS schools to develop a wellbeing curriculum, a project which is at an advanced stage,

“During the pandemic there was a ‘big issue’ with people experiencing symptoms of a stroke but not attending hospital due to the belief they would inconvenience the health service or fears of contracting Covid-19”

and healthy bodies



Special Olympics athlete Sophia Sloan is pictured with mom and dad, Joanna and Chris to help launch the virtual Can't Stop Now appeal in Northern Ireland.

in conjunction with the World Health Organisation which has designated it as a major international demonstration project on health literacy in schools. This work began off the back of a large legacy donation.

Mr Collins says: "We decided that this project was so important – and it's an expensive project – that legacy enabled us to actually move that project forward."

“One effect of the pandemic on the foundation is that it has scaled up its operations”

"A large legacy gives you the opportunities as an organisation to do things that you wouldn't normally be able to do but you know will make a difference."

Profound impact

The pandemic has caused huge distress and has impacted everyone in various ways. For people with an intellectual disability, it was something many struggled to comprehend – the abrupt halt of physical contact and seeing friends, and the breaking of important routines.

Matt English, CEO of Special Olympics Ireland, says "the impact was profound" and that they quickly moved online to try and keep contact and engage their athletes in a myriad of ways.

To name a few, they ran 'Together at Home', an online initiative which focused on running sports classes online. There were virtual competitions in which about 1,000 people competed – medals were posted out to all participants and an online ceremony was held. There was also online health promotion with their 'Strong Minds' programme which is an interactive learning activity focused on developing adaptive coping skills. For Mr English, the bottom line is that Special Olympics Ireland supports people with intellectual disabilities "to do the best they can and

be the best they can" in a supportive environment.

Speaking about the range of athlete's abilities, he says: "We have participants who are wheelchair bound and need care almost 24 hours, we give them an opportunity – it could be pushing a bowling ball off a rail and knocking skittles down the other end, to where we have footballers that are extremely good and could be married with kids but they still have an intellectual disability."

"What we may find at the higher functioning end, people might join Special Olympics, get confidence and join a mainstream club and that to me is success for us – it's not what we're about – but we welcome that," he says.

"We want to have integration and we're working with a lot of national Government bodies of sport, like Basketball Ireland, the Football Association of Ireland etc., where we have clubs within their clubs and if people have the ability to mix, they will do that."

Ultimately though, Mr English says there are a lot of people with an intellectual disability who are more comfortable meeting people of their own ability. "They form friends, it's a safe environment, they can just train if they want but they also have

the opportunity to compete and, potentially at Special Olympics world games, represent Ireland on a world stage. Just like the mainstream population, some people love competition, more people like the social aspect of sport, more people just want to lose a few pounds or want to just feel better about themselves.

“A large legacy gives you the opportunities as an organisation to do things that you wouldn't normally be able to do but you know will make a difference”

"If you're 80 years of age you can join Special Olympics and you can try do a 50 metre walk and if it takes you 30, 40 or 50 seconds so be it. We will find competition, or people of a similar ability for you to train with. It really is open to all people with an intellectual disability."

There are approximately 45,000 people on the island of Ireland with an intellectual disability. Close to 8,000 are registered with Special Olympics Ireland as athletes. It is not an elite sports organisation, with Mr English



Ireland striker Stephanie Roche takes part in a penalty shootout with Rian Harrison (8), who is a member of the Dundrum Special Olympics Club in Dublin, for a Special Olympics Ireland fundraiser.

saying "We divide on ability not disability", which is reflected in their motto: "Let me win, but if I cannot win let me be brave in the attempt."

The focus of the organisation is for everyone irrespective of age, gender, size, creed, ability level, ethnicity or level of intellectual disability to be able to train and compete if they wish with similar ability athletes. As well as their athletes, there are "tremendous benefits" for family members and volunteers who become a part of a much bigger global family says Mr English.

For participants, Mr English says: "It's life changing, the independence that they get, the confidence they make, the friends they make and if you're on a world stage you form friends from different countries. They get healthier habits. Now some of them need a lot of help but they're trying to get them to take more responsibility. It's a huge thing for the parents to see how much going away to the games can increase their potential and their outlook and things like that. Much the same results can be achieved at a club as well."

So far 97 out of their 274 clubs have reopened, with Special Olympics Ireland working hard to make sure they can continue reopening safely. The pandemic caused their Olympic games to be deferred until 2023, with their winter games due to be held in Russia and summer games in Berlin, but the calendar will certainly be filled as things get back to full swing.

For Mr English, his main hopes for the future are:

- "That all our clubs will open up again soon."
- "That our athletes and volunteers can meet again face-to-face very soon."
- "That we can improve our health, well-being and re-ignite friendships very soon."
- "That we can host competitions again for those athletes who love to compete."
- "Team Ireland can demonstrate their outstanding abilities on a world stage."
- "That all our athletes can feel fully included and accepted in society"
- "That we can offer participation opportunities to more 'Young Athletes'."
- "That we can offer more athletes inclusive options in their communities."
- "That we can remove barriers that may slow down our ambitions, one of which is sustainable income streams."

Legacy donations have been key when it comes to accelerating the programmes they have in place as well as new initiatives, such as 'Young Athletes', which engages young people aged 4-12 who have an intellectual disability. Another initiative, 'Athlete Leadership', encourages athletes to develop skills that will empower them to be advocates for all athletes and act as a leader for Special Olympics Ireland.

There are currently about 600 athlete leaders who can partake in various programmes to develop their skills, one of which is interview skills.

"Certainly, what we've done over the last number of years is let the athletes speak for themselves, they were on the Late Late Show, lots of TV programmes, they do lots of radio interviews, the last world

games we came back from Abu Dhabi, there were about 15 athletes doing radio interviews," Mr English explains.

"Rather than the parents or people like myself, more and more of our athletes are speaking for themselves and they can tell their story much better."

Funding

Mr English says: "Some traditional funding sources are no longer yielding the same results. The move towards a cashless society has impacted Special Olympics who traditionally received generous donations across all local communities during our annual collection day."

“If it's a Special Olympics community club where only people with an intellectual disability are then it tends to be a very safe environment for them”

"It was not possible to recruit 3,000 volunteers and collect in public places during the pandemic. People don't carry cash as much and people are still nervous about donating online. Legacy [donations] are a very cost-effective way for donors to ensure they leave a legacy by supporting the causes that are truly important to them."

Hurtful

There's always a small percentage of people that can be "very hurtful" towards people with an intellectual disability, says Mr English "and that can dent people's confidence".

"A lot of people with an intellectual disability have experienced that throughout their lives whether they're in pre-school, primary school, secondary school and of course there's a lot of ills with society. Certainly, the clubs would tend to be a very safe environment for them because the volunteers can often be relatives or they can be people who want to give back to society."

"If it's a Special Olympics community club where only people with an intellectual disability are then it tends to be a very safe environment for them... we would have a lot of safeguarding practices in place and have given a lot of training to the volunteers."

Mr English says Ireland isn't a "perfect society" when it comes to prejudice towards people with an intellectual disability, and while they do want athletes to have more inclusive opportunities in mainstream clubs, there is a risk, "because you can't say in a mainstream club how people will treat people with ID [intellectual disability]".

"But again, we will only do that where the mainstream clubs have gone through various training on how to deal with people with ID," he says, including safeguarding of vulnerable adults and children, "so all that needs to be in place; and most clubs have come such a long way compared to 20 years ago."

Overall, for Mr English and Special Olympics Ireland, the aspirational goal is that "all our athletes can feel fully included and accepted in society. It's always going to be a challenge. It's like trying to say there shouldn't be racial discrimination, or we don't want hunger, or we don't want homelessness, but really that is our hope".

**I hope that, one day,
my grandchildren will ask,
“What WAS cancer?”**



You can help make cancer a thing of the past by leaving a gift to the Irish Cancer Society in your Will.

Contact Philip Massey at 01 2316 679 or pmassey@irishcancer.ie
or speak to your solicitor.
www.cancer.ie/legacy



FOCUS Ireland

Planning ahead so we can help people like Paul throughout their lives.



Sr. Stanislaus Kennedy
(Founder & Life President
of Focus Ireland)

Since I founded Focus Ireland in 1985, we have a proud track record of always taking a progressive approach towards tackling homelessness. At Focus Ireland we are driven by the need to first identify the route into homelessness and then work to progress the policy, services, and legislation that will block these pathways. This prevents young people, families, and individuals from becoming homeless in the first place. We also help people to exit homelessness by providing homes.

Our vision has steadfastly remained the same over the years: everyone has the right to a place they can call home. A home is a basic human right. It is essential.

Help

People often ask me "How can I help?". These are the most powerful words a person can say, and there are several ways to do so. One way that you can help us plan for the future is by planning your legacy. By leaving a legacy gift to Focus Ireland, you can ensure that we can keep helping those who need our support into the future. Because helping people overcome the complex and interconnected challenges that often lead to homelessness is a long-term commitment.

I'd like you to hear from a man called Paul, who has been able to overcome those long-term challenges to build that

stable and independent life for themselves because of the support they received from Focus Ireland. By providing Paul with a stable home with supports, Focus Ireland enabled Paul to continue on his road to recovery:

'I grew up in Dublin's Northside in what can only be described as a loving and supportive family. My parents raised six children, and all of them are doing well. But I started experimenting with weed and drink as a teenager, and as I got older I started using coke recreationally. It just became part of what I did at the weekend. At this time, I met the mother of my children. We both continued using drugs, and had started smoking heroin. At the time it did not feel like a big thing; it did not have the same stigma around it.'

“We ask you to consider Focus Ireland this legacy month. A gift in your Will lasts for generations to come and will help us provide support for our customers for their lifetime”

I had two children with my ex-partner, and we continued to use drugs recreationally. I thought I was still in control at the time and still saw it as social. We were raising our kids and I was working full-time in security. I never stole or got into trouble with the guards, but I started to want more for the kids, and I wanted to cut back. Change is difficult in a co-dependent relationship, and it became obvious we would need to split up for both our sakes. I was always the one

who walked away from arguments, but it did mean that some nights I ended up sleeping outside.

It couldn't continue as it was, so, eventually, we agreed to a voluntary care order, and my parents took custody of my children. I knew it was the best thing for them. One thing I am pleased about is that during everything, I always tried to do the right thing for them, and I always tried to be there for them. I split up with my partner, but without my kids I started using drugs and alcohol a lot more.

One day, I was found in a bad way by the side of a canal, and I was brought to hospital. I had been missing for three days and I have no idea where I had been. The doctors wanted to amputate my leg, and it finally clicked the damage I was doing. I had family members who had real physical health issues and I was throwing away my perfect health. I decided to change. I had been on methadone for years, but now I wanted to come off everything. I spoke to a doctor, and he laughed at me and said I was a 'lifer' and would never get off. I vowed to myself that I would.

I went into rehab, and, luckily, was discharged into a recovery facility; but from there I had to register as homeless. I was offered the opportunity to rent a home from Focus Ireland and this came with support. I have a Focus Ireland key worker available to support me and it is nice to know I have that safety net there if I ever need it. I started volunteering on soup runs and then eventually got a job in homeless services. I have worked my way up from relief worker to project worker and I am hoping to go back to college shortly and get a qualification in social care. I have now been completely clean for over nine years.

The stability of a home has really helped my recovery.

My life is so different, and I love it. I work in a job where I know my story can help others currently struggling. I am so proud that my parents no longer have to worry about me, and I can see the peace my recovery has given them. I have a great relationship with my children, and they know they have a dad they can depend on. Getting people clean is the easy part, but putting them into unsafe environments afterwards sets them up to fail. Safe and secure housing is key to ensuring that people maintain their hard-earned sobriety.'

“Paul was one of the lucky ones. With homelessness continuing to rise, now more than ever we need your help”

I am deeply thankful that Paul was able to get the help he needed and thankful that his parents could look after his children while he made his recovery. Paul has been given a second chance at life, and this would not have been possible without the amazing generosity of our supporters. Paul was one of the lucky ones. With homelessness continuing to rise, now more than ever we need your help. We need you to consider leaving a gift in your will to Focus Ireland, and this way more people like Paul will receive the help and care they deserve. Because nobody deserves to be homeless.

Legacy

We ask you to consider Focus Ireland this legacy month. A gift in your Will lasts for generations to come and will help

us provide support for our customers for their lifetime.

Having a Will ensures that what you own goes directly to the people and causes you care about most. Leaving a legacy gift in your Will to Focus Ireland ensures that we are able to strategically plan for the future. In this way, you can help us ensure we can continue to be there for society's most vulnerable people. By leaving a gift in your Will, you are giving someone the greatest gift – hope. Your legacy gift will ensure every customer we assist receives the best possible help, with kindness, dignity, and independence.

Focus Ireland has been extremely fortunate in the last number of years to receive a number of gifts carefully left by kind people

in their Wills. We have also received pledges, where supporters promise to leave a gift in their will. All these generous gifts, from the smallest to the largest, from a cash gift to an entire estate are gratefully received by us. These gifts are so important in ensuring our vital work towards ending homelessness continues. A promise of a gift in your will is generosity and vision at their most powerful.

By making a commitment through a legacy pledge, you can provide people like Paul the help he deserves. Please contact Cian (cian.dikker@focusireland.ie or 01 881 5963) for more information on how you can include Focus Ireland in your Will, learn about the impact your gift can make, and help us to end homelessness in Ireland.

Inspired by the vision and passion of Sr. Stan, many people are choosing to leave a loving gift in their will to support people who are homeless to find safety and a place they can call home.



Please Support Focus Ireland in your Will

**FOCUS
Ireland**
CHY 7220

To join in Sr. Stan's vision please contact
cian.dikker@focusireland.ie or phone 01 881 5962



Special Olympics
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By Sharon Cahir

CAHIR AND CO Solicitors, Co Clare

In Lady Windemere's Fan, Oscar Wilde had Lord Darlington quip that a cynic was 'a man who knows the price of everything and the value of nothing.' As with so much of what Wilde wrote or said, it's more than just a nice turn of phrase – it hits at the heart of the problems of society in general but, in this instance, I see it at the core of procrastination in making a will or choosing what is perceived as the cheap option of homemade wills.

A High Court decision in 2011 in the UK, highlighted the dangers of making a will at on your own without any legal advice. The parties in the case made simple mistakes very common in many homemade wills.

In considering the will, Mr Justice Gilligan highlighted the crucial role of legal advice:

"The [author] has unfortunately provided an illustration of exactly how a person should not make a will. While there can be little doubt that [he] was a man of considerable learning, the fact that he did not benefit from legal advice or assistance is evident from the will he drew up. Not only was it deficient in terms of the lack of certainty as to his intention but moreover he unwittingly made the classic error of having two of the intended beneficiaries act as witnesses to his signature, thereby depriving both as a matter of law from benefiting under the terms of the will."

There are a number of common pitfalls in homemade wills which can either lead to the will being overturned or made void. The catastrophe arising with this is, when your will is made void you are deemed to have died without a will and your estate will not pass per your wishes but under the rules of Intestacy. Under the rules of Intestacy, the Law decides who gets your assets.

Small mistakes significantly increase the chances of the will having to go before the court to be proved. An application to the High Court Case is necessary to prove a will that is unclear in its intent.

It can be perceived as being cheaper or indeed free to create your own will and avoid using a professional, but a simple mistake can mean paying a much higher price. The higher price is often not the financial cost but the acrimony, suspicion and family disharmony that

can arise. Who are the beneficiaries? What did you mean by the sentence? Did you give a gift contingent on an event happening that may never happen?

Making a will follows a very specific set of rules and if the rules are not followed correctly, and to the letter of the law, the document you create (intended by you to be a will) can be easily overturned and deemed invalid. Your appointed executors will fight in the court to uphold your will and have your wishes fulfilled but the Judge will be bound by the law and the meticulous detail the rules dictate.

Statistics indicate that poorly drafted or ineffective homemade wills are to blame for a prolonged probate ordeal and administration of estates for over 38,000 families a year. The Citizens Information Office set a clear Guideline as follows;

The requirements of a valid will:

- You must be over 18 (if you are or have been married you can be under 18).
- You must be of sound mind.
- You must sign or mark the will or acknowledge the signature or mark in the presence of two witnesses.
- Your two witnesses must sign the will in your presence.
- Your two witnesses cannot be people who will gain from your will and they must be present with you at the same time for their attestation to be valid. The witnesses' spouses/civil partners also cannot gain from your will.
- Your witnesses must see you sign the will but they do not have to see what is written in it.
- The signature or mark must be at the end of the will.
- The will must be in writing.

Each of these points seems simple but know this – small mistakes in any of these areas make for an easy application to overturn a will. The most common mistake is getting a person you wish to give a gift to after your death to witness your signature. This invalidates your will after your death.

So, don't put the cost of

Homemade wills – a recipe for disaster?

As well as a will, we should also plan for our future care regardless of illness, age or stage of life. Thinking about the future can be difficult especially when that involves decisions about our end of life. But thinking and communicating our wishes is important and can have long term benefits for us, our families and friends.

People at every age and every stage of life should talk through options for care and preferences for end of life, before the need is urgent or before it becomes too difficult/tiring to communicate. You can do this by using the Irish Hospice Foundation's Think Ahead form. Think Ahead is a guide to help you think, discuss and record your

preferences of all aspects of your end-of-life care. By using Think Ahead, your wishes will be clear to you, those caring for you and those who manage your care.

Think Ahead also contains an Advance Healthcare Directive (AHD), a voluntarily written document that sets out what you would not like to happen in relation to certain medical treatments. An AHD is legally binding (if printed and signed and witnessed). It is a good idea to discuss AHD with a medical professional or a member of your healthcare team. An AHD provides direction to healthcare professionals to care for you under your specified wishes should you lose capacity.



Speak for Yourself

For more information:
www.thinkahead.ie



Will you make a lasting difference today?

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Email clare.martin@hospicefoundation.ie
or call 01 679 3188

A gift of just 1% of your estate can help us ensure no-one faces death and bereavement without the care and support they need.

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A year like no other - but the tradition of remembering those we have lost continues

Each November, Trócaire holds a special Remembrance Mass. It started in 2015 and quickly became one of the Catholic charity's most special annual events. The mass is the perfect opportunity to remember supporters and friends who were part of the Trócaire family, and who are no longer with us.

This year, Trócaire's Remembrance Mass will be celebrated by Bishop Alan McGuckian, on Tuesday 9th November at St. Eunan's Cathedral, Letterkenny, Co Donegal. The Mass will be shown on RTE News television and on RTE Player at 10.30am.

Trócaire will always keep its promise to remember and honour deceased supporters and their loved ones. It is only because of these supporters that Trócaire can continue to help millions of the world's poorest people each year.

Ray of Hope

The support of the people of Ireland for Trócaire's work cannot be underestimated. In 2020/21, Trócaire helped 2.7 million people in 25 of the poorest countries across the world during one of the toughest years in living memory due to the global outbreak of Covid-19, which escalated the effects of conflict and climate change.

2.1 million people received humanitarian assistance, while over 600,000 people were supported through Trócaire's long-term development work including agricultural and women's empowerment projects and support for human rights defenders.

The solidarity shown to the world's poorest by people in Ireland during the pandemic was humbling, according to Trócaire's CEO, Caoimhe de Barra. "I am immensely grateful for – and humbled by – the response of our staff, partners, supporters, governing body members and donors. All of these individuals and organisations worked extremely hard to help Trócaire respond in support of those most affected by this global pandemic. In the last year, despite all of the challenges presented by the pandemic, it is remarkable that we were able to support 2.7 million people in 25 countries."

"This level of impact would not be possible without the commitment of our teams, partners and supporters in Ireland. People here at home should be very proud of the positive and lasting change they have created," Ms de Barra said.

Compounding effects of Covid, Climate and Conflict

This work will continue in the weeks and months ahead. Gifts

November is the Month of the Holy Souls and a precious time to remember and pray for those no longer with us. It is always a deeply important time of year, but especially this year as millions of vulnerable communities around the world cope with the devastating combined impact of Covid-19, climate change and conflict.



Villagers in Zomba who are part of an agroecology project funded by Trócaire welcome Trócaire staff to see an example of one of their thriving vegetable gardens. Photo: Karen McHugh/Trócaire.

we have received through the Wills of generous people here in Ireland will help the world's poorest people who are facing into months of hunger and displacement from their homes. .

According to the Food and Agriculture Organisation's State of Food Security and Nutrition report 2021, one-in-three people in the world did not have access to adequate food in 2020 – an increase of 320 million people in just one year, marking a global hunger crisis that will long outlast the Covid-19 pandemic.

Today, 2.37 billion people are facing severe food insecurity due to the compounding effects of Covid-19, conflict and climate change.

Hunger

With the support of the Irish people, Trócaire is helping to generate change and hope for the people most affected by climate change and food insecurity.

Legacy

As Trócaire prepares to remember this November, the legacy of countless lives changed for the better in the developing world is a powerful legacy to our loved ones who are no longer with us.

In Balaka district in southern Malawi, Trócaire has provided assistance to mother-of-six Madalena Mangadzuwa (45) who faced the daily struggle of providing food for her family while battling extreme weather events such as drought and flooding which have been plaguing her community.

In the last 36 years, Malawi has experienced eight major droughts, affecting millions of people. In Madalena's community, small-scale farmers have now started to adopt more viable agricultural practices to help them adapt to the catastrophic impacts of climate change.

Madalena is among 750 farmers who have benefited from agroecology (applying ecological processes to agricultural production) training provided through the Climate Challenge Programme Malawi, the Scottish Catholic international Aid Fund and Trócaire.

"The whole family depends on me for food and everything. Before we joined Trócaire's programme, our

family used to experience food shortages every year after the harvest," Madalena said.

Climate change has made farming harder in Malawi, but for the past three years, Madalena and her family have increased their maize production by almost double from 300 Kgs to 550 Kgs through agroecological farming practices.

"The maize in the mulched field is not wilting and has good growth compared to other neighbouring fields with a conventional farming system. By diversifying our maize farming with cow peas, sweet potatoes and pigeon peas this year we are again expecting to be food secure and have income from the sale of surplus pigeon peas despite the dry spell that has hit our area badly."

"Just imagine the past 15 years I have been farming without the knowledge of agroecology, I have really missed a lot," she said.

“2.1 million people received humanitarian assistance, while over 600,000 people were supported through Trócaire's long-term development work”

It's been said that if your name is held in the hearts of others, you will never truly die.

When you set aside a gift of any size in your Will to Trócaire, your good and generous name will never die.

Every year after your passing, we'll honour your name in gratitude and love at a special Remembrance Mass where all faiths are welcome.

We'll keep your name safe and warm in our Books of Remembrance, too, where all the people who've loved you can come to see it.

Simple bequests of any size by Will are some of the greatest,

most everlasting gifts of all made by caring people just like you across Ireland.

So whether you ultimately include Trócaire in your final legacy – *or another worthy cause* – we have a free and easy planner you can bring to your solicitor to get started. We're happy to post it to you, discreetly, and with our heartfelt thanks for your consideration and for being a faithful Irish Catholic reader.

For the relief your legacy will bring to people living in fear from poverty, injustice,

indifference, and exploitation worldwide, we believe that even though you pass on, your good name should never die.

Request your free and confidential legacy planner from Trócaire today. Then bring the planner to your family solicitor for an open and honest conversation.

We'll remember your name.

Trócaire

To request your free legacy planner now, including bequest wording and a simple 4-step worksheet you can share privately with your solicitor, ring Grace Kelly on 01 5053 221, or email grace.kelly@trocaire.org

Charity Regulatory Authority No. 20204842; Revenue Number CHY 22508; Company Number 661147





Your Legacy Could Be Life Changing!

Cystic Fibrosis Ireland actively works to empower, support and advocate to improve the lives of people with Cystic Fibrosis. In the 1960s the life expectancy for a person with Cystic Fibrosis was just 15. With improved treatments, more research and more resources that average has now increased to 45!

Imagine what the future could look like! Would you consider leaving a legacy gift in your will for Cystic Fibrosis Ireland? This could help us continue to make further improvements to Cystic Fibrosis supports and services in Ireland!

To find out more about our work and services visit our website at www.cfireland.ie

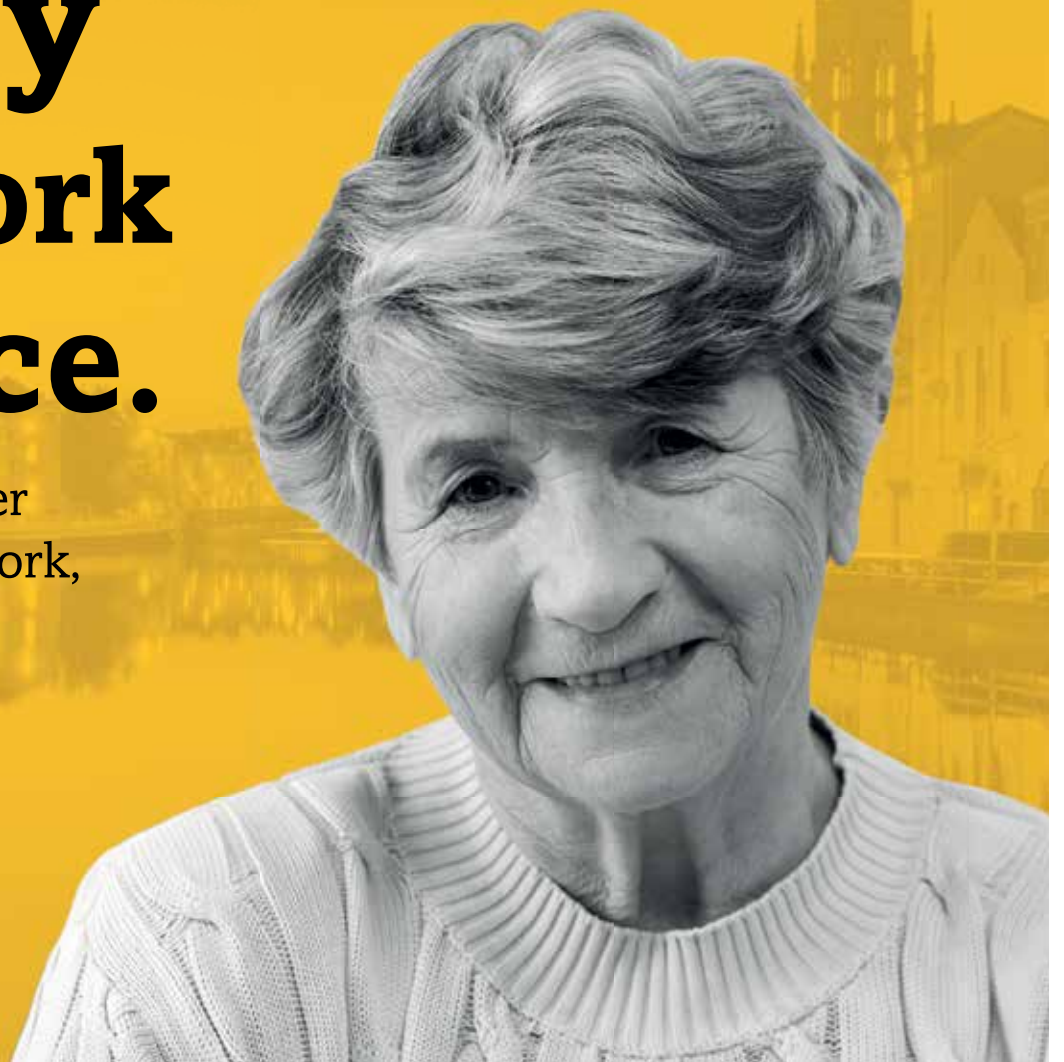
Member of
my legacy



It's my way of leaving Cork a better place.

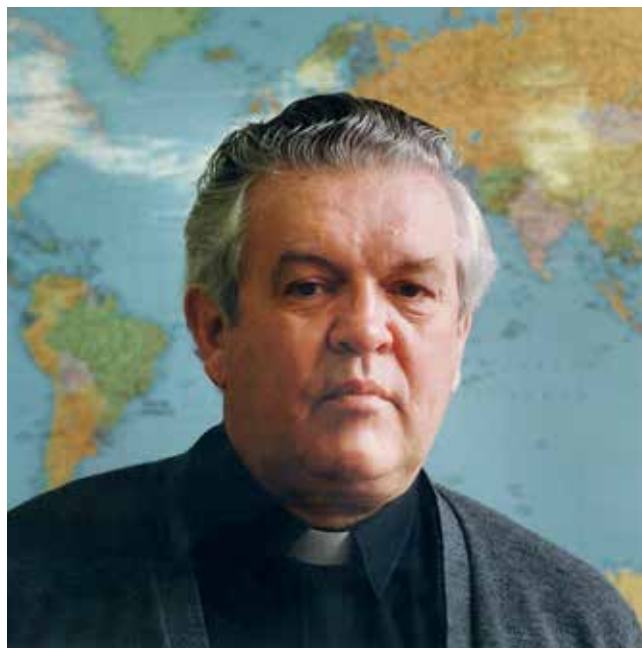
Helping people who are homeless after I've passed on... that's my legacy to Cork, the city I love.

Join me by leaving a gift to Cork Simon in your Will.



For more information please call Leona on 021 4929 418 or email Leona@corksion.ie

“A legacy of *incredible* humanitarian significance”



Fr. Aengus Finucane.

The Irish Catholic looks at a rich and varied life lived in the service of others and of God.

Fr. Finucane was ordained as a Holy Ghost Priest in 1958. In his first assignment in Uli, Nigeria, Fr. Finucane found himself involved in the bitter civil war between Nigeria and Biafra.

Following Biafra's attempt to secede, this widespread conflict had displaced millions. What's more, there was a blockade of food, medicine and basic necessities by the Nigerian authorities.

At the height of the crisis in the summer of 1968, it was estimated 6,000 children died every week.

An Irish effort

In response to the Biafrans' terrible plight, Concern Worldwide – originally called Africa Concern – was founded and began raising awareness and funds to help those suffering.

On 6th September 1968, the 600 tonne, Columille set sail for Sao Tome – a Portuguese island close to West Africa. The cost of chartering the ship and its vital cargo of powdered food and medicines was all paid for with donations from the people of Ireland.

To circumvent the blockade, the supplies were then flown from Sao Tome to Biafra overnight. The following day in Uli, Fr. Finucane was among the Holy Ghost priests who would help distribute the life saving supplies.

With his commitment and

that of the Irish public and priests, this operation grew into one flight a day for 11 months.

Fr. Finucane was deeply committed to helping the poorest of the poor. So after leaving Biafra, in 1972 he became Concern's Field Director in Bangladesh after its war of independence from Pakistan – the war had left millions in desperate need of food.

The period after Fr. Finucane's time in Bangladesh was particularly testing. In Thailand's Kampuchea refugee camps he saw the desperation of Cambodians who had fled the Khmer Rouge's genocide.

And in Uganda the horror of HIV in Kampala, where even in the best hospitals one third of the children born were HIV positive.

Fr. Finucane worked tirelessly to alleviate suffering, and recognised his responsibility to help the poor and underprivileged.

Concern appointed Fr. Finucane as its Chief Executive in 1981.

During his 16 years as the head of the charity he was 'on the ground' during many of the world's worst disasters. These included the 1983-1985 famine in Ethiopia and the Rwandan genocide in 1994.

Relinquishing his post in 1997, Fr. Finucane became Honorary President of Concern Worldwide US. He held this post until his death on 6th October 2009.

Fr. Finucane's legacy

Fr. Finucane is the cornerstone behind much of what Concern has become today. It was he who expanded its aid work into 11 countries and dramatically increased its fundraising.

Tom Arnold – Concern's CEO from 2001 to 2013 – says:

“There can be few Irish people of his generation, or of any other generation, who have contributed as much to improving the lives of so much of humanity.

“He inspired a whole generation of Concern overseas volunteers.”

Fr. Finucane continues to inspire as his legacy still influences Concern 12 years after his death.

“Do as much as you can, as well as you can, for as many as you can, for as long as you can.”
– Fr. Aengus Finucane

In 2020 Concern worked in 23 countries, responding to 78 different emergencies, helping 36.9 million of the world's poorest and most vulnerable people.

Concern's vision, mission and work continues to strive to end extreme poverty, whatever it takes. The charity believes that no-one should live in fear of not having enough food.

The devastation of climate change

Today one of the primary causes of acute food insecurity are weather extremes.

Climate change is increasing hunger levels and pushing even more people to the brink of famine. With multiple famines predicted, there are currently 41 million people teetering on the edge of starvation.

Extreme weather caused by climate change is having a devastating effect on the most vulnerable people in the world's poorest countries.

And these calamitous weather conditions are now more frequent and varied. No sooner has one disaster struck than another arrives. People don't have enough food for months, sometimes years on end.

In Malawi droughts, floods and strong weather patterns are a regular occurrence – placing huge stress

on land and crop production resulting in food shortages and hunger.

These weather extremes affect an already vulnerable population where 80% source their livelihoods from the land, 71% live below the poverty line and an estimated 20% are living in extreme poverty.

People like Yona Lambiki and his family.

Yona, a farmer, lives in Nkhambaza village with his wife and five children. He was always able to support his family with the crops and food he grew providing them with a healthy balanced diet. Any excess was sold, with some of the money used to pay for his children's schooling. But two years ago everything changed ...



Crops destroyed by Cyclone Idai.

In March 2019 Cyclone Idai caused devastating floods and loss of life in Malawi, Mozambique and Zimbabwe. The floods completely destroyed crops just weeks away from harvest – food people were relying on for survival.

Although his house wasn't affected, like thousands of others, the crops Yona was about to harvest were completely washed away. There was nothing for his family to eat, let alone any to sell.

Help for now and the future

But thanks to Concern's generous donors and Yona's hard work he is now able to look after his family again.

Yona immediately received a vital cash transfer from Concern. With this he bought food and other basic necessities his family needed to be safe and free from hunger.

Yona received seeds including maize, tomatoes, beans, three bundles of sweet potato vines and other vegetables to grow so he could, once again, support his family. He also received, fertilizer and a hoe to help him grow his crops. As well as five goats for milk and manure.



Photo: Jason Kennedy / Concern Worldwide.

“I would really love to meet everyone that is behind this support so I could thank them in person.” – Yona Lambiki

Like other families in his community, Yona planted the seeds he received in his home garden. What they harvest is used to feed their families, any excess is sold to improve their livelihoods.

But Concern do far more than simply give communities plants, seeds and tools. They provide training in Climate Smart Agriculture (CSA) to ensure long term, inter-generational support.

providing support for years – possibly decades – to come.

On speaking about the people who support Concern and make our work possible, he said, *“I'm so very happy with the support I have received from Concern. My life and family's life is healthy and can afford everything we could not afford before. I'm so happy and thankful to Concern.”*

Will Fr. Finucane inspire you too?

There's a way you, just like Fr. Finucane, can leave the world a better place. And help improve the lives of families like Yona's both now and for future generations.

How? By leaving Concern a gift in your Will.

When you leave a gift, your legacy lives on – helping for years to come.

“I know that this is a very personal decision. But I assure you, gifts in Wills have had a phenomenal impact in reducing extreme poverty, hunger and suffering around the world. Today, as the catastrophic combination of conflict, climate change and COVID-19 have plunged so many people into the grip of crisis, your gift will help us to be there in their time of need.”

– Dominic MacSorley, CEO, Concern Worldwide

Gifts in Wills are a vital source of funding for Concern.

Your legacy will help families like Yona's reverse the many struggles caused by Climate Change ...

... will provide the tools and knowledge they need to not just survive but help themselves – a gift from you they can pass down for generations.

To find out more about how a legacy gives a safe, secure future, please request your complimentary copy of 'A World Without Hunger' – Concern's legacy booklet.

You'll learn of others who desperately needed help, and how legacies from people just like you have done so much.

There are also answers to common questions people ask about leaving a gift in their Will. And explains how to get started.

Requesting your free booklet does not oblige you to do anything else.

To receive your free, no obligation booklet – in complete confidence – please contact Concern's Legacy Manager, Siobhán O'Connor. Call **01 417 8020**, email **siobhan.oconnor@concern.net**, or write to 52-55 Lower Camden Street, Dublin 2



Write your page in the Merchants Quay Ireland Book of Love

You will not only be remembered. At the heart of Merchants Quay Ireland, your story will live on.

When you remember the work of Merchants Quay in your Will, your legacy ensures that Ireland's homeless and those who battle addiction will always have a place to turn.

But your words, your story - your testament - can also be a powerful force for good through the generations.

Sometimes the greatest healing comes in the gentle words of a stranger.

Someone we've never met touches our heart and mind with their story.

The **MQI Book of Love** is written by you for clients of Merchants Quay Ireland's homeless and drugs services to read. It is your enduring moment to offer them hope and encouragement. To inspire them with your insight and words of wisdom, gained through your own life's experiences: your struggles, lessons and victories.

The **MQI Book of Love** will be cherished here forever, always growing as more of our supporters add their pages. It will be kept and read here at Merchants Quay Ireland by people who are homeless, struggling with mental health problems and addiction, year after year.

Send your message through the generations to raise them up when they need it most.

Help them to always remember that they are loved.

Fill their hearts with your message of understanding and compassion.

Inspire them in the knowledge that you cared enough to think of them in your quietly amazing way.

This is your chapter in MQI's history -- your outstretched hand to the homeless.



A simple guide for your solicitor

When you leave a gift in your Will, the legacy of your story will also be shared with future generations. To remember MQI's work, here's information for your solicitor:

"I give to Merchants Quay Ireland of 24 Merchants Quay, Dublin 8, Registered Charity Number 20026240, X% of the residue of my estate whatsoever and wheresoever, and I direct that the receipt of the Treasurer or other officer for the time being of the said Organisation shall be a full and sufficient discharge of the same."

To receive your information pack on how to leave your legacy and your unique story in **MQI's Book of Love**, speak privately with Emma Murphy at 01-5240965 or Emma.Murphy@mqi.ie

You're never under any obligation and Emma is happy to help.

MQI

Merchants Quay Ireland
Homeless & Drugs Services



A hot meal. A helping hand. A fresh start.

www.mqi.ie

my legacy

Will you remember us?

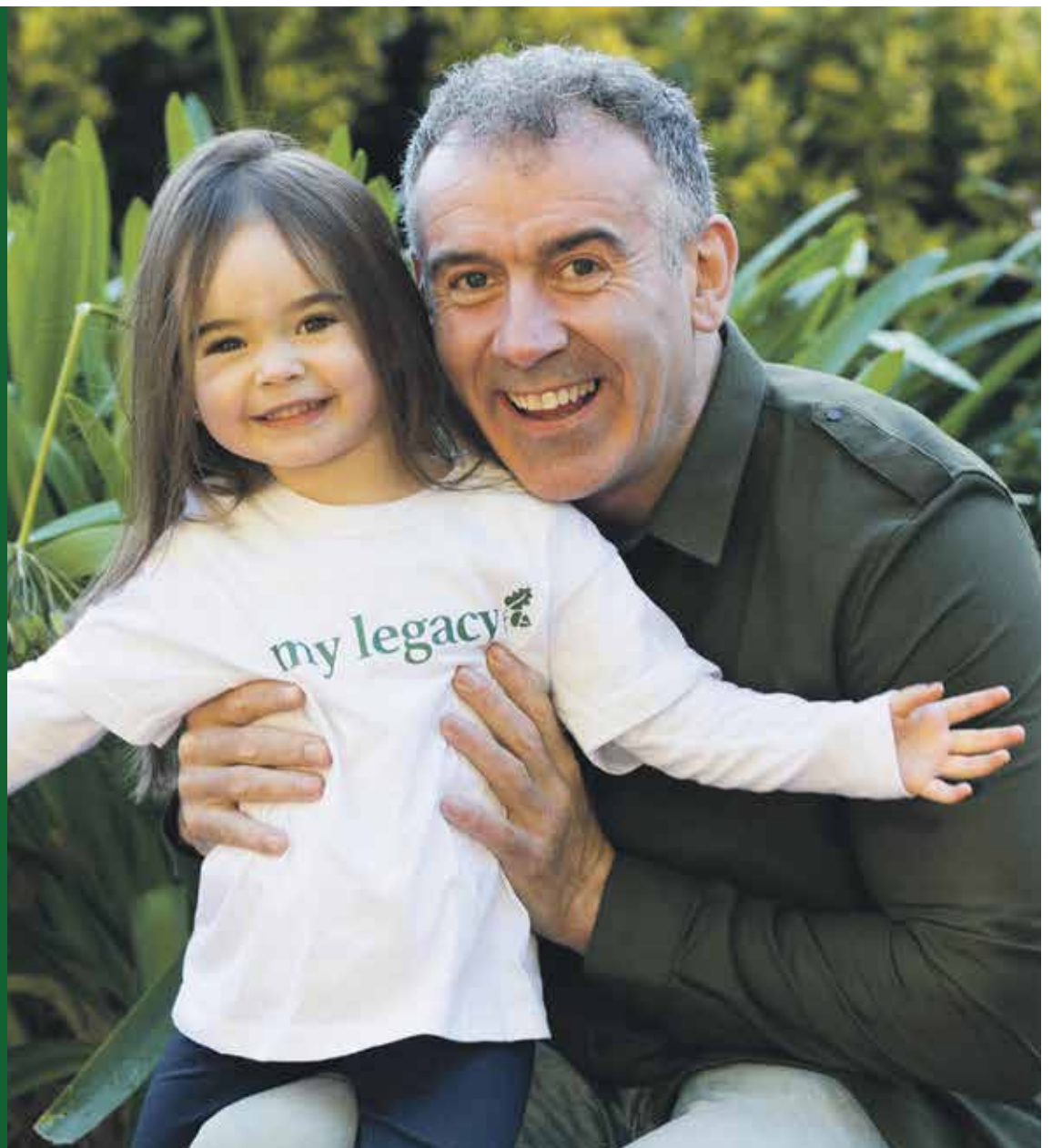
My Legacy is a group of 80 Irish charities asking you to consider a leaving a legacy gift in your Will.

Deciding to make or amend your Will is a very personal journey to protect and provide for your loved ones.

Deciding to also leave a legacy gift in your Will to a cause that means something personal to you is a gesture of faith for the future.

A future that will be brighter and more hopeful for someone who may need your help in the years to come.

We invite you to visit us at www.mylegacy.ie to find out more.



Leave a priceless gift.

Please remember GOAL in your will



GOAL

You do not need to re-write your will, you just need to include us in it. Doing so will help us respond to global health crises, continue to provide life saving support for families and communities struck down by disaster or conflict and to feed the hungry. Founded in 1977 GOAL continues to make the world a better place. You too can help change lives.

**Talk to someone
in confidence.**

**Contact Courtenay on
01 2809779 or via email
at cpollard@goal.ie**

Registered Charity No. 20010980; CHY 6271, Carnegie House, Library Road, Dun Laoghaire, Co. Dublin, Ireland

Helping people to smile after stigma



Operation Smile continues to combat cleft lips, palates and stigma around the world, through Covid and beyond, hears Jason Osborne

Cleft lips and cleft palates aren't too much a feature of day-to-day life in Ireland or the western world anymore, modern science and medicine allowing these conditions to be fixed mere months after birth in most cases.

However, it is not so abroad – speaking to *The Irish Catholic*, Operation Smile volunteer nurse, Niamh Ryan, tells of people's ongoing struggles with cleft lips and palates, but also of their struggles with the attached stigma that continues to exist in many societies around the world today.

Mrs Ryan got involved with Operation Smile “decades ago when I was a young nurse” through her connections in the healthcare world. An anaesthetist she knew encouraged her to check out a charity that was getting off the ground in Ireland, and she leapt at the chance to take part in its volunteer work. Operation Smile “seemed to tick all the boxes” so she sent in her CV and got started then and there.

“I would go in in the morning and I'd get the theatre ready with the instruments and all the stuff that we would need for the day”

Asked about the nature of her work with the charity, she begins with some context, explaining that cleft lips and palates aren't so prominent a problem in Ireland anymore.

Ireland

“So basically, here in Ireland, if a baby is born with cleft lip or a cleft palate, they are seen nearly within three months of their birth and their journey of repairing it all starts then. Whereas in third world countries, it takes a little bit longer ...I go on the medical missions, and here in Ireland, I work in the operating theatre – and I do the same thing on our medical missions,” she tells this paper.



Mohamed Zimar shows off his new smile. Photo: Operation Smile.

“I would be involved in what we call the screening, when the children and the families come to our mission centre, so I would do some of the screening there and then I would go into the OR with the other nurses and the local nurses and I would set up the OR, which is the operating room for our week of surgery, and prepare all of the instruments, get all of the equipment that we need and all that sort of thing. During the week of surgery, I'm involved with the surgeons and with the anaesthetists, the local nurses, the local doctors, all that sort of thing, so I would be there for example: I would go in in the morning and I'd get the theatre ready with the instruments and all the stuff that we would need for the day.

“Then we would start our list and I would be there to help the anaesthetists put the children to sleep. I would be making sure that the surgeon has all the equipment he needs, all the sutures he needs, all that sort of stuff.”

Mentor

Mrs Ryan does far more than this, however, also helping to mentor the local nurses, as well as rehabilitating the patients as they wake up from surgery. The picture she paints is one

of sustainability – not content with merely performing surgery, Operation Smile seeks to give the people on the ground the skills and information they need to fix cleft lips, palates and stigma.

The work takes place all over the world, too. While such conditions may not be an enormous problem in Ireland anymore, plenty of places around the world continue to subject people to decades of misery without access to proper care and attention. Mrs Ryan's time with Operation Smile has taken her to Kenya, India, Swaziland, Madagascar, Ethiopia, the Congo and more multiple times, a reminder of the truly global scale of the work.

Stigma

Asked about the social stigma people born with cleft lips and cleft palates often face in their various countries, Mrs Ryan shares her experience of it on the ground.

“You see the children, and adults as well, when they're coming to their screening, they've got their hands over their mouths, they're very shy, they don't want to make eye-contact with you. They're wearing a scarf, they're not, in one way, used to being out in public, for want of a better word. They're afraid that

people will start looking at them and pointing at them.

“I remember in Kenya, one of my first missions, there was this 14-year old-boy who had a cleft lip. We did him... and I was there with him supporting him through his surgery. After his surgery I sat him up on the operating table and I got a mirror and I showed him his face, and he just looked and he says, ‘I can kiss girls now’. We all just looked at each other and we just winked and said, ‘Yeah’,” she laughs.

“When they're coming to their screening, they've got their hands over their mouths, they're very shy, they don't want to make eye-contact with you”

“Some of the younger children, like some of the babies, they wouldn't be aware of the stigma because they're too small – but this was a 14-year-old, girls were on his mind at that age, and he would have had the experience of the stigma.”

It's not just young people the conditions affect, either. Some have to live with cleft lips, palates and the ensuing stigma for decades, which ensures that when they receive Operation Smile's care, it's gratefully received indeed.

Old man

“This 84 year old man [in the Congo] came into the theatre like that, with his daughter. He had travelled many, many miles and we did his surgery, again, under local anaesthetic. When we showed him his face, he put his two hands and raised his eyes to heaven, and gave thanks. We walked him around the operating room and everybody stopped what they were doing and they clapped him. He was like a film star,” Mrs Ryan says.

The pandemic impacted their work, as it impacted everybody's, a waiting list forming as their medical missions were paused during the initial months of the Covid outbreak. However, they've already set to work tackling it, and Mrs Ryan says that legacy donations and all of the donations that they receive are essential in enabling them to do so.

“Without our donors, we wouldn't be able to do what we do. Every penny adds up, every dollar adds up, every euro adds up. As I said, I'm blessed to be able to do it. I'm so delighted that I'm part of it, but I wouldn't be able to do it without the support of our donors and the wider community, like our families. Every little bit helps, and it's not for us, it's for the people and countries that are a lot less well-off than us.”

“Some have to live with cleft lips, palates and the ensuing stigma for decades, which ensures that when they receive Operation Smile's care, it's gratefully received indeed”

A LASTING GIFT OF A SMILE IN YOUR WILL CAN **CHANGE LIVES**

Arlyn was born with a cleft lip, but after receiving surgery during an Operation Smile medical mission, she's now a happy child with a brighter future. Her mother Dominga is filled with gratitude.

“*I pray to God that he will help those who helped me and my child.*”

Every three minutes, a child is born with a cleft lip or cleft palate and may suffer from hunger and thirst, difficulty with speech and social isolation.

Operation Smile provides children and young adults in low and middle income countries free cleft surgery and medical care they could not otherwise afford.

Operation  Smile

CRA No. 20054588 Charity No. CHY15661



Arlyn, Philippines

For advice on how you can make or change your Will to include a gift to Operation Smile, please contact our Legacy Manager, Kristen Bell.

t. 01 667 6659

e. kristen@operationsmile.ie

w. operationsmile.ie/lastingsmile

YES, I WANT TO LEARN MORE ABOUT LEAVING THE GIFT OF A SMILE IN MY WILL. A gift in your Will can support our ongoing work providing cleft care in over 30 countries, giving a brighter future to our patients, their families and communities.

Name

Address

Eircode Phone no.

Email

CAN WE STAY IN TOUCH? Your gift is changing children's lives and we would like to show you the impact you are making. We will send you information about our work, campaigns and fundraising:

- Yes please, I'd like to hear from you by email
 Yes please, I'd like to hear from you by phone
 Sorry, I don't want to hear from you by post

Please detach this form and return it to:

Operation Smile Ireland, 31 Pembroke Road, Dublin 4, D04 V8N9.

Leaving a Legacy – Remembering the Hospice in your will.

Our specialist palliative care teams working from our hospices in Harold's Cross, Blackrock and Wicklow, and increasingly within people's own homes, bring comfort, professional support and quality of life to thousands of patients and their families every year.

As a charitable organisation we are determined to be there for as many people as possible to bring peace of mind, comfort, reassurance and dignity to all making the most of their final years. With your support we hope to be able to do so for many years to come.

To find out more about Our Lady's Hospice & Care Services or to discuss the simple steps involved in leaving a gift of any size, please contact us in complete confidence, and with no obligation.

Thank you.



Jackie Slattery
Legacy Officer

Tel: **(01) 491 1072** Email: jslattery@olh.ie

Find us on [f](#) [in](#) [t](#) [y](#) Visit: Olh.ie/legacy

CHY 1144 RCN 20001827



Respite Rehabilitation Reassurance
Harold's Cross
Blackrock
Wicklow



How your memorial gift can help save babies & mothers for many years to come

Dear Fellow Pro-Life Catholic,

My name is David Manly and I'm writing to you on behalf of Family & Life, one of Ireland's oldest and largest pro-life organisation.

Many pro-life Catholics (my wife and I included) have added Family & Life to their wills. Here are just a few of the ways Family & Life will put your memorial gift to work for mothers and babies...

- We provide essential aid to crisis pregnancy centres in Ireland and abroad... we work to defeat and reverse legislation that threatens unborn babies... our community forums and public education meetings are held regularly in all 32 counties...
- Family & Life organises and trains college students, making sure the pro-life movement always has the very best leadership possible... we educate voters, telling them where candidates stand on pro-life issues... we aid Catholics in Iraq who are still

recovering from persecution... plus so much more that defends life and family

As I mentioned, my wife and I have included Family & Life in our wills. It's a very comforting feeling, knowing that our memorial gift will help save babies and mothers for a long time to come. It's a feeling that I know you'll come to quickly share. So my hope and prayer is that you'll consider including Family & Life in your will, too.

May our Lord continue to bless you, your family and your intentions,

With sincere thanks for your consideration,

David Manly,
For Family & Life

PS If you'd like to discuss including the baby-saving work of Family & Life in your will, my phone number is 01-8552790. Or you can freepost the Memorial Reply below and I'll send you more information. (Also, our solicitor provides free will service.) There is no obligation!

MEMORIAL REPLY:

To help save babies & mothers for many years to come!

FROM:

Dear David,

- Please send me more information on adding Family & Life's baby-saving work to my will. I understand there is absolutely no obligation!

Family & Life

25 Mountjoy Square, Dublin 1

Ph: 01 8552790

email: info@familyandlife.org

www.familyandlife.org

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Threshold
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A gift that lives on

What difference will you make?



Every hour someone in Ireland suffers from a stroke. Every day, hundreds of people are diagnosed with heart disease. Causing devastation and impacting too many lives.

By leaving a gift to the Irish Heart Foundation in your Will, large or small, you can make a real and lasting difference to the lives of people affected by heart disease and stroke. With your

help we can continue to educate, support and advocate for them.

A gift in your Will is a simple and powerful way to provide ongoing support to the causes closest to your heart, and an opportunity to say that you believe in a future where no hearts are broken by preventable heart disease and stroke.

Please join our fight for every heartbeat in Ireland. To find out more about leaving a life-saving gift in your Will to the Irish Heart Foundation, please contact **Alice Sachova** on **01 6685001**, or email **asachova@irishheart.ie** in confidence.

Thank you



Irish Heart Foundation,
17-19 Rathmines Road
Lower, Dublin 6, D06 C780

☎ 01 668 5001 ✉ info@irishheart.ie
📠 01 668 5896 🌐 www.irishheart.ie

Charity Registration No.: Chy5507 Charities Regulator Registration No.: 2000837



It is because of the spiritual and financial generosity of Irish Catholic readers like you, that Missio Ireland can continue to support overseas missionaries in some of the most remote and marginalised corners on the planet. Missionaries like Sr. Félicité Sampo (pictured left) who serves communities in Niger, West Africa, which is one of the poorest countries in the world.

She, and thousands of missionaries worldwide, are calling out for your kindness. Help them to continue to share the beauty of your faith by remembering them in your prayers or if at all possible by making a donation or by leaving a gift in your Will to Missio Ireland.

To learn how, or to find out more about Missio, please call Fiona on **01 497 2035** or go to **www.missio.ie**

Missio Ireland is the Holy Father's official charity for overseas mission and missionaries
Charity no. CHY 22544 | www.missio.ie

Part of the Global Network of
Pontifical Mission Societies



Childhood stops for seriously ill children.

At Barretstown
we **Press Play**.



**Without Paul Newman:
Barretstown would not exist.**

**Without our supporters:
Barretstown won't continue to exist.**



Be part of Paul Newman's legacy for future generations of children living with serious illness. One of the most powerful and lasting ways a person can support Barretstown is by considering leaving a gift in their will. In 2021 it will cost over €5.8 million to run our therapeutic camps and programmes. We must raise 98% of the funds needed from public sources. Due to the impact of COVID-19 on the families we serve and our income, your support has never been more vital.

Will you help to Press Play on childhood?

Would you like more information about leaving a gift in your will to Barretstown?

Please feel free to make a no obligation phone call, or pop in and visit us here in Ballymore Eustace, Co. Kildare.

If you are leaving a gift in your will to Barretstown you don't need to tell us, we know it's a very private matter. The only reason we like to know, is so we can say thank you!

Please contact Ciara Doyle
on 045 864 115 or email
fundraising@barretstown.org