Irish Hospice Foundation
To die and grieve well wherever the place

40 YEARS OF IMPACT

100 Miles in October







Welcome to #Team1HF and thank you for taking on the challenge of #100MilesinOctober!

Please find enclosed your Irish Hospice Foundation (IHF) t-shirt – we hope that you will wear it with pride as you take on the 100 Miles challenge! Before you get going, don't forget to set up your Fundraiser.

If you need help, please email **challenge@hospicefoundation.ie** and join the Facebook Group '**100 Miles in October 2026 for Irish Hospice Foundation'.**

Top Tips for Your iDonate Fundraiser

- Add your photo to your iDonate Fundraiser.
- Share your iDonate Fundraiser with your family, friends and all your WhatsApp groups.
- Get your Fundraiser started by donating to it yourself.
- To receive your end-of-challenge medal, you need to complete 100 Miles in October and fundraise €50 or more in support of Irish Hospice Foundation
- Say "Hi" to the 100 Miles in October community on our Facebook page.

It's a tough challenge, but you will be helping Irish Hospice Foundation to raise vital funds to support our work in end-of-life and bereavement care, whilst getting fit and improving your health and wellbeing! Walk, run or cycle – it's up to you!

We hope you enjoy the challenge, and we look forward to seeing your progress in the Facebook Group **'100 Miles in October 2026 for Irish Hospice Foundation'**

Best wishes,
Emma, Mairéad & Gerry
Fundraising **#TeamIHF**

You are making a difference to end-of-life and bereavement care in Ireland

Our Information and Support Line is a confidential line that provides signposting, practical supports, and resources about end-of-life care, palliative care, and advance care planning in Ireland.

It is available on freephone 1800 60 70 66 from 9am to 6pm, Monday to Friday (excluding bank holidays and other holiday periods).



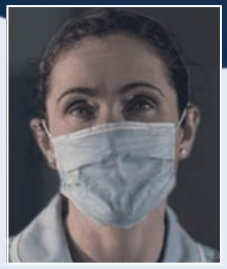
Irish Hospice Foundation Nurses for Night Care

Our **Nurses for Night Care** service provides care to people in their own homes at end of life in every county in Ireland. Nurses work through the night to support people to spend their final days at home in their own bed, with their families at their side. We run this service in partnership with the Irish Cancer Society.

€50 covers the cost of one hour of our nurses for Night Care.
€400 covers an entire night shift.

The nurse was wonderful from the moment she arrived. We knew she was going to mind our mother from a medical point of view, but she also minded us. My brother said she was like an angel. No one has to grieve alone.

Nurses for Night Care Service



Irish Hospice Foundation Bereavement Support Line 1800 80 70 77

Our **Bereavement Support Line**, in partnership with the HSE, is a freephone service to provide a space for those who have lost a loved one, friend or colleague to talk about their loss and grief. Our volunteers do their best to provide comfort and emotional support and will offer information that might help the caller, including details on practical supports.

It is a national freephone service 1800 80 70 77 available from 10am to 1pm, Monday to Friday.



Because of you, we can make a real difference.
You are helping people when they need it most.

100 Miles in October - Daily Record



Use this tracker to track your miles and activity/healthy targets taking regular in taking part! Aim to achieve 3 miles per day.

Distances/events to the /individual/changes and where your photos by sharing your photos/individuals/and milestones using **#100MilesInOctober.**

1	2	3	4	5	6	7	Week One Total:
8	9	10	11	12	13	14	Week Two Total:
15	16	17	18	19	20	21	Week Three Total:
22	23	24	25	26	27	28	Week Four Total:
29	30	31					Total Miles in October:

Well done, you did it!

Take a photo of this page and share it with your family and friends!

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Returning your Fundraising to Irish Hospice Foundation

Once you've completed your 100 Miles in October, we'd be very grateful if you could return your donations to IHF.

- **If you have set up an iDonate Fundraiser, there is nothing for you to do. All of the funds you socialised in fundraising online will be for iDonate.**
- **If you've taken donations, you can get these funds to us via one of the ways listed below.**

1. Online

You can donate directly to IHF on our website or scan the QR code to donate **hospicefoundation.ie/100-miles-donate/**

2. Bank Transfer/ Lodgement

You can lodge funds directly to the IHF bank account using the information below
Bank of Ireland
BIC (Swift Code): BOFIIE2D
IBAN: IE39 BOFI 90138678843307
Please use your name as a reference and email **challenge@hospicefoundation.ie** so we can let you know it has been received safely and send you a receipt and note of thanks for your kindness.

3. Cheque/ Postal Order/ Bank Draft

You can post a cheque, bank draft or postal order made payable to 'Irish Hospice Foundation' to the following address: **Emma Rock, Irish Hospice Foundation, Morrison Chambers (4th Floor), 32 Nassau Street, Dublin 2, D02X627.**

Thank you so much for your kind support.
Because of you we can make a real difference.
You are helping people when they need it most.

