

**RETHINK
IRELAND**

Impact Fund for Munster

2022-2023



An Roinn Forbartha
Tuaithe agus Pobail
Department of Rural and
Community Development



ciste na
gcuntas díomhaoin
the dormant
accounts fund



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Introduction to the Fund

The Impact Fund for Munster is a one-year, €750,000 Fund created in 2022 by Rethink Ireland in partnership with a number of donors including the Parkes Family (Limerick), the Sunflower Charitable Foundation, El Electronics, Community Foundation for Ireland, and a number of private donors, with match funding from the Department of Rural and Community Development, via the Dormant Accounts Fund.

The Impact Fund for Munster provided cash grants and tailored capacity building supports to nine innovative projects working to enhance the physical and mental health of communities across the six counties of Munster, and supported them to grow and amplify their impact throughout the region.

OUR FUND VISION

The vision of the Impact Fund for Munster was to find and back innovative projects that enhance the physical and mental health outcomes of communities across Munster, including those using music, creativity and the arts to promote wellbeing across communities.

THE RETHINK IRELAND PACKAGE

Through the Impact Fund for Munster, Rethink Ireland supported nine awardees with cash grants and tailored capacity building supports to suit the needs of each organisation. **Rethink Ireland provided a total package of supports equal to €610,000.**

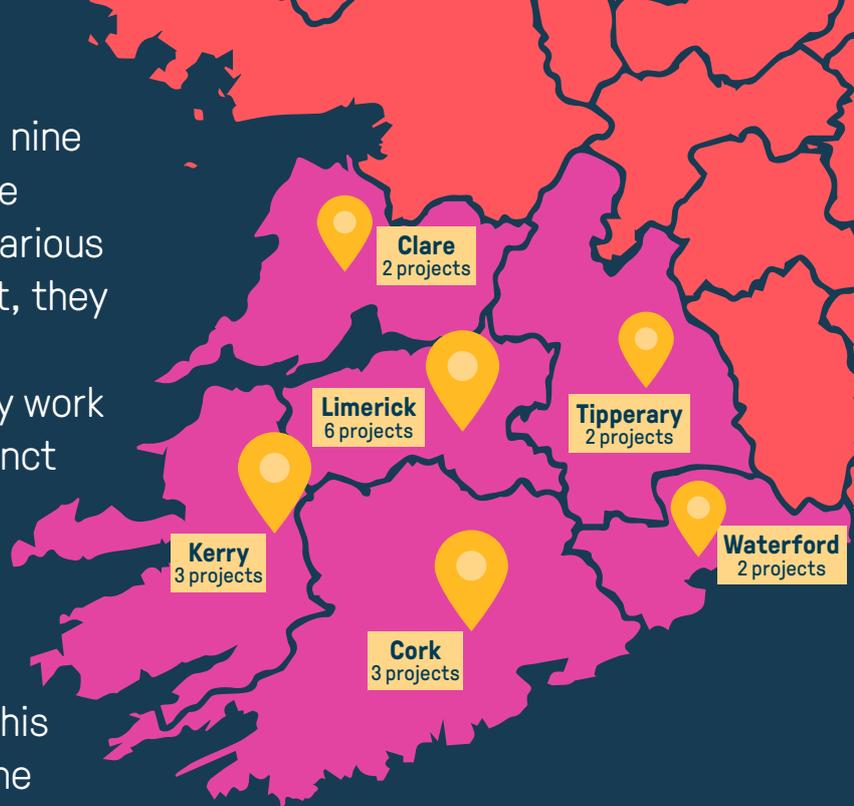
CASH GRANTS

The overall cash grant investment amounted to €525,000 between 2022 and 2023. Cash grants are a combination of private philanthropic funding and Government funding via the Dormant Accounts Fund.

CAPACITY BUILDING SUPPORTS

Capacity building supports are aimed at strengthening awardee organisations through tailored consultancy support on key strategic areas and participation in our Accelerator Programme. **Rethink Ireland provided a total package of capacity building supports equal to €85,000.**

The Impact Fund for Munster backed nine impressive awardees. Although these organisations came to the Fund at various levels of organisational development, they all shared a proven track record of enriching the lives of the people they work with. Whilst the Fund offered a distinct range of supports to awardees, it had a unique impact for each organisation. This report showcases the individual and collective impact achieved throughout the course of this Fund, and provides an overview of the capacity building supports that enabled awardees to grow and amplify their impact.



9 Projects across 6 counties were impacted by this fund

IMPACT OVERVIEW

- **9 awardees** supported delivering services across Munster
- **2,567 individuals** including children and families supported through services
- **5,148 sessions** delivered to communities
- **237 stakeholders** engaged
- **20 staff** hired
- **3,465 people** enjoyed the benefits of art exhibitions at University Hospital Waterford
- **100,000+ radio listeners** tuned into Creative Lives on Air broadcasts promoting creative participation across communities

COMMUNITIES SUPPORTED

- People living in rural areas
- People experiencing isolation
- People who have been bereaved
- Adults with Down Syndrome
- Families affected by substance misuse
- Patients, families and staff in healthcare settings
- Migrant communities living in temporary accommodation settings
- Marginalised children in need of mental health care
- Preschool children experiencing socio-economic disadvantage, including refugees, asylum seekers and migrants



A venture philanthropy approach to scale and impact

At Rethink Ireland, we are committed to supporting the best social innovations to scale and maximise their impact. We do this by using a venture philanthropy model – a funding method that uses the tools of venture capital investing, alongside grants to support long-term social and environmental impact. Cash grant payments are tied to a number of targets and goals associated with programme delivery as well as strategic areas of growth.

CAPACITY BUILDING SUPPORTS: RETHINK IRELAND'S SUPPORT TO SCALE AND IMPACT

Our investment focuses on preparing our awardees to grow and develop their programmes so that they can maximise their social impact. Through a series of capacity building supports provided by consultants and our Accelerator Programme, we helped strengthen the organisational capacity of our awardees in a number of strategic areas.

Working 1-to-1 with expert consultants, awardees were supported to develop their capacity in impact management, strategic planning and financial sustainability. Rethink Ireland's Accelerator Programme, a unique offering that equips awardees with the skills needed to expand and deepen their impact, provided training from best-in-class experts across the private, nonprofit and public sector.

The Impact Fund for Munster capacity building supports focused on the following areas:

- **Impact Measurement** - A deeper understanding of social impact and the use of an impact management framework to capture and measure impact metrics in a consistent manner.
- **Strategic Planning** - A detailed strategy that sets out their journey to scale over the next few years.

- **Financial Sustainability & Fundraising** - A well-developed fundraising strategy to meet current funding needs and diversify income streams.
- **Equality, Diversity and Inclusion** - The strengths of ED&I and their relation to a successful project.

CASH GRANT INVESTMENT

The cash grants provided to awardees had a meaningful impact for their organisations, for example:

- Blue Box was able to hire a dedicated full-time coordinator to expand their services locally to serve new and growing populations of children, in particular, refugee and homeless children, as well as their parents.
- Waterford Healing Arts was able to enhance and expand its programmes both within and beyond hospital and care settings.
- The Limerick ParentChild+ programme was able to reach more families on their waiting list through the recruitment and training of new Home Visitors, with a focus on marginalised families.



Meet Blue Box Creative Arts Therapy Centre

TOTAL AWARD: €72,777

Blue Box Creative Arts Therapy Centre uses play, music and art therapy to support the mental health and wellbeing of children and young people from marginalised and disadvantaged backgrounds in the Limerick area. The Blue Box project delivers therapy services both in-house and within DEIS schools. Therapists are trauma-informed and use a non-directive approach to ensure that sessions are child-led. Parenting support groups also offer a space for parents to connect with their children through music and play.

THE AIM OF THE IMPACT FUND FOR MUNSTER INVESTMENT

With this project, Blue Box aimed to increase the delivery of creative arts therapy to children from high-risk groups who are homeless, refugees and migrants, and provide support to their parents.

SCALING THE PROJECT'S IMPACT

- Ability to articulate their impact to different audiences
- Developed new strategies to successfully engage with parents from diverse backgrounds

IMPACT OVERVIEW

- **34 children in total benefited from this project** allowing Blue Box to reduce its waiting list providing support to high risk marginalised groups
- **160 individual creative art therapy sessions** were delivered
- 9 parents and their children engaged in a **parent support group**
- Parents reported improvements in their relationship with their child, an increase in their child's happiness, and a change within themselves

Video: Blue Box



Meet the Irish Hospice Foundation - Compassionate Culture Network Project

TOTAL AWARD: €67,777

The Irish Hospice Foundation is a national charity that works to ensure the best end-of-life and bereavement care, for all. The Compassionate Culture Network (CCN) project uses creative practices to establish safe places within communities where people can come to connect and talk openly about the impact of loss and grief. Through the power of art, participants are supported to break the barriers, fears and anxiety they may hold around loss.

THE AIM OF THE IMPACT FUND FOR MUNSTER INVESTMENT

Support from this Fund enabled the CCN project to expand its reach in the counties of Cork, Limerick and Kerry. This was done through the recruitment, training and continuous professional development provided to a network of artist-facilitators who delivered these programmes.

SCALING THE PROJECT'S IMPACT

- Adoption of a flexible approach to programme delivery
- Better understanding of participants' needs and engagement
- Increased collaboration with stakeholders within communities
- Creation of a peer group for artist-facilitators, including an apprenticeship model and peer-to-peer sessions

'Love falls as water' and 'The Little Book of Poetry' are two Haiku poetry booklets created by Bantry and Mallow Compassionate Culture Network participants in 2023. Click to see the poetry collection:

['Love Falls as Water' \(CCN Bantry\)](#)

['The Little Book of Poetry' \(CCN Mallow\)](#)



IMPACT OVERVIEW

- 4 CCNs were set up in **Limerick, Mallow, Bantry and Cahirciveen**
- **102 participants** took part in the project, attending a total of 53 sessions
- **Coordinated approach with 16 local agencies** to enhance programme delivery¹
- Collection of two Haiku poetry booklets: **'Love Falls as Water'** (CCN Bantry) and **'The Little Book of Poetry'** (CCN Mallow), as well as other amazing art pieces
- Participants reported **improved mental wellbeing**

Video: Compassionate Culture Network - Cahirsiveen



IMPACT STORY

Photographer Tara had been teaching art therapy classes with youth groups from the Traveller community and adults with mental health difficulties when she signed up as a facilitator for Compassionate Culture Network's new project in Cahersiveen.

Conversations around grief emerged organically as the group began working with clay and other visual prompts. Despite spending two hours discussing grief, the sessions would always end on an uplifting note with participants swapping numbers and making plans to meet up outside of the session. The collective relief in the room was palpable.

"You'd think that the energy would be really low when we finished each week but it was the opposite, there was a lot of laughter. I could see the group take great comfort in hearing others speak about the same feelings they had, it made them feel validated and normal. For me personally, it helped me join the dots on some of my own grief."

"They gave us the space to be creative, supportive and a safe place to tell our stories. I loved the concept of writing haiku. The format of this class was uncomplicated, and we all felt a feeling of recovery and healing."

Participant

¹ Including Further Education and Training Boards, Health Service Executive (HSE), Health Centres, Cork Kerry Community Healthcare, West Cork Arts Centre, Cork and Kerry County Councils and Kerry Local Creative Youth Partnership.

Meet Waterford Healing Arts

TOTAL AWARD: €67,778

Waterford Healing Arts uses arts and creative experiences to enhance the health and wellbeing of patients, families, staff and practitioners in healthcare settings across County Waterford. The project works in close partnership with healthcare partners to design and deliver artist-led participatory arts programmes – music, art making, creative writing, dance and storytelling – and an environmental enhancement programme, which facilitates art exhibitions and art collections within healthcare settings.

THE AIM OF THE IMPACT FUND FOR MUNSTER INVESTMENT

Funding under this award supported the project to significantly expand its programme delivery in a range of healthcare settings. This included a live music programme for dialysis and elderly patients, an arts programme for people in palliative care, a storytelling programme for paediatric patients, and an arts and mental health programme beyond care settings. The project also incorporated initiatives to enhance the hospital environment.

“This is much better than taking a pill.”

Patient of the Department of Psychiatry during an art making session.

SCALING THE PROJECT’S IMPACT

- Successful pilot of an arts programme for people in palliative care and for people receiving home dialysis
- Expansion of the storytelling programme to new settings including a Residential Care Centre, Elder Care wards and Renal Dialysis Unit
- Development of a bespoke approach to the continuous professional development of artists, musicians and storytellers leading programme delivery

IMPACT OVERVIEW

- **1,791 people participated** in arts and creative experiences in a range of healthcare settings
- **250 sessions** were delivered
- **3,465 people enjoyed the benefits** of their art exhibitions and new art commissions at University Hospital Waterford (UHW)

An Occupational Therapist in one of the mental health settings said that the music is *“the only thing that really generates positive responses, lifts the mood and brings joy into the space for the residents.”*



Meet Creative Lives – Creative Lives On Air Project

TOTAL AWARD: €57,778

The Creative Lives On Air project champions creative participation through local radio to boost the mental health and wellbeing of communities. The Creative Lives On Air partnership model was first developed in the UK in collaboration with BBC local radio stations. It shines a spotlight on community and volunteer-led creative activity through local radio broadcasts that connects listeners to groups in their area and informs them of opportunities to get involved.

THE AIM OF THE IMPACT FUND FOR MUNSTER INVESTMENT

Through the Impact Fund for Munster, Creative Lives was able to launch a Creative Lives On Air project in Ireland for the first time, working in partnership with the radio station RedFM through audio campaigns that highlight the benefits of taking part in creative activities and the promotion of local events in communities.

“Rethink Ireland’s support enabled Creative Lives to amplify the voices of Cork’s local artists and creative groups through our Creative Lives On Air project in partnership with the radio station RedFM, helping us to reduce isolation and promote wellbeing through the arts in Cork. The non-financial support from Rethink Ireland, particularly in impact management and sustainability, has been invaluable, strengthening the foundation of Creative Lives and our work across Ireland.”

Robin Simpson, Chief Executive, Creatives Lives



SCALING THE PROJECT’S IMPACT

- Piloted the Creative Lives project in Ireland and captured lessons learned
- Mapping of the landscape of local creative groups and organisations in County Cork
- Development of a high-level funding and scaling strategy

IMPACT OVERVIEW

- **18 local creative groups** were supported through this programme
- Delivery of a **‘Developing Your Group After Covid’ workshop**, building resilience and sharing learnings amongst creative groups
- **Over 100,000 radio listeners** tuned into Creative Lives on Air broadcasts showcasing nine local community groups
- A **creative engagement event** was held that showcased local groups in County Cork

Meet Sing Ireland - Song Seeking: Connection & Belonging Through Group Singing Project

TOTAL AWARD: €67,778

Sing Ireland is Ireland's national body for the support, development, and promotion of all forms of group singing. The Song Seeking project nurtures personal wellbeing and builds a sense of community, social connection, cultural sharing and appreciation amongst communities within temporary accommodation settings across the Munster region. This is done through intergenerational group singing workshops within temporary accommodation settings and shared community singing events to connect groups with local choirs.

THE AIM OF THE IMPACT FUND FOR MUNSTER INVESTMENT

The main purpose of this funding was to recruit, train and provide mentorship to a team of music facilitators to deliver music workshops in temporary accommodation settings in Limerick, Clare and Tipperary, and facilitate community singing events to connect participants with local choirs.



SCALING THE PROJECT'S IMPACT

- Creation of a toolkit of resources and ideas for music facilitators
- Enhanced peer support network for music facilitators operating in changing environments
- Expertise on building safe and inclusive spaces in multicultural settings to establish relationships and maintain strong attendance rates
- Flexible and creative engagement with participants to navigate language barriers and capture the imagination of the youngest and the oldest members of the intergenerational group
- Whole-organisation approach to the development of the programme and next stages of funding and support

IMPACT OVERVIEW

- **32 in-person group singing workshops** were held in temporary accommodation settings in Limerick, Clare and Tipperary
- **261 individuals** engaged in the workshops, including 30 families and 29 children;
- **3 community singing events** took place in collaboration with a diverse range of local groups and settings
- The programme facilitated **new social connections** and **friendships** between participants

IMPACT STORY

Marina came to Clonmel with her husband and three children seventeen months ago and they are currently living in temporary accommodation close to where the Song Seeking group meets. She remembers how nervous everyone was at that first rehearsal. “They said to me, ‘I can’t sing’ or ‘I don’t know music.’ And it’s the same every time a new member joins. But then we chat, we start singing together, everyone starts to relax, and before you know it they’re suggesting new songs for us to learn.”

Marina is particularly pleased to see how, in these difficult life circumstances for her and other Ukrainians, their love for music and singing has developed. “My son just started learning to play the piano and singing really helps him get a better feel for music. My daughter loves to sing in both Ukrainian and English, and she always asks when our next Song Seeking rehearsal is.”

The group have become more experimental as their confidence has grown, adding simple instruments like bells and incorporating dance to their exercises. Collaborating with other singing groups in the local area is another big aspect they enjoy.

“Earlier in the summer we joined two other local choirs for a concert. It was a great way for us to integrate more with the local community. We are currently rehearsing for a Christmas concert with these choirs. We love learning Carol of the Bells, Silent Night and Jingle Bells in English and Ukrainian. This concert will be the culmination of Song Seeking’s year!”

“We have been able to develop each session in a way that is bespoke to the participants’ needs. Their feedback and their stories of what this programme has given back to them, has been heartwarming and a motivator for all involved with Songseeking in 2022/2023.”

Dr Jenny O’Connor-Madsen, General Manager, Sing Ireland



Meet Northstar Family Support Project

TOTAL AWARD: €57,778

Northstar Family Support Project works with families in the Limerick region affected by substance misuse. They do this through the provision of free support services and resources including one-to-one confidential support, peer-led support groups, training and educational opportunities, access to therapy and counselling, as well as respite. Supports are designed and delivered through a non-judgemental approach that aims to listen, empower, promote the confidence and affirm the dignity of those engaging with the services.

THE AIM OF THE IMPACT FUND FOR MUNSTER INVESTMENT

This investment facilitated the Northstar Family Support Project to raise awareness of its services with a wide network of stakeholders, establish trust and build relationships with communities across County Limerick and deliver its services through community-based outreach clinics.

SCALING THE PROJECT'S IMPACT

- Successful pilot and adaptation of the outreach clinic model.
- Collaborative and interagency approach with diverse stakeholders including the Garda County Limerick Drugs Unit, the HSE, GP's, community, statutory and voluntary services, as well as local groups.
- Refined community outreach approach to maximise reach and break down barriers to engagement.

IMPACT OVERVIEW

- Hired a **full-time Outreach Worker** to bring its services to areas of County Limerick that were not possible up to this point
- **8 clients actively engaged** with the service for support
- Delivery of **20 outreach clinics** within Family Resource Centres in Kilmallock, Croom and Rathkeale
- **14 one-to-one support sessions** and **23 phone support calls** took place
- As a result of the interagency work done, Northstar's services have been set-up at Hospital Family Resource Centre (FRC) in South East Limerick and co-funding for a joint research piece was secured with Limerick Children & Young People's Services Committee (CYPSC)

"This funding was instrumental in providing us with the flexibility and financial resources to employ a full-time Outreach Worker, establish positive working relationships with statutory and community services already operating in Co.Limerick, increase our presence and visibility in communities and develop joint research on the needs of people living in Co.Limerick who are impacted by a family member's substance abuse."

Joe Slattery, Manager, Northstar Family Support Project

Meet Aiséirí Cahir - Recovery Education Programme Project

TOTAL AWARD: €72,778

Aiséirí Cahir provides community and residential services to help young people, adults and families overcome addiction and lead meaningful lives in recovery. The Recovery Education Programme fosters family involvement in both the recovery process and development of positive changes within family systems. The programme also delivers a preventative education programme for young people on the areas of drug-use and addiction.

THE AIM OF THE IMPACT FUND FOR MUNSTER INVESTMENT

The purpose of this award was to increase the therapeutic supports available to families affected by addiction and to enhance the Education Outreach programme for young people.

SCALING THE PROJECT'S IMPACT

- Adoption of a needs-based approach to therapeutic supports for families
- Creation of wellbeing tools and strategies for participants
- Development of a youth-led approach to the Education Outreach programme
- Wider understanding of the scaling needs of the programme

IMPACT OVERVIEW

- **20 families** supported through 120 therapeutic sessions
- **65 young people engaged** in the Education Outreach programme



“Receiving this grant has been so meaningful for our organisation and the men, women and young people who are suffering because of addiction.”

Philomena Furlong, Development, Learning & Engagement Manager, Aiséirí Cahir

Meet Kerry Parents and Friends Association - Brain Buddies Project

TOTAL AWARD: €57,778

Kerry Parents and Friends Association (KPFA) provides support services for people with an intellectual disability throughout County Kerry. The Brain Buddies project is a brain health programme for people with Down Syndrome, a group who have a higher risk of developing Alzheimer's disease in their lifetime. The model is based on an EU-funded programme called Hello Brain, which was developed by Trinity College Dublin to motivate people to do daily activities for brain health.

THE AIM OF THE IMPACT FUND FOR MUNSTER INVESTMENT

Support from this Fund enabled KPFA to further adapt the Hello Brain programme to the needs of people with Down Syndrome through the creation of an accessible and user-friendly brain health programme with online resources, informed by and freely available to KPFA service users.



SCALING THE PROJECT'S IMPACT

- Creation of an 'Experts by Experience' group of people with Down Syndrome to inform future programme design
- Development of easy-read materials and an educational video
- Creation of an accessible online portal that allows participants to share their progress and motivate each other
- Positive collaboration and development of stronger working relationships within the KPFA hubs and residential services

IMPACT OVERVIEW

- **76 people** with Down Syndrome across the Association engaged with the programme
- The programme had a **92% retention rate**
- The programme increased **social interactions between participants** and motivated them to do **new activities for brain health**

Video: Brain Buddies



IMPACT STORY

Sinead, from Listowel, and Niamh, from Tralee, have found fun and connection in rehearsing their parts in a play they are performing as part of their Brain Buddies programme.

Drama is just one of the many activities that Niamh and Sinead are involved in as part of Brain Buddies. They watch movies, go out for coffee and lunch, listen to music and talk about fashion.

They also learn about brain health through their Brain Buddies workbook. Niamh says, “I like the workbook, it’s showed me what a healthy diet is and gives me exercises to help my brain.”

Sinead says the workbook “is interesting, I’ve learned that older people can get dementia and Alzheimer’s and that they have difficulty with their memories. Being part of Brain Buddies has helped me to relax and keep calm.”



Meet Garryowen Community Development Project - Limerick ParentChild+ Project

TOTAL AWARD: €72,778

The Garryowen Community Development Project is a voluntary organisation that delivers the ParentChild+ programme across Limerick City. This programme is an evidence-based, 'learning through play experience' for parents and their preschool children, which is replicated across Ireland. Home Visitors are central to programme delivery within the family home, supporting parent-child interaction through educational play sessions, designed to support the development of the child's language, literacy and numeracy skills. Limerick ParentChild+ supports families experiencing economic deprivation as well as refugee, asylum seeker and migrant families.

THE AIM OF THE IMPACT FUND FOR MUNSTER INVESTMENT

This funding enabled Limerick ParentChild+ to recruit, train and provide continuous professional development (CPD) to new Home Visitors and purchase high-quality books and educational toys needed to expand the programme's delivery to new families on the waiting list including migrants, refugees, and asylum seekers.

SCALING THE PROJECT'S IMPACT

- Enhanced impact management framework through the inclusion of mental health and wellbeing questions within the end of year participant questionnaire
- Expertise in engaging with families where English is not their mother tongue
- Clearly defined goals and financial model for the next three years to support the programme's sustainability and growth

IMPACT OVERVIEW

- **39 new families** joined the programme
- **78 parents were supported** as the first and best teachers for their children;
- **1,462 twice-weekly home visiting sessions** took place
- Parents strongly appreciated their Home Visitor and reported an **increase in their confidence**, positive outlook and ability to use new play and **learning strategies** with their child
- Parents also highlighted the **positive impact** home visiting has had on their **child's early education, confidence, social connection and wellbeing**

"It helped knowing someone who understands and teaches me and my child"

Parent



IMPACT STORY

Jayce, now almost 3 years old and with a confirmed autism diagnosis, has been on the ParentChild+ programme for just over a year. From having no communication, Jayce can now sing all the words to the wheels on the bus, he can count to 20, he can say the alphabet backwards, and he has recently started pre-school. Emily, Jayce's mother, says the support the family have received from ParentChild+ and Marian, her Home Visitor, have been the single most important intervention Jayce has had and that it's made her more optimistic about his future.

"I'm not sure whether Marian knows just how big an impact she has had on our family. Everyone's told us how much Jayce has come on. It's given me hope for him. In one year, there's been such a drastic change. I know things can only get better for him."



"I loved seeing my child improve his language and communication skills"

Parent

"ParentChild+ is a vital part of the community service being offered in Limerick City. Often children in target areas are waiting for speech and language therapy and the PC+ Service means that parents can be given interaction strategies to help support little people learning to talk before they ever get to Speech and Language Therapy. Home visitors are eager to learn and participate in evidence based Continuing Professional Development with other agencies on the ground."

Senior Speech and Language Therapist

Conclusion

The collective and individual impact of each of the nine Impact Fund for Munster awardees has been tangible and extends beyond the timeframe of the Fund. Through unique and innovative approaches, some including the use of arts and music, each awardee achieved higher levels of impact and organisational development. The collective result of this Fund is the enhancement of the physical and mental health of communities across Munster.

In some cases, like the Northstar Family Support Project, funding allowed them to hire an Outreach Worker to bring its services to areas of County Limerick that were not possible up to this point. For Kerry Parents and Friends Association, support from this Fund meant that they could roll out their brain health programme for people with Down Syndrome across their services which is key against the prevention of Alzheimer's disease.

THANK YOU TO OUR DONORS

Rethink Ireland's collaboration with our generous donors has enabled us to support nine remarkable projects, each of which contributes to the well-being of communities across Munster in unique and meaningful ways. The outcomes highlighted in this report reflect our awardees' dedication and hard work, as well as the transformative impact they've had on individuals and families throughout the region.

Our commitment to a venture philanthropy approach has enabled us to support social innovations that make a real difference. The outcomes and stories shared in this report are a testament to the effectiveness of this approach.

I want to express my gratitude to our donors, particularly the the Parkes Family (Limerick), the Sunflower Charitable Foundation, El Electronics, Community Foundation for Ireland, the Department of Rural and Community Development, and our private contributors, for their generous support. It is through our collective efforts that we can continue to drive positive change and make a meaningful impact in the lives of those we serve. Thank you for your steadfast support.

This fund focusing on the Munster region showcases the power of philanthropy, but also the need for social innovation to help solve society's biggest challenges. We believe in the power of philanthropy and the power of the regions and as a result of this collaboration we are supporting communities and impacting thousands of lives across Munster. We are looking forward to the next iteration of the Impact Fund for Munster and together we can continue to make a change and differences to communities across Munster.



Pádraic Vallely,
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