Irish Hospice Foundation

To die and grieve well wherever the place

100 Miles in October

for Irish Hospice Foundation

Get your team involved and lace up your trainers in support of end-of-life and bereavement care in Ireland.



We are the national charity addressing dying, death, and bereavement in Ireland.

Our vision

Is an Ireland where people experiencing dying, death, and bereavement are provided with the information, care, and support that they need.

Our mission

Is to work towards the best end-of-life and bereavement care for all.







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What is the 100 Miles in October challenge?



Daily miles 🚶 🏃 🚴

Each team member walks, runs, or cycles 100 miles over the month of October.

Track your progress ✅

Each participant will receive a tracker they can record their miles, or why not keep a leader board amongst you all.

Support our work ❤️

Register to receive your team's pack, and set up your team's fundraising page. Together, you will be supporting Irish Hospice Foundation's work in end-of-life and bereavement care while also getting fit and improving your health and wellbeing!

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Why should your company take on the challenge?

- 💪 Boost employee wellbeing
- 🤝 Strengthen team connection
- 🌟 Enhance company culture
- 📈 Elevate your brand
- 🎯 Raise vital funds for charity

Get active. Give back. Make an impact — together.



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“

The 100 Miles Challenge was a brilliant experience for Team Medray! It brought the team together for a great cause, added a real spark of energy to our days, and created a fun, motivating atmosphere around the office. The friendly competition kept us all moving and connected. We also really appreciated the visit from you at the end – it was a lovely way to celebrate, step back, and recognise the great effort everyone made. It truly brought everything full circle. We thoroughly enjoyed being part of it!

”

Rachel Clynes
Medray



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Your challenge journey





1

Get on board

Register your company with Irish Hospice Foundation.

2

Assemble your team

Nominate a Team Captain and rally colleagues to join.

3

Set up & gear up

Create your fundraising page and receive company challenge packs.

4

Get moving

Walk, run, cycle — however your team chooses to get active!

5

Motivate & celebrate

Cheer each other on and earn medals.

Every step you take supports better end-of-life and bereavement care in Ireland.

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How you will be supported by Irish Hospice Foundation

We will be with you every step of the way!

- 📦 **Welcome packs** and team materials will be sent once registered.
- 🎽 Packs include a 100 Miles in October branded **T-shirt** for each employee.
- 📣 **Promotional templates** for internal comms and social media.
- 📧 Regular **motivation emails**, impact stories, and challenge updates.
- 🤝 **Support** from the IHF Fundraising team at every step.
- 🏅 On completion, participants will receive a **challenge medal**.







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Nominate a team captain!

🌟 You will be one of our **IHF Heroes** leading your team.

📞 You will be the main point of contact.

💪 You will motivate colleagues.

💡 We will support you with helpful tips.

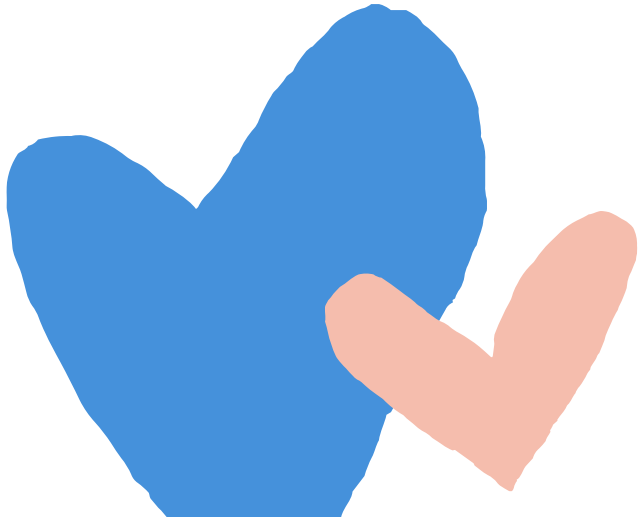


Irish Hospice Foundation

The impact your team will make

Our work at Irish Hospice Foundation spans three interconnected areas — Conversations about Death, End of Life and Dying, and Bereavement and Grief.

Thanks to the support of generous people like you, we bring our vital work to life through a wide range of programmes and services in end-of-life and bereavement care. Some of them are listed here.



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Irish Hospice Foundation Nurses for Night Care

Nurses for Night Care

Nurses for Night Care is our free at-home night-nursing service for patients diagnosed with illnesses other than cancer. Nurses travel to patients' bedsides to provide professional care for the final nights of their life. Every €3,900 raised is the equivalent of ten nights of nursing care to someone in Ireland, with it estimated to cost over €1.2 Million in 2025.

Irish Hospice Foundation Bereavement Support Line 1800 80 70 77

Bereavement Support Line

Our Bereavement Support Line, in partnership with the HSE, is a national freephone service available from 10am to 1pm, Monday to Friday on 1800 80 70 77. Your support will help us continue answering calls from grieving hearts, with over 1,181 calls handled in 2024.

Irish Hospice Foundation Information and Support Line 1800 60 70 66 Mon - Fri | 9am - 1pm

Information and Support Line

Our Information and Support Line is a confidential line that provides signposting, practical supports, and resources about end-of-life care, advance care planning, and palliative care in Ireland. It is available on freephone 1800 60 70 66 from 9am to 1pm, Monday to Friday.

Caru

Supporting Care & Compassion at End of Life in Nursing Homes

A continuous learning programme

Caru

Caru is a free continuous learning programme developed by Irish Hospice Foundation and the All Ireland Institute of Hospice and Palliative Care (AIIHPC) in collaboration with the HSE. Caru supports and empowers nursing home staff in the delivery of compassionate and person-centred palliative, end-of-life, and bereavement care.

A final night of comfort

Your fundraising will help send a Nurse for Night Care to families like Bridie's when they need it most.

Sisters Bridie and Barbara lived together their whole lives. In Bridie's final days, Nurse Ann Marie provided night care, allowing them to remain together at home.

Barbara had been too worried to sleep, afraid to leave her sister's side. Ann Marie reassured her: *"Why don't you sleep beside your sister? I'll be here, I promise."*

That night, they lay side by side one last time—just like when they were children. Bridie passed away peacefully the next evening.

Thanks to our Nurses for Night Care service, they stayed together until the very end.



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What are the next steps?

1. Nominate your IHF Hero/Team Captain.
2. Register your team and set up your team's fundraiser.
3. Receive your team's welcome pack.
4. Get moving, take lots of photos, and have fun!

If you have any questions or would like to organise a call for more information, contact Mairéad & Gerry.

Email: corporate@hospicefoundation.ie

Call: 01 679 3188

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Thank you!

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RCN: 20013554