

MCKS Charity Ireland

RCN: 20107048

November 2023



*Providing Caring and
Compassionate Support in the
Community*



info@mckscharity.ie

Email: info@mckscharity.ie

Facebook: <https://www.facebook.com/mckscharity>

Instagram: <https://www.instagram.com/mckscharityireland/>

A message from the Board

The Board of MCKS Charity Ireland, as it is now known, has been busy putting a focus on continued growth while learning to conduct best practice under newly introduced Charity Governance Principles. Exercising accountability and transparency to our beneficiaries and to the public is also top of our agenda.

As well as changing the name of the Charity, we have rebranded across all social media platforms, banners, and our new website mckscharity.ie to help create awareness for the work that we are all participating in together. We welcome two new Board members on the Board and a capable volunteer panel that is expanding, expressing interest in contributing their time and energy to MCKS Charity Ireland for upcoming events.

Thank you all for your regular in-person and on-line Meditations that continue to support MCKS Charity Ireland, enabling our ultimate goal of helping to alleviate suffering by helping our local communities across Ireland.

Thank you all for your continued donations and dedication.

The Board of MCKS Charity Ireland

Email: - info@mckscharity.ie

"Giving is connected with the heart, it is connected with love. When you love, when you give and share, you will have prosperity" – Master Choa Kok Sui



Our Mission

Our mission is to help alleviate suffering by empowering people with self-development tools through support, educational programmes, and charitable services to create healthy and resilient communities. Our aim is to provide caring and compassionate services to all regardless of cultural or religious background, utilising universal spiritual principles.

Chairperson

Jennie Hannigan

Assistant Treasurer

Agnes Devlin

Treasurer

Liam Lynam

Secretary

Elaine Tobin

PR / Communications Officer

Katherine Neill

Volunteer Coordinator

Martyna Maciejowska



MCKS Charity Ireland Schools Feeding Programme

This year, we achieved a long-term goal of MCKS Charity Ireland which seeks to bring feeding programmes to schools. In 2023 we piloted a new donation programme in two schools, aiming to feed children who may otherwise come to school with no breakfast or lunch.

In a school in Co. Westmeath, we have funded a breakfast club which ensures each child has something to eat before they start school. In Dublin City Centre, we were currently funding a feeding programme for 2023 / 24 which targets children from disadvantaged backgrounds. This funding provides a nutritious lunch each day for the school year.



It may be hard to believe that in 2023 children are coming to school hungry, yet schools and youth groups in various parts of the country are witnessing it on a daily basis. Some schools have Deis status which provides free lunches for children, but this only applies to certain schools within a particular catchment area.

Feeding programmes are a key focus of Master Choa Kok Sui's vision to alleviate suffering and MCKS Charity Ireland is delighted to be able to help carry out this work. This is made possible through your kind and generous donations. A heartfelt thank you to all who have donated this year.



Donations 2022/2023

2022

Dogs for the Disabled	€1,000
The Haven Hub Limerick	€5,000
Barss Bray Area Rough Sleepers support	€5,000
Meath Food Bank	€3,000
Surprise Surprise Dungarvan	€5,000
Finglas Youth Resource Centre	€7,000
Little Blue Heroes	€10,000
Help the Homeless Limerick	€3,000
Northstar Limerick	€800
Tipperary Meals on Wheel	€2,700
Tipp Community Food Bank	€3,000
Light House Café	€5,000
Wexford People Helping People	€6,000

2023

Dogs for the Disabled	€9,000
ARC (Addiction Response Crumlin)	€5,000
Cork Mental Health	€5,000
Wicklow Family Club	€1,621
Tipp Meals on Wheels	€2,950
Clonmore Cancer Care and Trust	€4,000
West Wicklow Youth Project	€3,000
Walk & Talk	€2,000
Sister Sheds	€9,000
Tullow Marathon Runners	€4,000
Waterford Food Bank	€5,000
Clonmel Community Parent Support	€3,000
St Andrews Com Centre - Rialto Dev Ass	€8,000
Surprise Surprise Dungarvan	€5,000
Schools Feeding Program	€21,000

MCKS Charity Ireland donated
€2,950 to **Tipperary Meals on
Wheels**



Some of the areas where your Donations went



Tipperary



MCKS Charity Ireland donated €3000 to Clonmel Community
Parent Support Programme to help families in need.
Clonmel Community Mothers Programme



MCKS Charity Ireland donated €5000
to **Waterford Food Bank**.
This money will be used to help
people in need.

Waterford

Dublin/Meath

MCKS Charity Ireland were delighted to donate €7,000 to **Finglas Youth Resource Centre** recently. The centre is a huge support to young people in the community and the donation will go towards the much-needed feeding program in the centre.



MCKS Charity Ireland recently donated €3,000 to **Meath Food Bank** to go towards food packages for families in need across the county. Meath Food Bank does incredible work to help those in difficulty and the distribution of much needed Christmas packages is currently underway.



Wicklow



MCKS Charity Ireland recently donated €2,000 to **Walk And Talk**. The group runs weekly trips for a scenic walk in destinations around the Dublin & Wicklow area. Walk and Talk encourages anyone in the community to come on the outings as a way of clearing their headspace and maybe even sharing a problem. The donation will be used to fund the outings

Money donated will be used to help provide support for families that are affected by drugs abuse.

Limerick



The Haven Hub - Limerick received €5,000 from MCKS Charity Ireland. Money donated will be used to make sure that people who struggle with mental health will have a safe place to go to talk, to be listened without judgment, have a cup of tea and be directed to the services that might help them if necessary.

HELP THE HOMELESS
LIMERICK received €3,000 from MCKS Charity Ireland Money will be used to provide clothes, blankets, hads, food etc. to people in need in Limerick.
Thank you, everyone, for your continued support for Pranic Healing Charity Ireland.



Dogs for the Disabled received €1,000 from MCKS Charity Ireland. This money will sponsor one puppy who will be able to help someone to live independently.



Cork



MCKS Charity Ireland donated €800 **Northstar Family Support Project**. Money donated will be used to help provide support for families that are affected by drugs abuse.





MCKS Charity Ireland recently made a donation of €4,000 to **Clonmore Cancer and Medical Trust**. The trust does amazing work in the locality by aiding families who are struggling to meet the cost of travelling to hospital for frequent treatment for cancer in particular. Families living in villages or remote areas in Counties Carlow and Wicklow can benefit from this aid.

MCKS Charity Ireland donated €5,000 to **BARSS Open Group Page**. Money donated will be used to help feed homeless people in Bray.



Wicklow and Carlow

MCKS Charity Ireland are delighted to support the fantastic work being done by **Tullow Marathon Runners**. A donation of €4,000 was made recently and will support the needs of struggling individuals and families in Tullow and the wider Co. Carlow area.

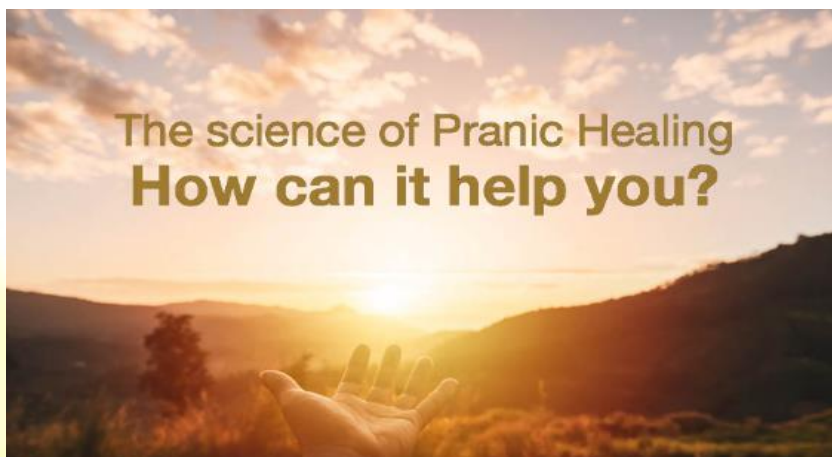


Twin Hearts Meditation



The Twin Hearts Meditation is an effective way to increase happiness, reduce stress, enhance focus, achieve calmness, and improve overall wellbeing. Relax and clear your mind with Meditation. There are many Twin Hearts Sessions taking place across the country. For more information and to find a session near you or online please go to: **Twin Hearts Ireland**

Pranic Healing



“Prana” means Life Force Energy.

This invisible energy keeps the body alive and maintains good health. It can be used to treat and resolve physical problems such as aches, pains, infections, and illnesses through to chronic ailments like cancer or even boost your immune system. It is incredibly effective with emotional problems like stress, anxiety, depression and even addictions. It works on the fundamental principle that the body can heal itself. It also helps achieve peace of mind and mental clarity while living a more dynamic and productive life.

Through the application of a logical, concise system of ancient energy techniques as learned by a Practitioner, or by learning them yourself, you can discover and experience the hidden secrets of how this life force energy affects us, to balance and transform all areas of your life.



Applying for Funding

If you have or know of any charity that needs some funding, you can contact us on the following: -

email info@mckscharity.ie

Facebook <https://www.facebook.com/mckscharity>

Instagram <https://www.instagram.com/mckscharityireland/>

Giving to Charity

If you would like to Donate to our charity
you can log on to our website at [MCKS](https://www.mckscare.org.uk)
[Charity Ireland](https://www.mckscare.org.uk) or click on the following link
[Donate Now](https://www.mckscare.org.uk)

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[Find Pranic Healing Therapists in Ireland](https://www.pranichealinginireland.com)
[Find Twin Hearts Meditation near you](https://www.pranichealinginireland.com)
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