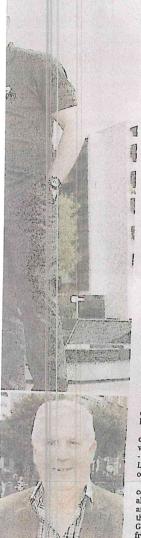
A for Tony dic Games

irt of unique 30-year partnership



the government accounts section. It's going to be a fantastic event. There are six volunteers going out from Eircom. Also our managing director of Eircom wholesale is going out," said Phil.

I got involved in the Great Limerick Rum about two years ago and then I met with Matt English, who is the CEO for Special Olympics Ireland. Matt is a very inspirational guy. Because this is Eircom's 30th year sponsoring the Special Olympics – this is a big celebration internally in Eircom and there has been a huge amount of activity in the last 12 months. It is the longest corporate sponsorship in the country, Phile explained.

When they decided that they were going to send a number of represent Eircom, a call was sent out for staff to put pen to paper to explain why they would be a suitable candidate to represent the company.

"Some of my core points was that

company.

"Some of my core points was that I am a very proud Limerickman and we have seen the Games come to Limerick twice in the last 10 years," Phil explained.

"We have been involved in a

Phil explained.

"We have been involved in a number of fundraising events including The Great Limerick Run, a race night, a cake baking competition judged by John The Bull' Hayes and A Stars in their Eyes night. Overall, for this particular event, Eircom raised over 130,000 and that was given to Special and that was given to Special Olympics Ireland this year as part of the 30-year anniversary," said

Like Tony, Phil has never been to

"It's a once-in-a-lifetime opportunity really to go over there,"

he said.

Along with the 88 athletes

Along with the 88 athletes competing from Ireland, there will be 160 volunteers travelling - a number of which are from Limerick including former Mayor of Limerick, Maria Byrne.

With 6,500 athletes and 2,000 coaches representing 165 countries, along with 30,000 volunteers and an anticipated 500,000 spectators, the 2015 Special Olympics World Games- being staged in Los Angeles from July 25 to August 2 - will be the largest sports and humanitarian event anywhere in the world in 2015, and the single biggest event in Los Angeles since the 1984 Olympic Games. It will feature 25 Olympic-style sports in venues throughout the LA region.

in slums of Kenya

raised will be sclely used for the people in Kenya. "We hope to bring over as many items as possible," Thomas

szplained.
"Our travel expenses will be funded by ourselves. We are confident our mission will be a success," he added.

conneent our mission will be a success," he added.

The group also includes Dr Risteard O'Lional d' from Killarney.

Thomas and Risteard studied and trained tojether in UCC – and nurses Ann Murphy who lives in Lahir, County Tipperary and Una layes, who lives in Killenaule, County Tipperary.

Thomas Power is a locum senior louse officer (SHO) working aurrently in Eantry General lospital, County Cork, He trained in UCC and was a student of the class of 2013. He completed his least of 2013. He completed his lass of 2013. He completed his leaving Certificate at Tutorial College Limerick, speaks French and Irish and is currently learning lerman.

The group have already started fundraising for their trip abroad-Ann and Una organised a cake sale in the South Tipperary General Hospital in Clonmel and raised approximately £1,650. Risteard, meanwhile, organised a six-a-side soccer tournament in Clonmel on Friday night and raised just under £1,000. The group have also raised around e500 online.

Thomas is now preparing to host an open coffee day at his home in Ballinvreena on Sunday, July 26 from 2pm.

Balinvreena on ballactiff from 2pm.

"There—will—be refreshments and a raffle, explained his mother

and a rame, or many marie.

"They will be continuing to symmes a number of other fundraising initiatives throughout

For further details on the fundraising initiatives, log onto https://care4kenya.wordpress.



Paul Austin, the founder of Get West, based at Sarsfield Bridge, which is nominated for a Limerick Chamber Award

Get West making big strides in adventure tourism

With the Limerick Chamber Regional Business Awards taking place later in the year, we profile some of the nominees

Why establish did

business?

Living in Limerick since 2001, I always felt that the river was an amazing resource that was under utilised. When I began kayaking myself I instantly fell in love with the sport and wanted to make it accessible to everyone accessible to everyone. I started by running summer camps for kids and teens, but the kids and teens, but the more I spoke to people the more I realised that individuals from all walks of life really wanted to give kayaking a go but, for whatever reason, never got the concertunity.

a go but, no, not the opportunity.
Indeed, the demand was undeniable when a dad asked could he do a summer camp with his kids. From there, I started running adult courses and could not get over the uptake from people of all ages and abilities who, despite a few initial nerves, thoroughly enjoyed their experience. In fact, many of these customers are now "regulars".

Why does your business deserve to win a Regional Business Award?

Get West has shown that by simply listening to what people want and being prepared to act on opportunities as they arise, a business with very humble beginnings can thrive at a rapid rate. I also believe that Get West is changing people's perceptions and attitudes towards the river and that as a result more people are result more people are now starting to view the

river in a more positive light.

Where would you like to see Get West in five years' time?
I'd see Get West as being the main provider of adventure tourism in the Mid-West region.

If you were in government, what would you do to help businesses?

I would try to streamline a lot of the paperwork and time consuming activities that are required, especially of small that are required, especially of small businesses.
While there is a lot of help and help and help are the small businesses.

While there is a lot of help and advice available, for the small start up company, one person is often doing all of the work. This is not only time-consuming but is a very difficult area to navigate and it eats into the time you have to actually be out engaging and working with customers, which ultimately is what it's all about.

Organisations like Limerick Chamber

about.
Organisations like
Organisations like
Limerick Chamber
of Commerce, Paul
Partnership and
the Limerick Local
Enterprise Office have
been an invaluable
resource for information
and advice and they
need the full backing of
the government in order
to provide their services.
Being self-employed can
be a lonely place and
sometimes it is great just
to be part of a network
of like-minded people
who you know have
gone through the same
struggles – and you can
pick up the phone and
meet up for a chat.

■ Company: Got West

III Based: Sarsfield Bridge in Limerick city centre, plus the University Boamouse at UL

☐ Product/Service: An array of kayaking activities - guided kayak city tours, team-building and corporate

events, learn-to-kayak courses, try-a-kayak sessions, summer camps and parties.

□ Founded: 2014

☐ Employees: Five

Ill Nominated: Best Sport, Art and Hospi-tality and Best Emerg ing Company