

Issue 16

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

Spring
2017



St. Vincent's Foundation is the philanthropic fundraising arm of St. Vincent's Healthcare Group

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St. Vincent's Foundation is a voluntary organisation and all donations and grants are shown on our website



St. Vincent's Foundation

Board of Directors: Mr. David Ryan (Chairman), Ms. Stephanie Fitzpatrick, Mr. Dermot Furey, Prof. Michael Keane & Mr. John Hickey
Registered in Dublin, Ireland, Company No. 464228 Charity No. 1183
Registered Office: St. Vincent's Foundation, Elm Park, Dublin 4

Welcome from John Hickey, C.E.O. of St. Vincent's Foundation



Welcome to issue 16 of *Friends of St. Vincent's* and thank you for taking the time to read the wonderful activities of donors and fundraisers and how it has impacted on our patients. We have been reporting on such outcomes since 2008 and so many patients and their families have benefitted in that time.

The Christmas period was active for us with a combination of Christmas Card sales and a wonderful raffle. Sincere thanks to all who supported by providing terrific prizes and those who bought cards and tickets.

On the subject of fundraising events and raffles, of course, no edition of this magazine would be complete without featuring the work and achievement of perpetual fundraisers Christine Kearney raising funds for many years for Breast Cancer care and Eamonn & Mary Burke supporting the Liver Unit. Equally we are delighted to feature events organised for the first time with great success. Read about these and many many more through the magazine

There is a very exciting research project in Obesity covered extensively in this edition. This has enormous potential for the future health of young people in particular. We are delighted to note that this investment has been enabled by donors and will continue to be so. In addition, we are featuring a terrific new service enabled by the kindness of the late Hugh Cooney and his family.

Over the years, *Friends of St Vincent's* has highlighted the enormous benefits that supporters can confer by remembering a cause in the hospital when completing their Will. During the last couple of months we have received over €93,000 from such generosity.

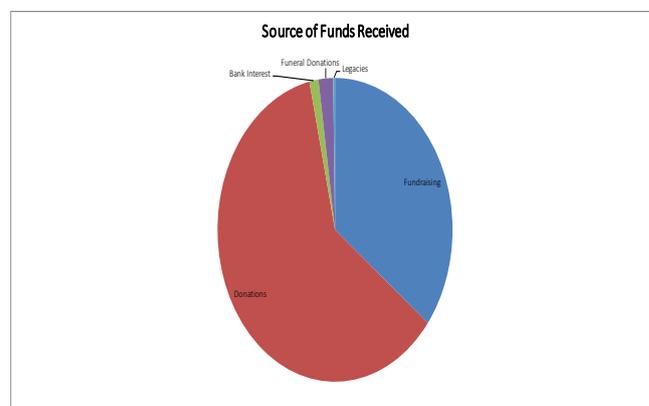
In this edition we are delighted to summarise the **Financial Highlights of 2016** and they are impressive as they demonstrate how everyone's contribution makes a real difference.

Income

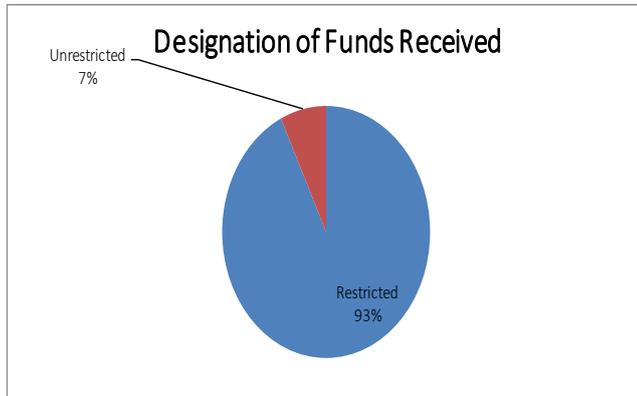
During 2016 St Vincent's Foundation received €504,441 between fundraising proceeds, donations and other minor sources. This was an increase of 4% on 2015. The chart below demonstrates the full breakdown of funds received.

The sums received increased over the course of the year with just €130,745 of the total income coming in the first half of the year with €374,000 received in the second half.

€462,574 of funds received were restricted to specific causes with just €35,673 unrestricted.



Welcome from John Hickey



Individual details of all receipts are shown on the website

Grants

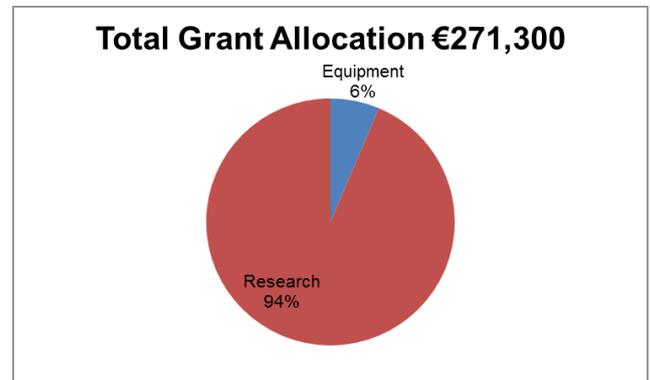
During the year we made grant disbursements of €271,300. The majority (€253,930) being spent on vital medical research with the remaining €17,300 used for purchase of equipment for patient care and comfort.

The latter figure was counter-balanced by a repayment of spend in earlier years of c€21,000 so the net position was a credit

All Grants are shown separately on our website

Expenses

St Vincent's Foundation continues to operate on a voluntary basis. Costs therefore amounted to just €21,760. Principal expenses are fees for accounting, legal and insurance, website development and maintenance and production of twice-yearly donor's magazine costing c€10,000. Travel costs, call-centre payments, commission payments for online donations and depreciation made up the balance. The slight cost increase is attributed mainly to higher depreciation as we created a new website.



**John Hickey,
C.E.O. (Voluntary), St. Vincent's Foundation**

As a voluntary organisation St. Vincent's Foundation assures donors and fundraisers that every cent raised goes to the intended cause. We can do this because the quite minimal costs involved in managing the Foundation are covered by our Business Partners. We are grateful to them all.

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

www.stvincents.ie

Business Partners

St. Vincent's Foundation is supported by the following Business Partners



Our Business Partners:

Novartis has once again demonstrated its support for St. Vincent's in renewing the corporate partnership that has been in place for many years. On behalf of our patients we are really grateful for this ongoing support.

As a company, Novartis places a high emphasis on Corporate Social Responsibility (CSR) supporting many causes in Ireland and worldwide. Demonstrating a genuine concern for their environment the company makes many contributions, financial and otherwise. Novartis is at the leading edge in many medical research developments and, is, of course a major employer in Ireland.

One of Ireland's leading market research firms, Behaviour & Attitudes (B&A) will be a familiar name to many of our readers, often associated with reporting on political or other trends in the country. For many years now St. Vincent's Foundation has been supported by B&A and it has enabled us to extend our contribution to our patients and to medical research

Regular readers of *Friends of St. Vincent's* will be aware that St. Vincent's Foundation was founded in late 2008. One of the first Corporate Partners was Fannin Healthcare now known as DCC Vital and that contribution has continued throughout. Without such help we would not have been able to make the progress we have and we want to publicly acknowledge that unremitting support.

However you choose to help St. Vincent's you are assured that all your donation goes to your selected cause without deduction of costs. We are a voluntary organisation dedicated to raising funds for patients care, research and education in St. Vincent's.

***All donations and grants are shown on our website
www.stvincentsfoundation.ie***

Fundraising Highlights

For the past nine years we have included hundreds of fundraising events and contributions. The ones that follow are no less heart-warming and demonstrate such generosity. We are really grateful to them all.

Many Sources of Support:

As we identify particular fundraisers and specific donations, it is worth highlighting an additional range that occur year on year. Significant among them are:

Collection Boxes:

By their nature donations in the moneyboxes are anonymous but they are significant over time. In 2016 over €8,500 was contributed to patient care and in the first quarter of 2017 - €2,100 was received. Our sincere thanks to those who donated.

Court Poor-Box Donations:

Occasionally when passing judgements in Court judges will direct that a donation be made to a nominated charity in lieu of a conviction. From this source we have received almost €2,500 since last summer.

Revenue Refund:

Many donations qualify for a rebate of tax for charities such as St Vincent's Foundation. In 2016 we received just under €5,000 in refunds from Revenue Commissioners which has, of course, the great benefit that it substantially increases the value of the related donation.

In memory, anniversary and family donations:

We are constantly humbled at the kindness of people who seek support for St Vincent's at a tragically sad time for them when they have lost a loved one. Donations requested in lieu of flowers amounted to €10,000 in 2016. Very often the family request that a particular medical area will benefit and, of course, we are always happy to ensure this.

Standing Orders:

Our thanks to several people who have set up regular monthly standing orders for many causes in St. Vincent's. This number is growing all the time and we really appreciate their generosity

Phone Recycling monies:

Another useful source of funds is the money we receive for mobile phones through the recycling box at main reception. We have a regular purchaser of the phones and it yields several hundred euro every year. As well as our gratitude to the phone donors we must thank the purchaser who is a loyal supporter.



Fundraising Highlights contd.....

Christmas Cards & Raffle for Palliative Care:

Our Christmas Cards and Christmas Raffle campaigns this year were in support of Palliative Care in St. Vincent's. The Christmas Raffle Draw took place on Wednesday 21st December. Thank you to all our staff, patients and supporters who contributed to a very successful draw.



The total proceeds of our Christmas Card / Raffle sales this year was just over €7,800.

We want to especially thank all our colleagues who sold raffle tickets at Main Reception, which accounted for in excess of €5,000 - an all-time record. We are grateful also to the staff of St. Vincent's Private Hospital and KSG for their contribution to this terrific success.

Congratulations to all who won prizes in our raffle, which included staff, patients and visitors.



We are particularly thankful to the following who generously donated prizes for our Christmas Raffle

Bianconi's Bistro, Merrion Road

Gloria Winterlich

KSG

Noonan

Goodbodys

The Talbot Hotel, Stillorgan

The Merrion Inn

TESCO, Merrion S.C.

Home Instead Senior Care

Gowan Group

Island Living Merrion S.C.

Remané Jewellers, Merrion S.C.

Johnson & Staunton Toyota, Greystones

Tara Towers Hotel

The Harbour Mill Apartments Westport

Tony Walsh's Allcare Pharmacy, Merrion

Golf Clubs Christmas Card sales in support Breast Cancer Care in St. Vincent's:

Stepaside Golf Club and The Wicklow Way Café in Marley Park Golf Club organised the sale of St. Vincent's Christmas Cards to raise money for Breast Cancer services. Both were extremely successful; raising a total of €595 between them.

We would particularly like to thank Eugene Davis, Manager of Stepaside Golf Course and his team as well as Colin Keogh and his staff in Marley Park for this great result.

Fundraising Highlights continued.....

Wedding Favours for the Liver Unit:

Our thanks to Dave & Corina Heelan from County Clare who donated to the Liver Unit in December in lieu of wedding favours. We wish them both every happiness for their future together.

Bank of America Coffee Morning for I.C.U.:

Our thanks to the Bank of America Merrill Lynch Employees Adopted Charity Committee who organised a fundraising coffee morning in memory of their dear friend and work colleague Louise Cullen R.I.P. The proceeds of €647 have been donated to the Intensive Care Unit here in St. Vincent's, for which we are most grateful.



Coffee Morning & Cake Sale for Breast Cancer:

Our sincere thanks to Elaine Murphy from Arklow, County Wicklow who organised a coffee morning and cake sale recently. This most successful event raised a total of €1,400. This was divided equally between Breast Cancer Care here in St. Vincent's and St. Luke's Hospital. We are delighted to receive €700 for this important medical area.

Coffee Morning in memory of Margaret McKeon:

In memory of her dear friend Margaret McKeon R.I.P. Carmel Quinn from Booterstown organised a Coffee Morning to raise funds for Pancreatic Cancer care and research here in St. Vincent's.

Supported by family, friends and neighbours, Carmel raised the superb sum of €2,597.00 for this vital area of medical care.

Our sympathy is with Margaret's husband A.J. and family. Our sincere thanks to all for this wonderful contribution.



Pictured are Carmel Quinn and A.J. McKeon presenting proceeds to Ger Lanigan Ryan and John Hickey in St. Vincent's Foundation



TESCO Merrion Shopping Centre – Community Fund donation:

Our thanks to TESCO Merrion Shopping Centre for again nominating St. Vincent's under their Community Fund scheme. In January they presented €483.52 for Pancreatic Cancer Care services in St. Vincent's. We are really grateful to TESCO for continuing to support the hospital from their Community Fund.

New Ireland Assurance Company, I.T. Dept., Coffee morning for St. Anne's Oncology:

In support of a colleague's treatment in St. Vincent's, the staff in the I.T. Dept. in New Ireland Assurance Company held two coffee mornings during 2016 and contributed a total of €1,150.80 for St. Anne's Cancer Care. We are grateful to all who took part in this fundraising initiative.

Breast Cancer Research raffle in Arklow:

Our thanks to Peter Thompson and all in Maisie Kelly's Pub in Arklow, Co. Wicklow who held a Raffle for Breast Cancer Research and recently donated the proceeds of €155.

Fundraising Highlights continued.....



Dublin Marathon October 2016

We are delighted to say that for the 2016 Dublin Marathon, we had a record number of participants who elected to raise money for St. Vincent's. In all cases, they highlighted a particular medical area to benefit from their effort. The following are some of their stories:



Galway friends fundraise for the Liver Unit:

In memory of Noel Duffy R.I.P., Kevin Nee, Aidan Moore, John Reidy and Brendan O'Hagan from County Galway took part in the Dublin Marathon 2016 to fundraise for the Liver Unit here in St. Vincent's.

They raised the magnificent sum of €4,563.00 which is a tremendous contribution to this medical area.

We are really grateful to all who supported this fantastic fundraising initiative for the Liver Transplant Unit and congratulations to Kevin, Aidan, John and Brendan on such a great achievement.

Roberta Loughlin's Dublin Marathon fundraising for the Liver Unit:

After a dear friend from Donegal had a successful liver transplant in St. Vincent's in December 2015, Roberta Loughlin Cockfield from Newry, County Down undertook the Dublin Marathon 2016 for the Liver Unit.

With the support of family and friends, Roberta successfully completed the Dublin Marathon and raised the enormous sum of €7,043.80 for the Liver Unit.

What a fantastic achievement, with huge benefit to the Liver Unit. On behalf of our patients, Roberta, we thank you.

Pictured are Roberta with her husband, children and her Nephews.



Kathleen Doherty's 2016 Dublin Marathon fundraising for St. Anne's Cancer Care:

A big thank you to Kathleen Doherty from Buncrana, County Donegal who took part in the 2016 Dublin Marathon, fundraising for St. Anne's/Oncology here in St. Vincent's.



Kathleen raised the magnificent sum of €2,050, for which we are most grateful. On behalf of our patients, thanks to all who generously supported Kathleen's fundraising for St. Vincent's.

Well done to Kathleen for completing this, her first marathon, in the great time of 4 hours 9 minutes.



Pictured are Kathleen and her husband Seamus presenting her sponsorship proceeds to John Hickey, St. Vincent's Foundation and Leo Ortiz, Clinical Nurse Manager, St. Anne's Unit and on the day of the Marathon.

Fundraising Highlights continued.....



Florence Marathon for the Liver Unit:

Fr. Eamonn Bourke took part in the Florence Marathon on November 27th to raise money for the Liver Transplant Unit in St. Vincent's Hospital. Eamonn did this in memory of the late John Ring whose family and friends have been such great supporters.



Eamonn completed the event in 4 Hours 27 minutes and raised €2,767.07 for this great cause. *The photos capture the action really well.* Well done Eamonn and sincere thanks on behalf of our patients.

Hazel Brack – Pink Day - Breast Cancer fundraising:

Over many years, Hazel Brack has been one of the staunchest supporters in fundraising for Breast Cancer Care and Research in St. Vincent's and this continued in 2016.

On Friday October 28th last, Hazel organised, throughout Dunne's Stores Cornelscourt, a magnificent demonstration of pink and raised the fantastic sum of €3,276.93.

Pictured are Hazel (second on the left) together with her colleagues Linda and Gerry presenting the proceeds to John Hickey



The store management and staff, as well as Hazel's family were energetic in their support and we are truly grateful to them all.

Through the good offices of Hazel's family members, TESCO Ballybrack also contributed €641.30 through their Community Fund for Breast Cancer.

To date, Hazel has raised in excess of €26,000 for this vital medical area. Sincere thanks to all concerned.

Saranne Flaherty's Transplant 5th Anniversary Party in aid of St. Vincent's Hospital Liver Unit:

Saranne Flaherty from Claregalway, County Galway is a good news medical story.

She recently celebrated the 5th Anniversary of her Liver Transplant and marked the occasion with a party for family and friends. Donations were made at the event to support the Liver Unit in St. Vincent's and €1,050 was contributed in support of patients and patients.

The Flaherty family have already been terrific supporters of the Liver Unit, raising almost €5,000 previously and we are delighted with this further support. Our best wishes go to Saranne and her family.

Remembrance Run 2016 in memory of Moira Furey R.I.P.:

Renewed thanks to the Furey Family and friends, who again took part in the annual Remembrance Run last November. They contributed a further €1,553 for Pancreatic Cancer care and research.

Fundraising Highlights continued.....

Women's Mini Marathon 2016 fundraising by the McIntyre & Gallagher families:

On Monday June 6th 2016, a group of 17 McIntyre and Gallagher women from County Donegal took to the streets of Dublin to participate in the VHI Women's Mini-Marathon. They raised a fantastic total of €4,660 on behalf of Patrick McIntyre who was undergoing treatment in Letterkenny and St. Vincent's University Hospitals

Half of the money was donated to Letterkenny General Hospital's Oncology Unit and the other half to St. Vincent's, split between the Liver and Colorectal Units. The families were overwhelmed with the donations received and were delighted to be able to use the donations to support the medical departments involved in Patrick's treatment. On behalf of our patients, we thank all involved in this most generous fundraising.

See pictures below taken on the day of the Mini Marathon



U.C.D. Med Day 2016:



In October last, U.C.D. Medical Society held their annual charity day to support many worthy charities. St. Vincent's is always included and we really appreciate this continued support.

On Med Day, hundreds of students took to the streets of Dublin to fundraise in bright attire and, with great energy and enthusiasm raised in excess of €26,000.

We were delighted to receive €1,250 for Palliative Care here in St. Vincent's. We are really grateful to the students, who each year, make a contribution to the hospital. Since 2009 St. Vincent's has received €15,750 from UCD Med Day. This has been an enormous contribution to research and medical care in St. Vincent's.

Joan McDermott's Fundraiser for the Liver Unit:

Joan McDermott from County Leitrim, along with family and friends, took part in the Cara Bundoran 2017 Run in early March to fundraise for the Liver Unit here in St. Vincent's. Joan's efforts raised the fantastic total of €3,810.00.

Joan identified her motivation for doing this: "After having spent a few months in The Liver Unit in St Vincent's Hospital, I can see how vital it is to try and raise funds for this very worthy cause. I received a liver transplant in 2016 and have been doing very well since Thank God. I have since returned to work and am doing and enjoying all the things with my family and friends that I hadn't been able to do beforehand. I am so grateful, that I promised myself leaving the hospital that I would try and do some fundraising to give something back in return. And also, I want to highlight the importance of carrying donor cards, and letting your family members know of your wishes regarding organ donation."

On behalf of our patients we are most grateful to Joan and to her family and friends.



Fundraising Highlights continued.....

Pink Day Breast Cancer fundraising:

Thank you to Martina Cloke from Enniscorthy, Co. Wexford who again organised a coffee morning and raffle for "Pink Day". With the support of family, friends and work colleagues in St. John's Hospital, Enniscorthy, she raised the fantastic sum of €1,644.30 for Breast Cancer Care and Research.

Donation in memory of Mamie Bryan for the Liver Unit:

Our thanks to Stephen Bryan from Kilmacud, Co. Dublin for donating €1,000 in December last to the Liver Unit, from the estate of his mother, Mamie Bryan R.I.P.

(pictured) We are always delighted to identify donors when specifically requested.



Cystic Fibrosis donation:

Arising from a huge fundraising effort, Seamus Kelly from County Tipperary recently donated €8,181.39 to St. Vincent's for research and patient equipment resources in the C.F. Unit here in St. Vincent's.

Suzanne Thompson, Collection Box:

For many years Suzanne Thompson and her family and colleagues in the Heavenly Comfort Hair & Beauty Salon in Clondalkin have raised funds for Pancreatic Cancer Research in memory of her Dad, Bernard Thompson R.I.P. They consistently have a St. Vincent's Foundation Collection Box at the salon reception and have contributed enormously to this important medical area.

St. Michael's College fundraising for Palliative Care:



Each year the students of St. Michael's College, Dublin organise an energetic fundraising campaign, primarily focussed on selling Christmas Trees. Their efforts support a number of charities, including St. Vincent's Foundation.

This year they have contributed the wonderful sum of €2,500 to support Palliative Care in St. Vincent's Hospital. We are really grateful to the students, their parents and their teachers for this continued contribution which is most important to us. We would also like to congratulate them on their rugby success.

Pictured above are some of the First Year Students and Vice Principal Aidan O'Donnell presenting the fundraising proceeds to John Hickey, St. Vincent's Foundation



Wedding Favours for St. Anne's Cancer Care:

Thank you to Alan Barnes & Hannah Yorke for making a donation in lieu of Wedding Favours to St. Anne's Cancer Care. We wish Alan & Hannah every happiness for their future together.

Hannah has previously fundraised for St. Anne's by taking part in several Mini Marathons.

Donation for Suicide in Ireland Survey:

We wish to acknowledge with thanks receipt of an extremely generous donation of €1,500, donated in April, towards the Lived Lives Project—Suicide in Ireland Survey. This study was undertaken by Dr. Seamus McGuinness & Prof. Kevin Malone. In the interests of privacy, the donors wish to remain anonymous

Loreto College Mullingar donation:

Our thanks to the Board of Management of Loreto College Mullingar for donating €150 in January, for patient care in St. Vincent's.

Fundraising Highlights continued.....



November 5km Run for St. Anne's Cancer Care:

In memory of Peter Coules, Claire Murphy from Rathfarnham, Dublin 16, with her family, organised to participate in a 5km *November Run*. Peter died in St. Vincent's in May 2016.

Through their efforts and generosity, the family raised the huge sum of €2,000 for St. Anne's Oncology ensuring that many patients and their families will benefit from their great loss.

Claire and her family would like to thank Contico Manufacturing Ireland and their customers who kindly donated monies to the cause; to Broderick Brothers for their contribution and to the Murphy, Sweny, McArdle & Kelly families who obtained sponsorship and ran the 5km run with them.

Photographed are the group on the day of the Run and also the family (*Michelle, Aisling, Paula, Ciara & Claire*) presenting the proceeds of their fundraising to John Hickey in St. Vincent's.



Eamonn & Mary Burke's Annual New Year's Day Swim for the Liver Unit:

Every New Year's Day for many years, Eamonn & Mary Burke from Arklow have organised a sponsored Swim to raise funds for the Liver Unit in St. Vincent's Hospital. Each year the support has grown, which reflects the enormous work contributed and also the esteem with which they are regarded within the local community.

This year, 2017, the event raised a further terrific total of €4,550 and brings to almost €39,000 the cumulative contribution from this wonderful activity.

We are indebted to all cocerned and particularly to Eamonn & Mary - great friends of St. Vincent's.

Pictured are a selection of photos from the day and the cheque presentation.



Fundraising Highlights continued.....

Christine Kearney's Easter Raffle for Breast Cancer:



One of our most consistent fundraisers for Breast Cancer in St. Vincent's is Christine Kearney. Over the last eight years, she and her friends Catherine and Katie have raised almost €32,000 for this critical medical area.

Her Easter Raffle has become a much anticipated event each year. It is organised with wonderful costumes (*as you will see from the photos*), and brings a great sense of enjoyment to the hospital. This year the event had, again, a most successful result with a final total of €2,580.00.

On behalf of all our patients, we say a massive **Thank You to Christine** for this vital contribution.



Phage Bake Sale in U.C.C. for the Liver Unit:



The Liver Unit in St. Vincent's was the beneficiary of a cake sale with a difference held in the APC Microbiome Institute in U.C.C. on 28th April last. All the cakes were designed to resemble phages (*see photo*) (officially known as Bacteriophage) and as well as being an important fundraiser, marked the 100th Anniversary of the discovery of the phage. The report of the event in the Irish Examiner describes phages for us non-scientists as "viruses that only attack bacteria" and states that interest in phage therapy is growing internationally as a method of treating bacterial infections.

The event in UCC also celebrated the 10th anniversary of a Liver transplant for one of their colleagues in APC.

Sincere thanks to all for this novel event which raised €540.25 for this great cause.



We are so indebted to all our supporters mentioned here and to many more not listed.

Some donors do not want to be identified and we always respect that.

How we handle your money



Regular readers will be familiar with this page which we reproduce in each edition as we feel it is important to demonstrate both our activities but also our consistent policy in dealing with donations.

Donations: In line with our privacy policy we generally do not highlight specific donors unless they specifically request to be identified. Most donors want confidentiality and we always respect that.

Personal details of **Donors** will remain confidential unless SVF is specifically requested by the Donor to publicise them. Otherwise Donors will be able to recognise their own donation by reference on that page to the donation date and amount and by the cause, if they have specified one.

Fundraisers will be individually identified in the publicly accessible database, if they have requested to be identified, by name and amount raised. Otherwise they will be able to recognise their contribution by reference to the presentation date and amount and specific cause if nominated.

We would like to take the opportunity to thank those many, many generous people who give money to assist us in our work.

Many couples getting married decide to make a contribution instead of wedding favours on their special day. Normally we are asked for table displays for the wedding reception and we are of course very happy to provide them. We thank all those couples as we wish them a long and happy married life.



On the sad occasion of the loss of a loved one, many families request a donation to a named charity in lieu of funeral flowers. St. Vincent's frequently benefits from this generosity. This is most appreciated. We always advise the family of donations received and also acknowledge directly to the donor. As we thank these families we would like to acknowledge the Funeral Directors who assist people who wish to donate.

Through the end of 2015 and into 2016 we have noted an increase in the number of bereaved families who request donations to St. Vincent's instead of flowers and we are grateful for their kindness at this most difficult time for them.

We continue to receive donations in lieu of Court fines and we are very grateful to the Court staff who support this.

Finally we must thank those people who, completely anonymously, support our collection boxes so generously throughout the hospital.

For details of all donations, fundraising and spending, please see our website www.stvincentsfoundation.ie

On the website also, you can read our Income and Grants policies.



Donors making a difference

In the pages that follow we demonstrate the practical impact that donors and fundraisers have had on patient care in St. Vincent's Hospital. We feature staff training, some investments in patient and family comforts and equipment financed by donors through St. Vincent's Foundation

Fundraising Support from the late Hugh Cooney and his family:

One of the very positive developments in the last year was the introduction of psychological support for patients undergoing treatment for cancer in St Vincent's Private Hospital. This service was proposed by the late Hugh Cooney and his family and is entirely financed by their fundraising. The motivation and achievement is summed up by Hugh's family in the article that follows.

"Our Dad, the late Huges Cooney, was determined to make some lasting positive come from his hard fought but ultimately ill-fated battle with cancer. From his first of what would go on to be over fifty rounds of chemo treatment at the oncology floor of St. Vincent's Private hospital, he recognised both the lack of and need for an "in-house" psychological service for patients and their families when receiving treatment. It was from his empathy and compassion that ultimately "HCF" was born.

Immediately following his terminal prognosis in July 2015, he recruited us, his five children, to help him achieve his personal target of raising €100,000 in order to fund a psychological support service for patients on the ward for at least in the short term but requested we continue his efforts when he was no longer around to do so. That dreaded yet inevitable time came on October 19th, 2015. However, in the relatively short time between initiating his fundraising efforts, he got to see his fundraising goal surpassed. It is impossible to articulate how happy this made Dad. While facing imminent death, he was motivated, positive and grateful to the incredible generosity and support from so many of his friends, family, colleagues and even strangers after his appearance on the "Late, Late Show" three weeks before his death. It is equally impossible to articulate how proud we are of our Dad and his extraordinary bravery and positivity at this time. He knew what he was doing was important and he got so much peace knowing this much needed service would now be available to current and future patients.

Hearing the impact this service is having on so many brave patients as they face their own cancer journey significantly helps us since losing our beloved Dad and as a family we continue to host an annual Golf fundraiser to keep support on-going. However, all and any additional support, awareness and donations are hugely appreciated and ultimately needed to ensure this service is never threatened. Patients who face the difficulties and trauma that can come with a cancer diagnosis and prognosis deserve and are entitled to this service. Thank you sincerely for your support. With love, The Cooney Family."

On behalf of our patients we thank the Cooney family for this trojan effort and remember with gratitude Hugh R.I.P. for his vision and generosity



Donors making a difference

St. Vincent's Foundation funds Step Challenge for Dialysis Unit:

We are delighted that, through the generosity of donors, we were able to facilitate this important programme for patient health.



Orla Power, Senior Renal Dietitian in SVUH comments “Low levels of physical activity are associated with low functioning in the dialysis population and physical activity is a potentially modifiable risk factor for frailty, debility and mortality in this group. A proportion of our dialysis cohort at present need to lose weight to be eligible for consideration for renal transplant and a significant proportion would also be at risk of muscle wasting due to low physical activity levels. We hope to run this as a health promotion activity to raise awareness of the importance of exercise and help to give patients more confidence in their own ability to increase their physical activity levels safely.”

Training Simulator for Cardiac Department:

The training capability for Cardiac staff is dramatically improved by an investment in a simulator and associated mannequin. This state-of-the-art equipment replicates real-life situations in the Cardiac ECG Unit where patients' lives can depend on the immediate response of the specialist staff.

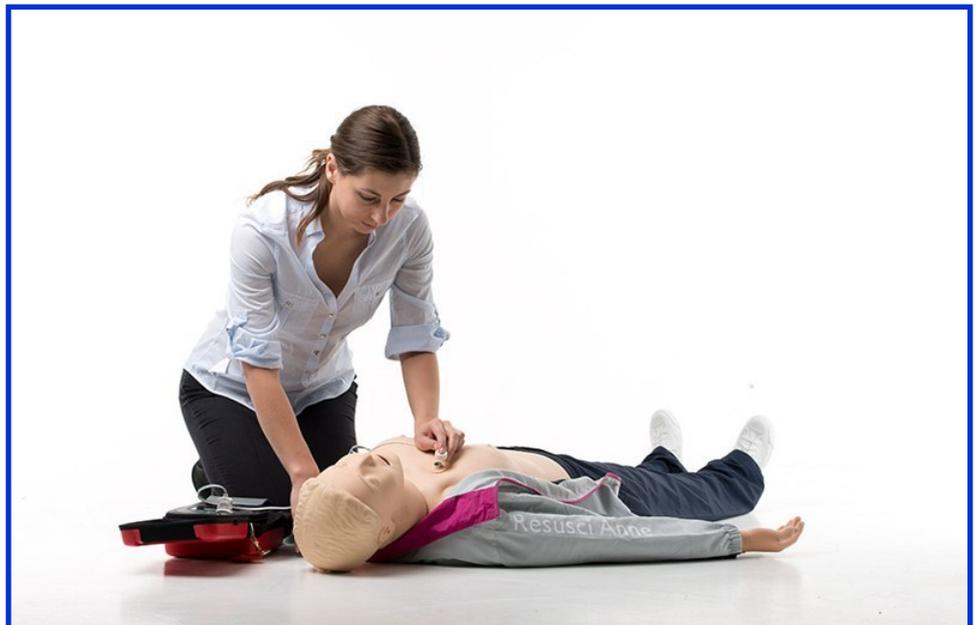
With this equipment, on site training can be on-going and ensure that staff are constantly maintaining their proficiency to deal speedily and effectively with the range of patient conditions that can occur in an instance. The mannequin can be defibrillated, receive intravenous medications and run scenarios to mirror what happens in reality.

The family of a deceased patient offered a most generous donation of over €14,000 to enable us acquire this equipment. They requested that the donation be anonymous and we, of course, respect that. As they read this we hope they take comfort that their kindness will save lives and, in a major way, enhance the outcomes for many patients.

We will see continued assurance of speedy care through Education of all staff on site in the department for years to come, with this generosity and, as a teaching hospital the benefits will be exponential.

Thank you on behalf of current and future patients.

Resusi Anne Training Simulator



Research News

Healthy Ireland Demonstration Project

One of the areas of medicine most supported by donors to St Vincent's Foundation in recent years has been in Obesity and related medical conditions. Thanks to these donors, most of whom ask for anonymity, we are able to contribute to a very exciting project under the leadership of Prof Donal O'Shea. Prof O'Shea shares some insights in the article below and outlines his ambitions for it.

"The Obesity Immunology Research Group continues to grow its links with other 3rd level institutions in Ireland. The latest addition is a strong link with the University of Limerick and specifically Catherine Woods, newly appointed Professor of Physical Activity and Health. With the support of the St Vincent's Foundation we are setting off on a project under the banner of Healthy Ireland – the Healthy Ireland Demonstration Project. Healthy Ireland is the whole of Government Framework for public health in Ireland until 2025. We have the support of the Department of Health and Education. Both Departments have been officially represented on the appointment committees for the first two researchers to begin work on the project in the second half of 2017. The interviews for these positions have taken place in the Royal College of Physicians office with the full support of the President, Dr Frank Murray.



Obesity Research Group R to L Dr. David Kinlen, Dr. Andrew Hogan, Dr. Laura Tobin, Ms. Aisling O'Brien, (PhD Student) & Prof. Donal O'Shea

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Research News

Healthy Ireland Demonstration Project continued.....

In 2017 it is clear that lifestyle choices are the major drivers of a range of chronic diseases including diabetes, heart disease, cancer and dementia. Health related behaviours are established in childhood and adolescence – and it is essential that a body of work is delivered that can help steer a course away from unhealthy eating habits and sedentary behavior from an early age. The Active School Flag (ASF) initiative is a programme that encourages schools to become more active within their curriculum and is presently being modified for introduction into secondary schools in Ireland.

Within the context of Healthy Ireland, the aim of this project is to assess the feasibility of carrying out a study on the introduction of the ASF in secondary schools. Further we want to establish if the addition of an education programme in health literacy for adolescents can be incorporated into the ASF. Bolt onto this a youth peer-mentoring component and you are beginning to arrive at the kind of multicomponent study that could turn around the obesity problem within a 10-15 year time frame. The challenge is that one has to prove the efficacy – and the only way to do this is a cohort follow up design that will, in one sense, look like TILDA (The Irish Longitudinal Study on Aging) for young people. The groups will need to be followed through secondary school years right through to their 30's to establish the health of their own pregnancies. It has been clear to many specializing in the field of obesity that the “quick fix” doesn't exist. A huge step forward would be healthy pregnancies in 10 years time into what must be a different food and physical activity environment. Then you could prove real progress against what is currently our number one public health challenge.

The first steps seem small, agreement between Departments of Health and Education along with a common goal. We have that. Now with the appointment of the initial research staff we must establish feasibility and design a prospective study proving what works and what doesn't work within an augmented Active School Programme, then refining the intervention for further roll out. This is a demonstration project, not a study and funding from donors through St. Vincent's Foundation has made this start possible. “

It is important to stress that this project would not be possible without the wonderful generosity of many benefactors.

A special thanks to them.

The scale of the project will be determined by available funding and anyone interested assisting this work can donate to St Vincent's Foundation in any way convenient for them.

Ways you can Help St. Vincent's

Tax Reclaim for Charities

As a registered charity, donations to St Vincent's Foundation can be enhanced when we can reclaim tax on the amount donated. The process is quite simple and we describe it here.

From January 2013, for all donations of €250 or more in a given tax year the receiving charity receives a tax rebate for the charity provided the donor/taxpayer had paid tax of this amount or more in the relevant tax period.

Because donations are made from "after-tax" income the tax reclaim is calculated to refund the amount of tax that would have been deducted and the taxation rate used is 31%.

The benefit to charities is best demonstrated by an example as follows: where a donor gives €500 during 2014 to St Vincent's Foundation the €500 is considered to be what was left after the donor had paid tax. At a rate of 31% this gross amount before deduction of tax is calculated at €724.65. If the donor has paid a minimum of €224.65 in tax in 2014 the Revenue will repay this amount (€224.65) to St. Vincent's

Foundation thereby increasing the value of the donation by almost 45%.

Relevant donors complete and sign a Revenue CHY4 form, which we will provide and the tax reclaimed

Fundraising Events

These are one of the biggest sources of financial support and are covered extensively in this magazine.

Are you thinking of taking part in a fundraising event? If so, please consider choosing St. Vincent's

Foundation as your chosen charity You can select the cause within the Foundation you would like your money to go to All monies received will go directly to your chosen cause and patient care

**Contact us now for a sponsorship pack on 01-2215065
or**

is very worthwhile as it substantially increases the income to charities at no further cost to donors.



EverydayHero (formerly MyCharity) Affiliation

Don't forget our partner in fundraising **EverydayHero (formerly mycharity.ie)** This is a really useful way to organise fundraising for sponsored events.

If anyone is considering participating in any type of sponsored event, it is worth visiting the website.

Literally any kind of event can be put up.

Everydayhero is an online fundraising platform just like MyCharity.ie, allowing people to raise money for their favourite causes or to give donations directly to them.

MyChairty.ie has now evolved into Everydayhero and is now fully mobile and is optimised to work on smart phones. It includes a range of engaging features for fundraisers to post photos, blog posts and even share their training effort with their friends and family.

Donations can be made by

Tel: 1850 603 803

Via Our Website

www.stvincentsfoundation.ie

Or

Pick up one of our leaflets in the hospital

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St. Vincent's Foundation

Company Registration No. 464228 Charity No. 1183

St. Vincent's Foundation complies with The Principles of Good Governance and with
The Statement of Guiding Principles for Fundraising