

PRESS RELEASE
12 August 2010

Muckalee – Ballyfoyle group heads for Slievenamon for Susie Long Hospice Fund

A group of enthusiastic walkers from the Muckalee-Ballyfoyle area of County Kilkenny is heading for the slopes of Slievenamon in aid of the Susie Long Hospice Fund on Saturday 28th August. Departing by bus from The Cave Bar at 9.30am, the group hopes to make the summit by lunchtime and be back for a cabaret at The Cave Bar on Saturday evening. Further details and sponsorship cards are available from Billy Murphy, Clorinka, Ballyfoyle (086) 3262446 and Iris O'Flynn of The Cave Bar, (087) 9287326 or from www.susielonghospice.com.

The Slievenamon climb is open to all levels of walker, as Billy Murphy of the organising group explains: "We are taking two approaches to Slievenamon. One is for the less experienced or maybe first time walker, and the other is for the hardier person who is more used to hill walking. Either way, we are asking people to bring along a picnic lunch, we will all set out together and we will meet at the top. Even those who reach the top first will wait for those who arrive last, so that we can all celebrate together! The main thing is that people come along and help us to raise funds for the Susie Long Hospice Fund. We will also be making a small donation from the proceeds to some local parish associations in Muckalee". And that's not all, adds Billy: "When we arrive back at The Cave Bar in the evening, we are planning some music and lots of fun, so all in all it will be a great day out".

A seasoned fundraiser, Billy Murphy has been involved in a number of projects over the years to help those less fortunate than himself. He has volunteered for a number of years with the Niall Mellon Township Trust building houses in Cape Town and Kenya, and for the last couple of years he has been fundraising for a school in Kenya, specifically raising money for their kitchens where students are prepared for employment in the catering industry. On the night of 28th August, Billy will show a short film outlining how funds raised in 2009 for this school have been allocated.

Billy particularly wanted to help the Susie Long Hospice Fund this year as he had decided to stay local with his fundraising and understands that all of us, no matter what walk of life, will be touched by the need for hospice care at some point in our lives. "This is a great cause. We, or someone close to us, will need hospice care at some stage in our lives. It is something that can affect anyone and it is very important that people have a place to go to and be with their families at the end of their lives".

The Susie Long Hospice Fund (SLHF) was set up in October 2007 to provide the highest possible quality of end-of-life care for patients and their families through the establishment of a 10-bed hospice in Kilkenny, for the people of Kilkenny and Carlow. The Fund is meeting this challenge through fundraising, increasing awareness of the need and benefits of local hospice care and by lobbying Government for support. Donations can be made directly to the fund at AIB, High St, Kilkenny, Account No: 3462705, Sort code: 93-31-98. The Susie Long Hospice Fund is a registered charity, number CHY17950.

ENDS

Further info: Maeve Butler, PRO (087) 2356143 / HYPERLINK
"mailto:maevebutler@gmail.com" maevebutler@gmail.com

CAPTION: Pictured making plans for the Slievenamon Walk in aid of the Susie Long Hospice Fund, which takes place on Saturday 28th August are (l-r) Maura Tynan, Michael Stapleton, Michael Rice, Billy Murphy, Ellen Stapleton and Iris O'Flynn. Participants will meet at The Cave Bar at 9.30am to travel by bus to Kilcash. Alternatively, those who wish to make their own way there can meet at Kilcash at 10.30am. Further details and sponsorship cards are available from Billy Murphy, Clorinka, Ballyfoyle, tel (086) 3262446 or Iris O'Flynn of The Cave Bar (087) 9287326. See also HYPERLINK "http://www.susielonghospice.com" www.susielonghospice.com

ENDS

Further info: Maeve Butler, PRO (087) 2356143 / HYPERLINK
"mailto:maevebutler@gmail.com" maevebutler@gmail.com