

# UNITED FOR DAVE

PLEASE SUPPORT THE IRISH MOTOR NEURONE DISEASE ASSOCIATION

# SPONSORED CYCLE

**SATURDAY**  
**28th SEPTEMBER 2024**  
**at 9.00am**  
from the Irish Nurses and  
Midwives Organisation HQ, Dublin 7.

Retired trade union official Dave Hughes is living with Motor Neurone Disease. As a response, and with Dave's blessing, some of his friends and former trade union colleagues are organising a 100km sponsored cycle to raise funds for the Irish Motor Neurone Disease Association, which has given its approval to this initiative.

## YOU CAN HELP BY

**PARTICIPATING** in the sponsored cycle

**DONATING** by clicking here or scanning the QR code

**TELLING** your family, friends and colleagues

**SHARING** this and the fundraising link



## TAKING PART

The sponsored cycle will set off from the Irish Nurses and Midwives Organisation HQ (North Brunswick Street, Dublin, D07 NP8H) at 9.00am on Saturday 28th September. The route is a 100km loop into Co. Meath and back, returning through Dave's home turf of Clonsilla. Don't be put off if that sounds like too much. It's not a race and you can cycle as much or as little as you like, though the organisers will ensure that everyone finishes together. We also have back-up vehicles organised to support all the cyclists. If you'd like to take part, you should send your details to Linda Casey ([email lcasey@forsa.ie](mailto:lcasey@forsa.ie)) on or before Monday 23rd September. Let her know whether you'd like to do 5km, 10km, or the whole route.



## IF BIKES AREN'T FOR YOU

If cycling isn't for you, you can still support the fundraising effort. Simply donate what you can, as an individual or an organisation, by [clicking HERE](#) or [scanning the QR code](#). And share your support and the fundraising link with friends, family and colleagues – and on social media (you can use the share options under the 'donate' button on the iDonate page). Be assured that donations are processed securely, and that all funds go to the Irish Motor Neurone Disease Association.

## WHO'S SUPPORTING THE EVENT?

This initiative is organised by Dave's friends and former trade union colleagues. It's supported by the INMO, Fórsa, SIPTU, the Psychiatric Nurses' Association (PNA) and other unions, in cooperation with the Irish Motor Neurone Disease Association, which has given its approval to the initiative. All the money raised will go directly to the Irish Motor Neurone Disease Association, and all the suppliers supporting the event have given their time and resources free of charge.

## ABOUT DAVE

Dave Hughes is a well-known and popular figure in the trade union movement and beyond. He recently retired as deputy general secretary of the Irish Nurses and Midwives Organisation (INMO) and previously worked for IMPACT and CPSU (now part of Fórsa) and the Amalgamated Transport and General Workers Union (now Unite). He's well known in his home patch of Clonsilla and in the wider West Dublin community, not least through his work with Dublin 15 community radio station Phoenix FM. He continues to serve the interests of workers on the board of the Health & Safety Authority, and he's generously agreed to lend his name to this fundraising effort to support the fantastic work of the Irish Motor Neurone Disease Association.



[WWW.IDONATE.IE/FUNDRAISER/UNITEDFORDAVE](http://WWW.IDONATE.IE/FUNDRAISER/UNITEDFORDAVE)

MANY THANKS FOR YOUR SUPPORT.

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