

## Issue 2

# St. Vincent's Foundation Newsletter for the Friends of St. Vincent's

February 2010

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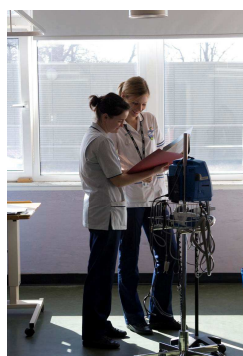
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St. Vincent's Foundation is the philanthropic fundraising arm of St. Vincent's Healthcare Group. It serves St. Vincent's University Hospital, St. Vincent's Private Hospital and St. Michael's Hospital



**St. Vincent's Foundation**



Board of Directors: Prof. Noel Whelan, **Chairman**

Mr. Nicholas C. Jermyn, Mr. Stewart Harrington, Dr. Risteárd Ó 'Laoide.

Registered in Dublin, Ireland, Company Registration No. 464228 Charity No. 1183

Registered Office: St. Vincent's Foundation, Elm Park, Dublin 4

## *Welcome from the Chairman of St. Vincent's Healthcare Group*



**Professor Noel Whelan**  
**Chairman of St.**  
**Vincent's Healthcare**  
**Group**

### ***To the many Friends of St. Vincent's around the world:***

I am delighted to be associated with and support this news update for our loyal donors who contribute so much to the development of St. Vincent's University Hospital.

The original St. Vincent's Hospital was set up in 1834 with the aid of generous donors.

They shared, with foundress Mother Mary Aikenhead, the wish and determination that everyone deserved proper healthcare whether they could afford to pay or not.

In the one hundred and seventy six years since the original St. Vincent's Hospital was founded, we have continued to provide medical care regardless of patients' financial means; and of course, during that time much has changed in medicine and in medical technology, with major advances from which we have all benefitted.

Now, in order to provide a world-class medical environment with the best possible outcome for our patients we continue to look to our loyal donors, and to new donors, for generous support.

The funding so generously given to us will enhance many of our medical services, and, specifically, will have a focus in current circumstances on:

- The redevelopment of our ward areas so that every patient will have the benefit of a single room and appropriate privacy within which to receive excellence in medical care;
- The creation of a Haematological Day Centre to serve people with diseases such as Leukaemia; and

**Please continue to help us as much as you can. Our patients deserve it!**

- The establishment of an internationally excellent Stroke Unit.

We have set up St. Vincent's Foundation, as a company separate from St. Vincent's Healthcare Group, with the vital task of raising funds to ensure that the on-going development of St. Vincent's, in the context of medical excellence for our patients, will be possible.

As chairman of St. Vincent's Healthcare Group, I thank all our donors for their support. Each of you makes a real difference to those who need it most. Please continue to help us as much as you can. Our patients deserve it!

**Professor Noel Whelan**  
**Chairman**  
**St. Vincent's**  
**Healthcare Group**

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***St. Vincent's Healthcare Group comprises: St. Vincent's University Hospital, Elm Park, Dublin 4, Ireland (affiliated with University College Dublin); St. Vincent's Private Hospital, Elm Park, Dublin 4, Ireland; and St. Michael's Hospital, Dun Laoghaire, Co. Dublin, Ireland.***

## *Update from the CEO of St. Vincent's Foundation*

It is my pleasure once again to welcome you to our newsletter of the *Friends of St Vincent's*.

St Vincent's Foundation has just completed it's first year of existence and we are pleased at the progress we have made.

The number of donors is increasing despite the difficult economic environment. This generosity demonstrates again the goodwill of our patients and their families towards St Vincent's. People are genuinely grateful for the care they have received and so often want to make a difference to others who are ill and getting care in St Vincent's

The creativity of fundraisers is amazing. The range of events that our supporters organise and take part in is tremendously broad and their energy and generosity is so impressive.

We have a long way to go in creating truly world class facilities in St Vincent's but we are convinced that our patients deserve no less. We are constantly spending money on smaller projects to improve ward and other areas as well as advancing large projects like the new 120 bed ward block where site clearance has started. Much of this is covered in more detail in this magazine.

All of our plans need donor support and we are so grateful to so many supporters among our patients, their families and our own staff in St Vincent's.



Mr. John Hickey,  
**CEO St. Vincent's Foundation**

I hope you enjoy our magazine and we would always love to hear from anyone with suggestions for the content or to help in any way.

Finally, On behalf of St Vincent's Foundation we wish all our supporters a happy healthy and prosperous 2010.

## *Tax Relief on Donations to St Vincent's Foundation*

Because St Vincent's Foundation is an "Eligible Charity" as defined by the Irish Revenue Commissioners, donations of €250 or more in any one year are eligible for tax relief. This relief also applies if donations of €21 or more per month are made by standing order. The relief means that the Irish Revenue Commissioners repay the tax that is relevant to the donation. The tax relief is given at the donor's marginal tax rate (either 20% or 41%). The treatment of the tax differs between PAYE taxpayers and self-employed. The following examples demonstrate the benefits

### **PAYE Donors**

St Vincent's Foundation can seek the tax relief on the donation. Depending on the tax rate of the donor the following applies to a donation of €250:

if the donor pays tax at 41%, St Vincent's Foundation reclaims €174 thereby increasing the donation to €424 without any additional cost to the donor

if the donor pays tax at 20%, St Vincent's reclaims €62 which increases the donation to €312 again at no additional cost to the donor  
Larger donations attract a correspondingly increased tax refund.

### **Self-Employed Taxpayer**

The same level of tax relief applies as with PAYE taxpayers but, in this case, the refund is claimed by the taxpayer.

# Building Updates.....

The Hospital commenced a wide range of development projects in 2009 mainly focused on improvements to patient related facilities.

However, given the difficult exchequer position it looks like 2010 will be a difficult year for capital funding.

## Ward Kitchens

Work was completed in June on the second phase of the refurbishment to our ward kitchens. This phase involved the four kitchens on St. Michael's, St. Luke's, St. Laurence's and St. John's wards.

Each kitchen was completely remodelled and refurbished to meet current environmental standards. New hygienic wall coverings and stainless steel storage was provided along with new windows and access control.

## St. Kevin's Ward

St. Kevin's ward reopened in October following a major refurbishment and is now the new home for ENT & Plastic Surgery. The work entailed a complete strip out of the ward and the replacement of all mechanical and electrical services. New toilets and showers were provided along with new ceilings, flooring, wall coverings and a complete redecoration.



## Coronary Care Unit

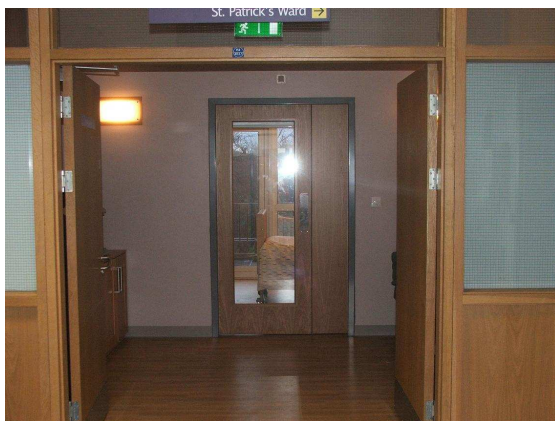
The Coronary Care Unit opened in January 2010 following an extensive refurbishment that created a better patient environment and improved hygiene standards.

The work entailed a complete strip out of the unit with the replacement of all mechanical and electrical services. Air conditioning was provided along with improved heating, new ceilings, flooring, wall coverings and a complete redecoration.

## End of Life Rooms

Work was completed in December on the creation of two dedicated suites to be used for the care of patients nearing end of life. The areas concerned are on the 1<sup>st</sup> and 4<sup>th</sup> floors and have been designed to improve the dignity, privacy and confidentiality we provide to end of life patients and their families.

The suites include a separate lounge area for relatives and have views over Elm Park. They have been named The Mary Aikenhead Suite and The Nutley Suite.



**Work was completed in December on the creation of two dedicated suites to be used for the care of patients nearing end of life.**



# Fundraising Highlights

Some examples of fundraising by *Friends of St. Vincent's* over the last six months.

There are many generous contributors to St. Vincent's among the staff and external community and not all of them are mentioned specifically. Several people have set up Standing Orders and others make donations for which they do not wish to be publicly acknowledged.

The goodwill towards St. Vincent's is being continuously demonstrated with many gifts from patients and families of deceased patients because of the care they received. All share the commitment to St. Vincent's and the ambition to make it truly exceptional for our patients or in the words of our founder "*to provide to the poor for love what the rich can buy for themselves*".

Donations in recent months included €2,000 donated by a liver transplant patient which was raised from a parachute jump and table quiz. We have also had

bequests of €6,000 and €15,000 where deceased patients stipulated in their will that funds were to go to St. Vincent's.

**106 women took part for St. Vincent's Foundation and we raised €27,500.**

## Women's Mini Marathon.....



"Enjoying the Mini Marathon"

One of the highlights of 2009 was the Flora Women's Mini Marathon held in June when 106 women took part for St. Vincent's Foundation and raised €27,500 for patient care.



Carlow Fundraising Group Presentation

A group in Carlow under the chairmanship of John Candy donated €5,000 for cancer care in memory of two sisters Rose Foley and Maura Walsh RIP.

The staff of McElwee Pharmacy very generously raised €7,000 for CF care in St. Vincent's.

Kevin Cavey, whose wife Anne works in St. Vincent's Private Hospital raised funds for CF in St. Vincent's through a sponsored surfing event and successfully raised funds from patients and staff at Centrepoin in SVUH during June.

During the Summer, AIB Bankcentre kindly promoted St. Vincent's on internal mail and we have had some contributions from that both by monthly standing orders and one-off contributions. We appreciate the support from AIB and hope that we can grow that partnership as well as developing similar ones with other companies.

## *Fundraising Highlights Continued*

A staff member of Fujitsu Siemens proposed that their staff Philanthropic fund donate to St. Vincent's and we received a cheque for €4,000 for the hospital.

A delightful group of young girls from the Ballymun Resource Centre ran a disco for St. Vincent's and came into the hospital to present the proceeds.

In August the staff from St. Vincent's Private Hospital very kindly donated the surplus from a staff barbeque to St. Vincent's Foundation.

We are really grateful to Teresa & Megan Walsh in Galway who ran a very successful fundraising raffle for St. Vincent's during the Autumn.



*"The Ballymun Resource Centre out in full support"*

Also we are thankful to Kathleen Kelly in Wexford who put tremendous work into a fundraising cycle event with great success.

The Ballinrobe Active Retirement Group raised money during October and we are very grateful to them for their generosity.

At the other end of the age range, we were delighted to receive funds from the children of Laurence O'Toole National School in Dublin.

Donegal Vintage Car Club has been a consistent supporter and made a further donation of €2,500 to liver care in St. Vincent's.

Linda Dunne and a hardworking committee organised a most unusual event in Ballybeg House in Tinahely where guests were treated to early morning birdsong and an address from Senator David Norris. Photo on the right shows Linda presenting cheques to Senator David Norris (on behalf of the National Council for the Blind of Ireland) and to Mr. John Hickey (on behalf of cancer care in St. Vincent's University Hospital). We are really grateful to this terrific group of supporters.



*"Siemens Fujitsu Staff Charity Fund Cheque presentation"*



*Linda Dunne presenting cheque*



# Fundraising Highlights Continued



Ms. Caitriona Durham and  
Mr. John Hickey

Prompted by her mother Rosemary, Caitriona Durham organised a sponsored shave and wax where her father Hugh and friends sacrificed hair and beard in support of St. Vincent's. Their efforts will improve the comfort of cancer patients being treated in the hospital.

Community groups and clubs in Millstreet contributed nearly €2,000 in memory of a very popular former patient in St. Vincent's.

We are very grateful to participants in the Dublin City Marathon in October who ran for St. Vincent's. A photo adjacent shows Finbarr O'Dwyer in the race. David Donovan did an excellent job at fundraising in the same event. It is really heartening to see such generosity and kindness.

October 29<sup>th</sup> was World Stroke Day and the staff in the Care of the Elderly had a very successful information day in St. Vincent's. As part of this we raised funds for the Stroke Unit to be developed in St. Vincent's.

*These are just some examples of the generosity and hard work of so many people who support the work of St Vincent's and make a real difference to those who need it most.*



"Finbarr pushes his physical limits in aid of St. Vincent's Foundation"

## St. Vincent's Foundation Supports New Equipment for Haematology Department



Members of the Finan Family with  
the Haematology Team

In September we were delighted to have a function to launch a leucapheresis machine purchased for the Department of Haematology by donations from the families of Jack O'Neill and Gerry Finan. The new machine will make a huge difference to patients with illnesses such as Amyloidosis, Leukaemia and Multiple Myeloma.



Family and Friends of the O'Neill Family with  
the Haematology Team

Families and friends of Jack and Gerry attended an emotional event at which Dr. Karen Murphy spoke of the positive impact of the new technology and thanked both families for making a real difference to other patients.

She added that Jack & Gerry would be remembered every time the machine was used for patient treatments.

Jack O'Neill's family and friends also held a very successful barbeque with a nautical theme for St. Vincent's during the Summer which raised a massive €15,000 and they plan other events.

## *Fundraising Highlights Continued*

Christine Kearney, a patient of the Breast Clinic, raised in excess of €1,000 in fundraising activities. The presentation of the cheque was an emotional gathering with some of the staff at the clinic.

The family of a liver patient contributed nearly €1,200 which was given in lieu of funeral flowers.

Thanks to all who supported our Christmas Card sales campaign.

Our big money box at the main entrance of St. Vincent's University Hospital has attracted a lot of attention and donations. It also highlights that St. Vincent's is a voluntary hospital needing donations. The generosity of all donors is much appreciated.



Christine Kearney & members of the Breast Clinic SVUH

It is worth reminding ourselves why all the fundraising is important.

St. Vincent's is and always has been a voluntary not-for-profit hospital.

With the support of generous donors we will achieve our ambition to make the hospital facilities genuinely world class for our patients.

**The principal elements of the hospital development are:**

1. Rebuilding the ward areas so that every bed is in a single room with en-suite bathroom.
2. Creating a world class Stroke Unit.
3. Building a Haematology Day Care that meets the needs of our patients.

### *“Give me Irish Heroes” Book Launch in St. Vincent's*

**15<sup>th</sup> December 2009**

Through the good offices of Tracey Swanton in Occupational Therapy in St. Vincent's, we had a terrific offer from Ian McKeever, Adventurer and Author to support the activities of St Vincent's.

Ian smashed the world record for the Seven Summits challenge in 2007 and earlier this year was rowing across the South Atlantic Ocean. For more information on Ian and his various achievements please visit

[www.givemeheroes.ie](http://www.givemeheroes.ie)

Ian has published a superb book called ***Give me Irish Heroes***. It is an uplifting read about 15 exceptional people.

President Mary McAleese in introducing the book said “*The 15 modern Irish heroes contained in this book are an inspiration to us all. They can teach us how to overcome adversity and harsh times and they have shown us the power of never giving up. They range in age from children to the elderly and include every point in between. Their courage and ambition inspire us all and give us cause to hope in these challenging times*”

St. Vincent's had a very successful launch of this book on Tues 15<sup>th</sup> December attended by Ian McKeever and Heroes Dr. Austin O'Carroll and Clare Power. Also attending was Apprentice Star, Breffny Morgan whose grandfather Richard Morgan is one of the heroes. **St Vincent's received €6 for every copy of the book sold and we sold over 230 copies.**

We are indebted to the author and the publishers for their generosity in donating the proceeds but also for the generosity of their time in supporting St Vincent's.



Irish heroes joined by 'local heroes'



# Local Heros & National Heros



# *Latest news from St. Vincent's*

## *MyCharity Affiliation*

St Vincent's Foundation has joined MyCharity.ie to support our fundraising efforts. MyCharity.ie is an excellent initiative allowing people to fundraise and to donate to their favourite charity. It is particularly suited to sponsored events.



The facility on MyCharity complements other traditional means of fundraising and is really easy to use.

If you are using MyCharity to raise money for St Vincent's through sponsored events the best way to raise money is by setting up your own page through [www.mycharity.ie](http://www.mycharity.ie). You can reach this by going to our website [www.stvincentsfoundation.ie](http://www.stvincentsfoundation.ie) and following the link for sponsored events. You can then email the link to friends who might wish to sponsor you. There is a Direct Debit payment facility on the mycharity website and you can also access a myriad of fundraising ideas via the "fundraising ideas page" on this site.

## *Bequests to St Vincent's*

Professional advisors recommend to all of us that we make a will and it as important for young people who have assets as it is for older people. It ensures that our wishes are carried out after we have passed on. Research suggests, however, that about half of adults in Ireland have not made any will and this is a concern.

Predictably wills mostly direct that the majority of assets are passed on to family members. Increasingly however people are deciding that a portion of their wealth is directed to a charitable cause that is dear to them. Quite simply they want to use some of their assets to make a difference after their death.

In St Vincent's we have received bequests. Normally these are from people who have had experience of St Vincent's over the years and wish to help.

This has continued in 2009 and we are grateful for the kindness of those supporters.

St Vincent's is a founding partner in MyLegacy.ie. This organisation is a partnership of forty charities who encourage people, firstly, to make a will and, secondly, to consider their favourite charity when considering how to deal with their wealth.

MyLegacy.ie is Ireland's leading resource for information on legacy giving. So if you would like to be remembered for a lasting act of kindness, or go on supporting a charity that is dear to you after your death log onto [www.mylegacy.ie](http://www.mylegacy.ie) to learn more.

You can find out what legacy giving is all about, read what others have to say about the life-affirming feeling of leaving a legacy, no matter how large or how small, and learn more about making or changing your will.

The services of a solicitor are advisable when considering a Will and we are delighted that Mangan O'Beirne Solicitors, 31, Morehampton Road, Donnybrook, Dublin 4 have very kindly offered a free consultation to anyone considering a Will.

Anyone wishing to avail of this service should call 01 - 6684333 or [solicitors@manganobeirne.ie](mailto:solicitors@manganobeirne.ie) and mention St. Vincents to make an appointment.



## *Comments from Our Patients and their Relatives*

St. Vincent's receives heart-warming feedback from patients and their families about the care they have received. Here we show a small sample of the comments and we will feature more over time.

***"You have made such a difference in our lives with your great compassion and welcoming smiles"***

*"Just to say thank you so much for all the support you were to us while our daddy was in your care"*

***"I would like to thank you so very much for all your help and work with my Dad. Because of each of you he is alive today"***

*"When you were very busy with your nursing duties, you still found time for me and my family"*

***"You combined professionalism with a great deal of Christian kindness"***

*"Everyone remarked on how wonderful the staff were and how kind everyone was to us"*

***"Thank you so much for the care and attention to our Aunt in her final days. Her passing was very peaceful"***

*"You were so kind, caring, and courteous always. Nothing was too much trouble"*

***"We are unable to find the words to adequately express our respect, gratitude and praise for the wonderful care and attention you gave to my wonderful husband"***

*"Thank you all for the care and kindness you gave to our mother while she was with you"*

***"You are totally dedicated to your patients and their needs. Thanks"***

*"He was treated with endless patience, kindness and understanding. This outstanding care made his final days so much easier"*

***"Regardless of the pressure around them, nurses ministered to all patients with the utmost consideration, concern and gentleness. However ill, confused or troubled the patient, she was treated with great dignity and humanity"***



## *Some Medical Highlights from St. Vincent's*

### ***SVUH Surgeons Recognised***

Professor Des Winter has been nominated as the James IV Association of Surgeons' visiting fellow for 2009. The Association was founded in 1957 to enhance links between surgeons in English speaking countries. The Association is named after the fourth Stuart King of Scotland who throughout his reign was noted for his interest in scientific affairs. Prof Winter joins Prof Niall O'Higgins (1982) and Mr James Geraghty (1996) as a member of SVUH staff to receive this singular award.

Professor John Hyland has been elected President of the Irish Society of Gastroenterology for 2009-11. Prof Hyland is the lead surgeon in the Department of Colon and Rectal Surgery at SVUH and has previously held the position of President of the Association of Coloproctology of Great Britain and Ireland.

Professor Ronan O'Connell has been elected Secretary of the European Society of Coloproctology

ESCP has a membership of more than 650 colorectal surgeons in 53 countries in Europe and worldwide. Prof O'Connell has also been elected editor in chief of the European Surgical Association and has joined the Council of the British Journal of Surgery. Prof O'Connell also Delivered the Robert Smith Lecture to the Association of Surgeons of Great Britain and Ireland.

Professor Oscar Traynor delivered the Gordon Murray Lecture at the University of Toronto, Canada on Modern Surgical Training and also spoke to the French National Academy of Surgery (in French) on Surgical Training in Ireland.

### ***SVUH and the Cancer Strategy***

There have been significant developments on the St Vincent's campus in recent months following on the implementation of the Government's Cancer Strategy.

Recognised as one of the eight designated cancer centres, the initiative has allowed St Vincent's to build on



its strong reputation in cancer treatment particularly in the areas of breast, pancreatic, hepatobiliary colorectal, and prostatic cancer.

Over 550 new cases of breast cancer were treated by the breast services at St Vincents in 2009. With the transfer of services in breast cancer St Vincent's welcomed new surgical colleagues Mr Peter Naughton and Ms Jane Rothwell and consultant medical oncologists Dr Ray McDermott and Dr Janice Walsh. Dr Sorcha McNally was appointed with specific expertise

in breast MRI imaging. Under lead surgeon Mr Enda McDermott the breast service continues its contribution to basic research in biomarkers and molecular targets in breast cancer as part of Molecular Therapeutics for Cancer Ireland. The breast service is also a major contributor to ongoing national and international clinical trials through ICORG.

The opening of the new theatre block in 2009 facilitated an increased level of surgical activity to take account of the increased work load.

St Vincent's has been designated as the national centre for pancreatic cancer surgery and two new

consultant appointments are anticipated to increase the number of hepatobiliary/pancreatic surgeons to five.

St Vincent's has the largest colorectal surgery unit in the country with four consultant surgeons and more than 240 patients with colorectal cancer being treated in 2009. With the recently announced introduction of screening for colorectal cancer, St Vincent's is well positioned to further the colorectal unit to deliver expert care to patients suffering from the second most common cancer in Ireland.

In keeping with the cancer strategy, rapid access clinics have been established in both prostatic and lung cancer during 2009.

**"St Vincent's has been designated as the national centre for pancreatic cancer surgery"**

## *Innovative treatments for incontinence*

A multidisciplinary team led by Prof Ronan O'Connell has introduced sacral neuromodulation for patients with severe faecal incontinence. The treatment uses electrical signals applied to pelvic nerves to improve continence.

It is suitable for those in whom other treatments have either failed and for whom the alternative is a colostomy. Working with Ms Ann Brannigan at the Mater Hospital 60 patients have been tested and 33 patients have had a permanent stimulator implanted with dramatic improvements in quality of life.



**Figure: SNS stimulator and electrode implanted in pelvis**

An active research programme with Dr James Jones and colleagues at UCD and supported by the Health Research Board, is looking at the mechanisms by which neuromodulation works.

A presentation on neuromodulation by Ms Karen Griffen, a PhD student with Dr Jones and Prof O'Connell, won the prize for best oral presentation at the Physiological Society meeting in July 2009.

## *Behaviour & Attitudes Survey Analysis:*

Since St Vincent's Hospital was founded in 1834 it has been a voluntary hospital caring for all patients equally regardless of their means.

It does appear, however that the status of St Vincent's as a voluntary not-for-profit hospital is not that well understood among the general public.

Research carried out by a leading Irish research firm, Behaviour and Attitudes, demonstrated that the majority of those surveyed did not know that St Vincent's is a not-for-profit, voluntary hospital. This is important if we are to attract sufficient donations to develop the public hospital to the standard we want for our patients.

We will be trying to overcome this perception by clear communication over time.

## *Business Partners*

A very important element of the support for St Vincent's University Hospital is the growing number of Business Partners of St Vincent's Foundation. In a very practical way each of these companies has contributed to the development of the hospital and demonstrated their corporate social responsibility. This is much appreciated and we hope that each benefits from their involvement with St Vincent's.

**St. Vincent's Foundation are proudly  
sponsored by the following  
Business Partners**

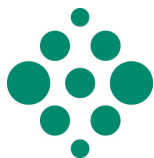
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# Upcoming Sponsored Events

## Flora Women's Mini Marathon

With about 40,000 participants the Women's Mini Marathon is one of the biggest annual events in Ireland. It is an enormous fundraising success with nearly every woman taking part raising funds for their favourite charity. From year to year the same stalwarts put the date in their diary and turn out in great generosity and so many worthy causes benefit as a result. Every year also sees new participants and it's a spectacular sight on Dublin's streets.

In June last 106 women took part in the 2009 Flora Women's Mini Marathon for St. Vincent's Foundation and we raised €27,500. This was a great success for our first year and we're truly grateful to all those supported causes in St Vincent's. Each participant wore a St Vincent's tee-shirt and promoted their cause.

We hope that our numbers will be even better this year.

The next Mini Marathon is due to be held on **Bank Holiday Monday 7<sup>th</sup> June 2010**. Watch out for further details in the Evening Herald or log onto [www.womensminimarathon.ie](http://www.womensminimarathon.ie) for further details.



**Get Heart Healthy Bank Holiday, Monday 7th June 2010**

All participants must enter either on the official Entry Form which will appear in the Evening Herald every Wednesday and Saturday from 3rd March 2010 or online from 3rd March 2010.

**If you would like to take part for St Vincent's please contact us any time from now on 01-2215065 or email [stvincentsfoundation@svhg.ie](mailto:stvincentsfoundation@svhg.ie)**

## Connemarathon 2010



Imelda Noone

On April 11<sup>th</sup> 2010 Imelda Noone from Our Lady's Ward will be taking to the roads in beautiful Connemara to compete in the annual Connemara half-marathon and will be accompanied by colleagues including Ms. Serena Hatton, Dr. Sinead Feeney and Dr Morgan Crowe.

This is a very popular event and attracts thousands of competitors of all standards. Participants don't have to be serious runners to take part and enjoy the fantastic course and scenery.

If anyone is interested in joining Imelda and her colleagues, they will be very welcome to train with them and can email Imelda at: [i.noone@st-vincents.ie](mailto:i.noone@st-vincents.ie) for details. They will be fundraising for the Stroke Unit in St Vincent's Hospital. St Vincent's Foundation will provide tee-shirts, sponsorship cards and a small memento for participants.

# How to contact us?



St. Vincent's Foundation

St. Vincent's University Hospital

Elm Park,

Dublin 4

**Tel:** 01 221 5065

**Fax:** 01 221 4428

**Email:** [stvincentsfoundation@svhg.ie](mailto:stvincentsfoundation@svhg.ie)

# How to Donate

Donations can be made through:

**24 hour donation phone line:** 1850 603 803

Or

Via Our **Website:**

[www.stvincentsfoundation.ie](http://www.stvincentsfoundation.ie)

Or pick up one of our leaflets in the hospital:

