Irish Hospice Foundation

To die and grieve well wherever the place

40 YEARS OF IMPACT



100 Miles in October

Workplace Challenge

Is your team ready to take on a challenge that increases wellbeing and motivation while raising funds?

👉 Click to Register

What is the 100 Miles in October challenge?



Your Miles Your Way 🚶 🏃 🚴 ,

Throughout October your team can walk or run 100 miles over the month.
At their own pace, where and whenever they like!

Track Your Team Progress ✅

Each team member will receive a tracker to record their miles and together you can add your total to your team fundraising page.

Support our Work ❤️

Your team members will earn a medal when they complete 100 Miles in October. 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

Irish Hospice Foundation

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How we'll support you and your team

We will provide you with

📦 **Welcome packs** and materials to motivate your team.

🎽 A 100 Miles in October **T-shirt** for each team member.

📢 **Promotional posters** and **content** for your socials

📧 Content and updates about the **impact of your support**

🤝 **Support** from the IHF Fundraising team at every step.

🏅 On completion, your team will receive **challenge medals**.



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Next Steps for your 100 Miles Challenge

1. Register your team

Set up your workplace team page by clicking here or scan this QR code

2. Assemble your colleagues

Rally your colleagues to join your team



3. Set up & gear up

We'll send a challenge pack with t-shirts for each team member



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

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 people and workplaces like yours**, 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:

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.



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 6pm, 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.

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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.



Irish Hospice Foundation is the national charity addressing dying, death, and bereavement.



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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Thank you

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

Scan to register your workplace team

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Registered Charity Number: 20013554