

Fundraising: Ireland

Rehab's fundraising team in Ireland has plenty of opportunities available for you to get involved in raising funds for Rehab.

Covidien

Covidien has been an excellent supporter of Rehab over the past two years. In 2012 Covidien's support will continue as it becomes the main corporate sponsor for 1 Day for Rehab. Covidien is a global leader in developing, manufacturing and distributing medical devices and supplies, diagnostic imaging agents, pharmaceuticals and other healthcare products for use in clinical and home settings. Formerly Tyco Healthcare, Covidien employs approximately 1,500 people in Ireland and is located in Athlone, Dublin, Galway and Tullamore. In addition to supporting 1 Day for Rehab 2012, there will be an opportunity to engage Covidien employees locally. This is a fantastic boost for 1 Day for Rehab, which will in turn benefit the development of Rehab's services around the country.



The HeadsUp 5 Peaks Challenge Team 2011.

HeadsUp 5 Peaks Challenge

In September of this year, 13 committed and courageous individuals came together after months of training and took on the challenge of a lifetime in aid of HeadsUp, Rehab's youth suicide prevention project. The marathon challenge, which involved climbing the highest mountains in the Republic of Ireland, Northern Ireland, Scotland, England and Wales, brought together a varied group of people, who left behind their day jobs and set off into unknown territory.

An early start at Carrauntoohil in Co. Kerry allowed the team to travel north to Co. Down and complete Slieve Donard in the same day. With very little sleep, the team caught the ferry to Scotland, where they started an afternoon climb of Ben Nevis. Although Ben Nevis was the highest mountain of all five, it proved to be a very enjoyable climb and everyone was amazed by the impressive views of the Scottish Highlands. The group then travelled by night to their fourth destination – Scafell Pike in the Lake District. Heavy fog made this a difficult climb with many

navigational stops. Time was now of the essence in order to complete the challenge. After a four-hour drive down to Wales, the team embarked on their final adventure – Mount Snowdon. Dreadful weather conditions combined with fatigue made for a gruelling climb for all. Winds reached 80 miles/hr and the mountain was fast being abandoned. With only a short climb to the summit, a difficult decision was made. Safety was obviously paramount and it would have been foolish for anyone to put their life at risk. Happy with their decision, the team turned around, feeling exhilarated. Celebrations began at the foot of Snowdon and continued late into the evening.

A massive "thank you" to all participants for not only raising awareness of HeadsUp but for raising the vital funds needed to keep this project running. The HeadsUp 5 Peaks Challenge 2012 was launched in November, so if you are interested in participating next year, please contact Kerry on 00 353 1 210 0521 or email kerry.houlihan@rehab.ie for more details.

EUROSPAR Calendar

EUROSPAR stores across the country have been doing terrific work to support Rehab services locally. They have held coffee mornings, table quizzes, bag packs and sponsored local People of the Year Awards to name but a few. Rehab is Eurospar's chosen charity partner for 2011/2012. Rehab collection boxes will be placed in stores. In the run up to Christmas, EUROSPAR will have a special charity calendar on sale for €4. This will feature some of the great work Rehab carries out around the country and all funds raised from the sale of this calendar will go towards improving and developing Rehab services.

Get your copy before they all sell out. It would make the ideal stocking filler!





Our second annual national fundraising day, 1 Day for Rehab, took place in June with many centres and companies getting involved again in a variety of activities. This was the first year of the Rehab Swimathon,

supported by Coral Leisure, with people being asked to swim 1km for Rehab. Over 700 people took up the challenge, with swimmers all over Ireland raising funds. A number of factors contributed to its success – it wasn't weather dependant and swimming is a sport that is enjoyed by many and an achievable challenge with some training. The Rehab Swimathon will take place again in 2012, earlier in the year to allow more schools to get involved.

We also introduced the 1 Day chocolate lollipop, which went on sale all over the country and through Eurospar shops and was a great success. Rehab centres across the country hosted open days, coffee



Left: Staff and students at NLN Letterkenny fundraising on 1 Day for Rehab.

Below (left to right): Mary Finn and Cathriona Power give Charlie Meikle from RehabCare in Galway a helping hand during the Mud Run.



mornings, walks, runs, horse rides and fashion shows to name but a few activities. Thanks to all those who participated and put in such a great effort in planning and organising the day. We really appreciate that thousands of people braved the bad weather to collect for their local Rehab centre. Well done to all!



Bag Fest

Pictured at the launch of Bag Fest, a fundraiser where donated handbags were sold to raise money for RehabCare, Liosbaun Business Park in Galway, are Róisín ní Thomain, TG4; Ollie Robinson, Rehab; Gemma ní Chionnaith, TG4. A range of bags was on sale from baby changing bags to designer handbags.

Leopardstown Races

BHP Insurances, sponsor of the Irish Champion Hurdle at Leopardstown, is hosting a fundraising lunch for over 600 guests on 29 January 2012 in aid of Rehab. The Champion Hurdle race meeting is a favourite for Irish racegoers because the winner goes on to race at Cheltenham. On the day, guests will be invited to a wine reception, take tips from a panel of racing experts, and enjoy a four-course lunch with wine and an auction. A celebrity judge will also be there to

choose the Best-dressed Lady.

Rehab is now selling tables and individual tickets to this event. Please contact Kerry on 00 353 1 210 0521 or email kerry.houlihan@rehab.ie for further information. Tables of 10 cost €1,000 and individual tickets cost €100. Why not kick off your new year with a win at Leopardstown. You never know your luck!

When: Sunday, 29 January 2012

Where: Leopardstown Racecourse, Dublin

Time: 11.30am

(Judging of the Best-dressed Lady will take place from 1pm to 4pm)

Rehab Award for Schools

Rehab fundraising has recently started work on a new awards programme for Transition Year and CSPE students. This project is currently being piloted in six counties: Longford, Westmeath, Offaly, Donegal, Louth and Meath. The project will focus on students organising a fundraising event or campaign, using their own skills and resources, which will directly benefit their local Rehab centre. The award and trophy will be granted to the project team that excels in planning, creativity, innovation, business and marketing skills, event implementation and fundraising income. All projects must be submitted before 1 April 2012.

Upcoming Fundraising Events

1–24 December: Christmas shop in Long Walk Shopping Centre, Dundalk

29 January 2012: BHP Insurances hosts lunch at Leopardstown Racecourse in aid of Rehab

February 2012: Rehab 1km Swim

24 February 2012: Registration closes for the HeadsUp 5 Peaks Challenge 2012

Fundraising: United Kingdom

Rehab's fundraising team in the UK has a wide range of events on offer in 2012 – some of which appear here. However, if you have your own idea for a fundraising event, then get in touch with the team, who will support you in making it a success!

THROUGHOUT THE YEAR

Overseas Challenges

For those of you who like to venture a little further afield, we offer a number of different sponsored overseas challenges, from cycling through Cuba to trekking in Peru or climbing Kilimanjaro. We use reputable organisations that take care of everything to do with the trip leaving you free to concentrate on your sponsorship and training. So why not take the opportunity of a lifetime?

VARIOUS DATES AND LOCATIONS

White Water Rafting

If you like to make a splash, the fundraising team want you! Why not round up family and friends to take part in a white water rafting thrill-ride? Or even convince some of your colleagues to participate as part of a team-building exercise? Rafts can accommodate teams of six to eight people and no previous experience is required since all training is given by a qualified instructor. Contact the fundraising team to select a date and location near you.

VARIOUS DATES AND LOCATIONS

UK Skydives

Fearless. Daring. Brave. If this sounds like you, then you would quite possibly enjoy jumping out of a plane flying at 10,000 feet and plummeting back to earth at speeds over 120 mph. If you think you can handle it, then get in touch. We dare you!

4 MAY 2012

Moor Park Golf Classic

The Moor Park Golf Classic event will celebrate its 20th anniversary in 2012 and the fundraising team would like past, present and new supporters to take to the greens to mark the occasion. Players will spend the day on Moor Park's championship golf course. In the evening, guests can enjoy dinner in the clubhouse, a magnificent 17th century mansion.



MAY 2012

London-to-Paris Cycle

Visit two of the world's most incredible cities by embarking on the London-to-Paris Cycle. Experienced guides will lead you on a breathtaking journey through beautiful English countryside before you take the ferry crossing to France. Once across the water, witness stunning vineyards and quaint villages before seeing the famous sights of the Eiffel Tower and the River Seine and arriving to a celebratory finish at the Arc de Triomphe. Places are limited so book now to avoid disappointment.



APRIL 2012

Forth Rail Bridge

Reach new heights in 2012 by abseiling 165 feet SAS-style (or freefall) from the spectacular Forth Rail Bridge at South Queensferry, near Edinburgh.

If you have your own ideas for a sponsored event, the fundraising team would love to hear from you.

For more details on fundraising for Rehab in the UK, please contact:

Alison Buckmaster by email at alison.buckmaster@momentumfundraising.co.uk or by telephone on 00 44 141 419 5286

Sue Norman by email at [susan.norman@rehabfundraising.co.uk](mailto:norman@rehabfundraising.co.uk) or by telephone on 00 44 783 452 6936

Lucy Wilson by email at lucy.wilson@momentumfundraising.co.uk or by telephone on 00 44 141 419 5281

Event information is also available on the fundraising section of Momentum's website:
www.momentumuk.org.uk.