



# Fundraising

The fundraising team has a busy programme of events lined up for 2009. Here's a snapshot of just some of the exciting activities ahead to raise funds for Rehab's Irish services.

*Pictured above:*  
Orlaith Rafter from RTÉ's *Fair City* making a splash at the announcement of the second Rehab/Top Oil Car Wash Day.



*Pictured: Aisling Cronin proudly displays her medal, having run for Rehab in Dublin's Flora Women's Mini Marathon.*

### Running for Rehab

Rehab is actively looking to sign up women who may be interested in running the mini Marathon next June Bank Holiday Monday. The 10k event takes place in Dublin. In 2008, over 100 women ran to raise funds for Rehab and we're looking to build on that success in 2009. For those less into the run and into more of the fun, it's a great day out with a long walk thrown in! To get you started, we have sponsorship cards and t-shirts ready to send out to you. Or you can set up your own fundraising page on [www.mycharity.ie](http://www.mycharity.ie) and your friends can sponsor you online. It's very easy to set up your own page and to include your personal message on it. We'd love to have you as part of Team Rehab on what promises to be another great day.

### Volunteers Needed for St. Patrick's Festival 2009

Rehab is delighted to be the official charity partner of the St. Patrick's Festival in Dublin for 2009. We're currently working with the festival organisers to finalise our plans, however, we do know that we need volunteers to collect along the route. So if you feel like being part of a great day in Dublin, please get in touch with the fundraising team on 01 205 7231.



**Here are just some of the comments from people who have benefited from the services provided by Rehab. By supporting Rehab, you are playing a key role in helping people to achieve their goals and can be proud to share in their successes.**

*"I am able to cope better with things such as stress and to get on with my daily life."*

National Learning Network Learner

*"It has helped me learn a lot of things and feel better about myself."*

RehabCare Service User

*"The different types of programmes have changed my life.*

*RehabCare means being with people your own age and having a laugh when there is nothing at home. You're with people you like to be with."*

RehabCare Service User

*"NLN means helping people to get back on their feet after suffering a setback in their life. It has given me a reason to get up in the morning and has helped me to reach my goals!"*

National Learning Network Learner



*Pictured: Joan Claffey, Kieran Shields and Mary Claffey from RehabCare in Tullamore get off to a flying start for Rehab/Top Oil Car Wash Day as the helicopter pilot looks on.*



*Pictured above: Former Miss Ireland, Bláthnaid McKenna and Irish rugby legend, Eric Miller. Both Bláthnaid and Eric ran for Rehab in 2008, Bláthnaid in the Flora Women's Mini Marathon and Eric in the Lifestyle Sports Adidas Dublin City Marathon.*

### **Charity of the Year Programme**

The Charity of the Year programme is aimed at getting businesses to support our fundraising by developing a plan to engage employees and customers. We will support you by helping to organise simple and engaging fundraising days, draws, raffles, etc., and co-ordinate with other events we have ongoing. If you would like to hear more about our programme, please get in contact with the fundraising team. It's a great opportunity for staff to work together in a fun way and raise money for Rehab at the same time.

### **Fancy helping out a little and having some fun?**

We're always looking for people to help us with our fundraising all around the country. If you have an hour or two to volunteer, we'd love to hear from you. We have a variety of projects you could support either by putting us in touch with others who would be able to help us or by giving direct support yourself to a project for a few hours. We're hearing that people want to give something back to their communities but are unsure of how to go about it. Give us a call and we'll help you find something that works for you.



*Pictured:* All-Ireland winners, Tyrone footballer Sean Kavanagh (*left*), Kilkenny hurler, Richie Power (*right*) and model, Aoife Cogan, at the launch of the National Rehab/Powers Whiskey Pub Quiz in association with the Vintners' Federation of Ireland.

### Where Your Money Goes

Over the coming year we have a number of projects we're actively raising funds for around the country. A major priority is the fundraising effort to raise €3 million for Regent House in Kilkenny, which provides services for people all over Kilkenny city and county and ensures that Rehab is well established to meet the challenges of the future in this area. The centre is home to a National Learning Network training and education centre, a RehabCare resource centre and to supported accommodation.

Our HeadsUp suicide prevention project is also a priority for funding in 2009. Young people, when faced with a problem, rarely seek professional help. Surveys among Irish young people also reveal a lack of knowledge about

where to go to access support services available. Due to the stigma surrounding mental health, seeking help is dependent on a high degree of confidentiality, while delivery of information and support must also be appropriate to the target group. With this in mind, our free text service and our new interactive website provide the support needed. In order to fund these and other elements of the project, we need to raise €300,000. ■

### How To Get Involved

To find out more about what we do, visit [www.rehab.ie](http://www.rehab.ie) or if you wish to make a donation to Rehab please visit [www.mycharity.ie/charity/rehab](http://www.mycharity.ie/charity/rehab) or phone 01 205 7231.