

You may remember that for our Mission Sunday Project in 2019 we supported Tear Fund in their work to provide educational facilities for the children of Syrian refugees living in Lebanon. Well over €11,000.00 was raised and for that we are most grateful to you as parishioners. For our Mission Sunday Project in 2020 we decided, in January, to support a home-based charity connected with mental health, in hindsight a very appropriate project. Accordingly, we have selected two charities working in this area, namely Jigsaw which specialises in the mental health of young people and, Womens Aid, an older charity and deals with the results of domestic violence. Due to the pandemic, we understand that the requests for the services of both charities has doubled over the past six months.

On this Mission Sunday, we recommend both charities for your support.

1 Put your donation in the Mission Sunday Envelope provided., or

2 Send your donation directly to our Treasurer Ed. Hardy, Boolinarrig, Birr, Co Offaly. or

3 By direct debit to the Diocesan Council for Mission account at  
Account Name: Limerick & Killaloe Diocesan Council for Mission  
Bank : Bank of Ireland  
Branch : University Branch, Castletroy , Limerick  
IBAN: IE44BOFI90459591214337  
BIC : BOFIE2D

Thank you for your donation

**JIGSAW**  
Young people's  
health in mind



**WOMEN'S AID**  
Listening. Believing. Supporting.

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**UNITED DIOCESE OF LIMERICK,  
KILLALOE, ARDFERT  
& CLONFERT  
DIOCESAN COUNCIL  
FOR MISSION**



**MISSION  
SUNDAY  
PROJECT  
2020**

**Sunday 22nd November**  
*in aid of*

# JIGSAW

## Young people's health in mind

We're here to make sure that every young person's mental health is valued and supported.

**For information and support visit**  
**[www.jigsaw.ie](http://www.jigsaw.ie)**

'jigsaw, the National Centre for Youth Mental Health. We ensure that no young person feels alone, isolated and disconnected from others around them. We provide vital supports to young people with their mental health by working closely with communities across Ireland. Our mission is to create a society that values and supports youth mental health. By delivering our free and confidential one-to-one support services, we help communities be more supportive to young people and influence change in how our society responds to young people.'

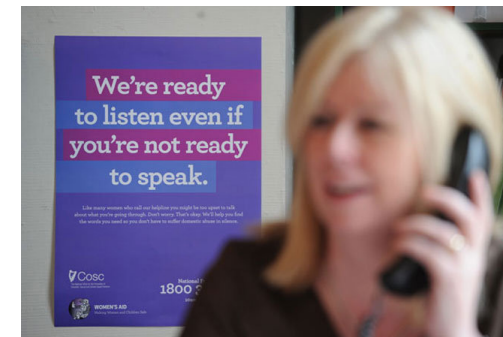


**WOMEN'S AID**  
Listening. Believing. Supporting.

**[www.womensaid.ie](http://www.womensaid.ie)**

Women's Aid is a leading national organisation that has been working in Ireland to stop domestic violence against women and children since 1974. We work to make women and children safe from domestic violence by offering support to women and their families and friends, providing hope to those affected by abuse and working for justice and social change. We run the 24hr National Freephone Helpline 1800 341 900 which is available 7 days a week and an instant messaging support service via our website [www.womensaid.ie](http://www.womensaid.ie). Our National Helpline team provides a listening ear, emotional support and practical information to women experiencing abuse from their current or former intimate partners.

Our 24hr National Freephone Helpline responded to a 43% increase in calls between the end of March and the end of June, compared to 2019 figures. There was also a 71% increase in visits to the Women's Aid website for this period. These women are not just statistics, they are real women reaching out, sometimes in the dead of night, to be heard, believed and supported. Women's Aid is committed to listening, believing and support



women experiencing domestic abuse, especially at this time of increased need. In the days and months ahead we need support to keep our vital services going and we are grateful to receive your recent help.