

Issue 10

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



Summer  
2014



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

How we handle your  
money

Fundraising Highlights

Research News

Relaxation Room

Ways you can Help

Patient Comments

Business Partners

Contact Us

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



## 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*



Given that this is the first edition in 2014 of "Friends of St. Vincent's" magazine we have included below a summary of last year's activities and results during the year.

As we normally do, we have highlighted many, but not all, of the wonderful donations and fundraising ventures in support of St Vincent's.

We must again express our sincere thanks to all the contributors. In this we include staff and volunteers within the hospital who helped throughout the year.

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

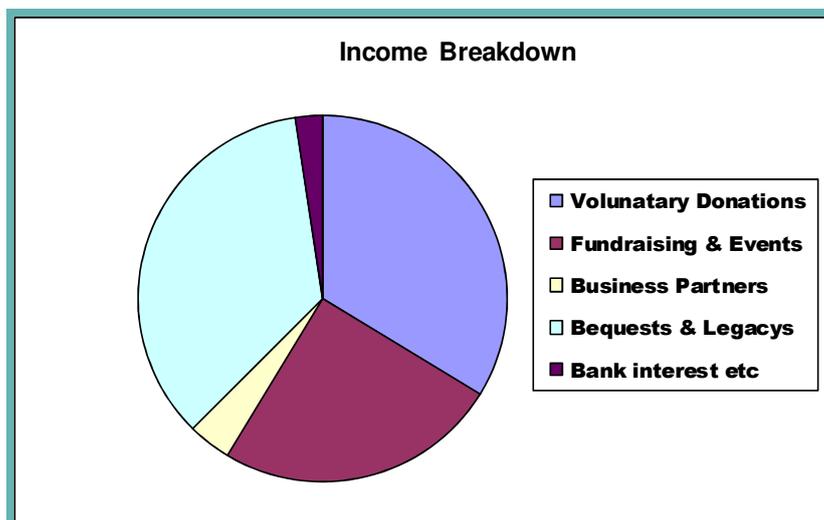
### **Summary of activity and results in 2013**

St. Vincent's Foundation was launched in late 2008 so we celebrated our 5<sup>th</sup> birthday during the year and this edition of *Friends of St. Vincent's* is the 10<sup>th</sup> issue.

2013 featured great progress and support from donors and fundraisers and many projects supported.

The environment for all charities was difficult towards the end of the year and remains so. The support we have received is even more important and more appreciated

Total Income during 2013 was €778,000. This is about €300,000 more than the previous year and the increase is mostly accounted for by a bequest of €261,000 in 2013. The money received in this legacy gift was specified to be used for cancer research.



Most of the money we received was restricted to specific causes. The charts, on this page and the next page, show where the money came from and how much was restricted to specific causes.

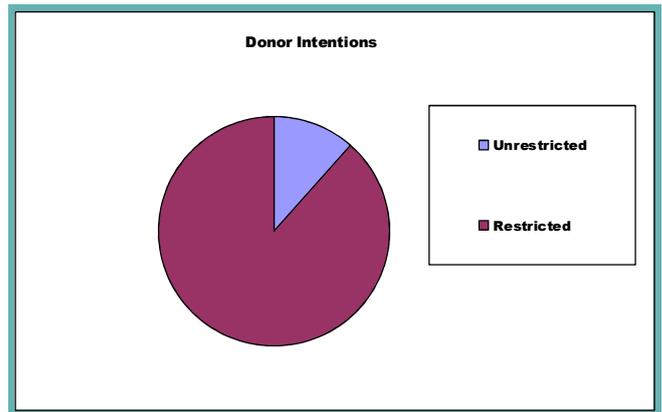
The range of fundraising activities was huge and most are reflected in other pages of this magazine and on our website. Almost all of the donations are recorded as anonymous in line with the wishes of the donors.

St Vincent's Foundation is run on a voluntary basis so our costs are relatively small and are covered by Business Partner contributions and bank interest. It means that we can assure donors that all money given or fundraised goes directly to the intended cause.

***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. [www.stvincents.ie](http://www.stvincents.ie)***

## Welcome continued.....

The operating costs of the Foundation were €30,000, mainly consisting of printing, website maintenance, travel, donor telephone centre costs and purchase of marketing materials such as tee-shirts, collection boxes and promotional material. Also in these costs are the purchase of Christmas cards for sale. This figure includes approx €9,000 depreciation cost for the on-line donation system purchased when St. Vincent's Foundation was established.



During the year, through the generosity of supporters we were able to support projects to a total of €238,000.

€150,000 of this went to research projects and €88,000 on medical equipment and patient facilities. The research included a number of cancer projects, including a major ongoing Breast Cancer study and Diabetes research.

Towards the end of the year we invited proposals for cancer research funding in relation to the legacy of €261,000 mentioned above and we expect this money to be committed during this year.

Our website was improved during the year which enabled us to give greater detail (from 31<sup>st</sup> Dec 2013) on the income we receive and the expenditure on projects. These can all be found on [www.stvincentsfoundation.ie](http://www.stvincentsfoundation.ie) under the section "About Us". You can also view the full detailed accounts for 2013 on our website, from the end of June 2014.

### **Other welcome support:**

In addition to all the above there are many other areas where we are getting support.

An important part of the financial support for St Vincent's Foundation is the income by Standing Orders. Many people are contributing every month and this is growing. Some of these have been running for years, which is really great.

Each week we receive donations via our website and in the post. Sometimes these are anonymous so we cannot thank the donors directly and we would like to do so here.

Donations in lieu of funeral flowers continues to be very important. It is humbling when families in the midst of their grief at the loss of a loved one, want others to benefit.

Occasionally the Courts have specified that a donation to a charity like St. Vincent's will be sufficient to avoid an alternative penalty. We have had donations for Cystic Fibrosis and Cancer Research in this way. We are thankful to the Judges and Court officials involved.

We receive donations all the time in our collection boxes throughout the hospital and in some business premises. These are almost always anonymous so we thank those donors now. Also, in the main anonymously, we receive mobile phones for recycling. These are a significant contributor to our resources and we express our gratitude to all who have helped in this way. Similarly we receive money for unused tickets for Dublin Bus that are deposited in the collection box at the Front Reception of the hospital.

**Special thanks to all.**

## *How we handle your money*

### **How we handle your money:**

Regular readers of this magazine will be familiar with most of the fundraising events that have been organised around the country in general support of St Vincent's or to finance specific areas of medical research or care of patients.

We know that transparency in handling donors' money is vital for confidence and we always try to ensure as much visibility as possible.

During the year we have expanded the detail that is available on our website. We are, at the same time, mindful of the wishes of donors for confidentiality regarding their own donation details.

On our website [www.stvincentsfoundation.ie](http://www.stvincentsfoundation.ie) there is a section "**About Us**" where we have added more detail on what donors and the general public can expect to know about St. Vincent's Foundation's activity.

An **Income and Grants Policy** in support of the existing **Donor Charter** sets out the key detail outlined here.

### **Fundraising and Donations:**

St. Vincent's Foundation (SVF) maintains a database of Donors and Fundraisers that will be easily accessible to the public. It is accessed on the website on the page titled **Donor & Fundraising Details**.



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..

**Donations have always been important in improving the hospital.**

**If you would like to support us please go to our website  
[www.stvincentsfoundation.ie](http://www.stvincentsfoundation.ie) or call our donation line on 1850 603 803  
or write to **St. Vincent's Foundation, Elm Park, Dublin 4.****

## *How we handle your money continued....*

In line with our Donor Charter, all Donors and Fundraisers will receive a written acknowledgment of their contribution within one week of making the presentation provided that they supply SVF with name and address details.

Cash donations made face-to-face will also receive an immediate stamped receipt.

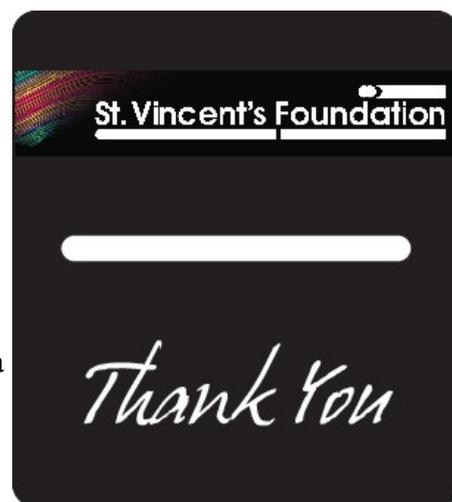
### **Grant Payments:**

Projects can only be supported by St Vincent's Foundation with funds raised or donated to us and for these we are always grateful.

We take very seriously the wishes of the donor/fundraiser. Funds are always deployed as directed by the contributor e.g. where dedicated to a specific or restricted medical area.

Decisions on grant applications of more than €2,000 are made on an independent basis by the Board of St Vincents Foundation. Decisions below this level are delegated to the CEO of St Vincent's Foundation

Specific details of grant payments for projects are contained on the website under **Grant Details**. These details include the source from which the financial support is provided.



***We are very happy to deal with any queries in this regard  
Our contact points are  
listed at the back of this magazine***

***St. Vincent's Foundation raises money from donors to  
enable our hospitals realise their world class potential in  
medical care, research and education***

# Fundraising Highlights

*Almost daily we have contact from patients and families about making donations or organising events. We are pleased to record some of them in the following pages. Each and every one makes a difference to our research and patient care and we are grateful to them all.*

*Details of these contributions and many more are featured on our website and in our photo gallery near Centrepoin in St. Vincent's University Hospital.*

As we enter a new year, it is an appropriate time to thank all the staff, patients and families for their wonderful generosity during the five years that St. Vincent's Foundation has been in existence.

*As the subject of the use of charitable donations has had so much publicity in recent times, we feel it is worth clarifying that because St Vincent's Foundation is run on a voluntary basis we can guarantee that all donated funds go to patient care, research and education.*

Once again, we must comment on the terrific range of fundraising activities and the kindness and generosity of all those who organise and support them. Enjoy reading about the successes.

## **Hazel Brack & Dunnes Stores Fundraising:**

Hazel Brack continues her wonderful series of fundraising events for Cancer care in St. Vincent's. On 25<sup>th</sup> October last, Hazel had a Pink Day in Dunnes Stores in Cornelscourt, where she works. Through her organisation, hard work and with the support of her colleagues she raised almost €5,000 on the day. We are grateful to Hazel who has now raised over €14,000 for St. Vincent's. We also appreciate her family's support and we thank the Management & Staff of Dunnes Stores, Cornelscourt.



*Hazel Brack and colleagues from Dunnes Stores, Cornelscourt at cheque presentation*

## **Jewellery gifted to St Vincent's:**

Gifts of jewellery to St. Vincent's were recently sold and raised over €1,000 for cancer care in the hospital. We appreciate the generosity.

## *Fundraising Highlights continued.....*

### **Christmas Cards, Raffle & Circus for Cancer:**

Supporting Cancer research and care in St. Vincent's, we held a raffle and sale of Christmas Cards during the month of December. Together they raised nearly €7,000. We want to thank everybody who supported this initiative by buying cards or raffle lines.

Our colleague Sr. Theresa in Chaplaincy wrote original verses for Christmas Cards this year, making them truly unique to St. Vincent's. Thank you Sr. Theresa.

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

***Tara Towers Hotel***

***Noonan Services Group***

***Tesco Merrion Centre***

***The Merrion Inn***

***Kylemore Services Group***

***Cheryl Beattie***

***Talbot Hotel Group***

***Home Instead Senior Care***

***Bianconi's Merrion Road***

***Tony Walsh Pharmacy Merrion Centre***

***John Irvin***

Thanks also to the many volunteers who gave their time to make this campaign a great success. The funds will be a welcome contribution to helping our patients.

Well done to those who were successful in the raffle - which included staff, patients and visitors.



***Pictured above are some of the array of prizes. Also pictured are two of our prizewinners Marie Fay, Dept. Medicine, S.V.U.H. & Joan McDonnell, Ethics Office, S.V.U.H. receiving their prizes from John Hickey.***

We were delighted to receive a call from Charles O'Brien of Fossetts Circus offering 600 free tickets to the Circus in the R.D.S. in December. Offered at a nominal price to staff, the tickets raised €775.00 for Cancer Research. In addition we received wonderful feedback from those who attended the Circus.

We are very thankful to Harta Fossett and Charles O'Brien for their kindness. Fossetts Circus has traditionally been renowned for its generosity to community support.

In all then, the Christmas fundraising came to almost €8,000 which is a record for us.

We must highlight the invaluable help from the Portering Staff at the main reception in SVUH for selling Christmas Raffle and Circus tickets and more recently in the Easter raffle.

A big thank you also to staff in St. Vincent's Private Hospital and Kylemore Services Group shops and coffee shops, for selling Christmas cards and raffle lines for the Foundation

## *Fundraising Highlights continued.....*

### **Remembrance Run, Phoenix Park – in memory of Moira Furey:**

In memory of Moira Furey who died in St. Vincent's December 2012, her husband Dermot and over 200 family and friends took part in the Remembrance Run in the Phoenix Park on 10<sup>th</sup> November last and raised €12,600. (see photo of the group on the day) We are truly grateful to Dermot and everyone involved for this exceptional generosity.



### **Head Shave for St. Anne's:**

In memory of her late brother, Peter McGrearty, Patricia Byrne organised to have her head shaved to raise money for St Anne's Ward in St Vincent's Hospital.

Patricia's brave decision contributed the magnificent total of €4,117 for patient care here in the hospital.

*Patricia is pictured presenting her cheque to the staff in St Anne's.*

Thank you Patricia for your courage and generosity.

### **Sligo Warriors Festival donation to St. Vincent's:**

Our thanks to the organising committee of the 2013 Warriors Festival in Strandhill, County Sligo who donated €1,000 to St. Vincent's at the request of a former patient Denis Foley & Family. Runners from all over Ireland took part in the multi-terrain 15k race from the beachfront in Strandhill. Denis Foley's land was on part of the course and we thank him and the Festival Committee for thinking of St. Vincent's.

### **2014 Calendars features Liver Transplant patients:**

Deirdre Faul, a successful recipient of a Liver Transplant over ten years ago, organised a huge project to produce a calendar for 2014. What makes Deirdre's calendar unique is that every month features a Transplant patient, half of them children. Deirdre did all the design and production. As well as a wonderful tribute to brave people, Deirdre raised €1,000 each for Children's Liver Disease Ireland and the Liver Unit in St. Vincent's Hospital. Thank you Deirdre for a terrific result.

### **Flora Women's Mini Marathon:**

Proceeds from the 2013 Women's Mini Marathon raised over €23,000. Again our sincere thanks to all who took part in this event, raising sponsorship for various causes here in St. Vincent's.

This year's event took place on June Bank Holiday Monday 2<sup>nd</sup> June 2014 and again we had great participation on behalf of many causes in St. Vincent's.

We will have further updates on this year's event in our next magazine.

## *Fundraising Highlights continued.....*

### **Dublin City Marathon 2013:**

We had a record number of participants who took part in the 2013 Dublin City Marathon to fundraise for the hospital. This is a very arduous undertaking and we are grateful to all who do this to assist projects in St Vincent's. Special thanks go to:

- Darinagh Doran O'Reilly whose MyCharity page raised €510 for Live Cancer Research
- Brothers Oisín & Darragh Doyle from Carnew, County Wicklow raised €320 for I.C.U.
- Raymond O'Reilly (*pictured after completing the Marathon*), his mother Evelyn along with family and friends raised a fantastic total of €1,496 for Neurology services and research into Huntington's Disease.
- Amanda Horan from County Galway who raised €600 for oncology services in memory of her late uncle David Carlyon who works in Dunnes Stores Cornelscourt raised €450 for Prostate Cancer.
- Tony Furlong again took part and supported patient care by raising €350.
- Niamh Dillon's MyCharity page raised €3,792 for the Liver Unit.
- Wendy Moffat and her friend Ruth Henderson contributed €290 for Cancer Research



### **Other Fundraising Highlights:**

A family from County Laois in the best spirit of the Christmas season decided to forego presents and instead donated all their Christmas presents money totalling €1,000 for Cancer services here in St. Vincent's.

Closer to home we are really grateful to our colleagues in St. Vincent's for raising funds for hospital causes. Natalie Wallace, Dietician who single-handedly organised a Jumper Day on 13<sup>th</sup> December for Cardiology and raised €150. Barbara McCann, Admissions Dept. together with colleagues in Dolce Choir sang Christmas carols on Sunday 15<sup>th</sup> December in the St. Vincent's Hospital Chapel. The excellent performance was transmitted to the wards and was much appreciated. In addition attendees collected €50.12 for Cancer Research in the hospital.

Cardiac patient Damian Marah and his fellow members of Wicklow Golf Club dedicated the proceeds of their Charity Golf weekend last Autumn, in the sum of €850, to the Cardiac Rehab Unit in St. Vincent's, to be used towards the purchase of an exercise bike for the Cardiac Rehab gym. Thank you to Damian and all in Wicklow Golf Club for this great support for our patients.

Our thanks to Mark Hankey from Enniscorthy who raised €292 in respect of Movember fundraising for Cancer/Leukaemia research in St. Vincent's. Well done Mark.

Jamie Lenihan living in Australia set up a MyCharity page "Sober October" to fundraise during the month of October for the Liver Unit in memory of his late mother, who was a patient in the Liver Unit. Jamie raised €1,430.70 through enormous personal effort for which we are most grateful.

The Captain & Lady Captain in Kilcoole Golf Club donated €1,000 in December for Cancer Services in St. Anne's. This was raised through a memorial competition for one of their deceased members. Thank you.

## *Fundraising Highlights continued.....*



U.C.D. Medical Society held their annual charity fundraising day on 11<sup>th</sup> October 2013. Several hundred students took to the streets of Dublin. The collection was to support many worthy charities, including St. Vincent's. We were pleased to receive a donation of €1,500 from the fundraising.

The money will be used in support of patient care, research and education here in St. Vincent's.

*(Pictured is John Hickey at the UCD Medical Society cheque presentation evening)*

Great credit is due to everyone who helped and supported this Charity Day. Our sincere thanks again to all involved.

Our thanks to Liver Unit patient Stephen Bryan from Stillorgan who donated a total of €1,300 from fundraising and collections from friends, family and work colleagues as far away as Beijing in China, for the Liver Unit. The fundraising was in memory of his late sister Mary Byrne RIP and his relation Luke Murtagh RIP, who were also Liver Unit patients. We appreciate this generosity Stephen on behalf of our patients.

Thank you to Noel Dela Pena and his wife Melina who organised a pre-Christmas collection in their community of Clane, Co. Kildare and raised €139.08 for cancer research

Jim Nolan Memorial Concert, Carlow:  
In memory of Jim Nolan, famed storyteller in Co Carlow, a group of his friends organised a fundraising concert in the Seven Oaks Hotel in Carlow, in November last. The proceeds were to be shared equally between The Alzheimer's Society and Cancer Care in St. Vincent's University Hospital. Jim died aged 90 on Good Friday 2012.



The concert was a great success with all artists giving their time free of charge and a magnificent total of €1,840 was raised, with €920 going to each of the beneficiaries. Our sincere thanks to John Candy, Ollie Hennessy and Olivia Murphy-Smith who made this happen. This is the latest in a wonderful series of fundraisers by these tireless supporters.

*(The photo above shows the cheque for Cancer Care in St. Vincent's being accepted by Pat Nolan, Jim's son.)*

Noel Martin from Ballina, Co. Mayo took part in the Bray 10km Cliff Run on 5th April and through sponsorship and his MyCharity fundraising page, he raised €506 for the Liver Unit in memory of his late sister Margaret Gallagher. Thank you Noel for your great efforts.

## Fundraising Highlights continued.....



### Eamonn & Mary Burke's New Year's Charity Swim 2014 for the Liver Unit

For several years, Eamonn & Mary Burke from Arklow have organised a fantastic fundraising Charity Swim in Arklow on New Year's Day for the Liver Unit in St. Vincent's. Eamonn had a successful liver transplant operation here.

Eamonn & Mary are consistent supporters of the Liver Unit and have contributed enormously to patient care here in St. Vincent's.

The 2014 Charity Swim raised a magnificent €4,225. Weather conditions were particularly rough this year and forced a delay in staging the event. On the day the swim went ahead, the sea was still difficult, so credit to all who took part. We are grateful for the huge effort involved. Sincere thanks Eamonn & Mary along with all who supported and took part in this fundraising event.

*Eamonn & Mary are pictured above presenting the proceeds to John Hickey and we also include some photos below from the event.*



### Christine Kearney's Easter Raffle for Breast Cancer services in St. Vincent's

Christine Kearney was in typical festive mood in the hospital on Thursday 10<sup>th</sup> April, fundraising again for Breast Cancer Services here in St. Vincent's. *(The pictures below capture the occasion well.)*

Christine along with her friends Catherine & Katie, dressed as Easter Bunnies, created a great atmosphere in the hospital. Their beautifully presented selection of 13 Easter prizes were fantastic and the Raffle raised €2,030. Special thanks also to the hospital staff on the main reception desk for selling tickets in the days and nights before the raffle.

A big Thank You to Christine, her family and friends for all their hard work in organising and supporting this further fundraising initiative on behalf of our patients. Over the years, Christine has raised over €13,000 for cancer research in St. Vincent's



## *Fundraising Highlights continued.....*



### **St. Vincent's Rugby Club Charity Ball and Bag Pack for Pancreatic Cancer**

St. Vincent's Rugby Club are steadfast supporters for the hospital and each year they have supported a specific cause in the hospital. This year their preferred cause was Pancreatic Cancer.

Their annual St. Vincent's Charity Ball took place this year on 15<sup>th</sup> February in the Shelbourne Hotel and a great night was had by all who attended.

*(pictured presenting cheque to John Hickey are Rugby Club members Mark Bolger & Kilian Tuite)*

Thanks to Dr. John Holian and the organising committee for again nominating St. Vincent's Foundation to benefit from this event. The surplus from the Charity Ball as well as a Bag Pack they organised in Tesco Merrion Centre raised a record €12,000.

Our sincere thanks to Kilian Tuite and his committee in St. Vincent's Rugby Club for their hard work and dedication in organising these two major events. Our thanks also to all who sponsored, supported and attended the Charity Ball. We wish the incoming committee every success in the new season.

### **Cancer Fundraising event in memory of Sean Archbold**

In memory of her Dad, Sean Archbold, who died in February this year, Amy Archbold, family and friends organised a fundraising day for St. Anne's Daycare in St. Vincent's University Hospital. All took place in the The Gallops Pub, Ballyogan on Easter Sunday last 20<sup>th</sup> April.

On the day they organised several events, including head shaving, waxing and even a "guess the number of jelly babies in the jar".

The event raised €6,197.85 which is an enormous contribution to patient care in St. Anne's.

*Pictured are Amy, her mother Teresa and brother Sean presenting the fundraising proceeds of the Charity event to John Hickey.*

Amy and a group of 16 family and friends also plan to take part in this year's Flora Women's Mini Marathon, fundraising for cancer care in St. Vincent's.



Our sincere thanks to Amy, her mum Teresa, her brother Sean and their extended family and friends for this wonderful support for St. Vincent's, at such a difficult time for them all.

***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.***

# Research News



Professor Donal O'Shea, head of the Obesity Research Group and Consultant Endocrinologist in St. Vincent's University Hospital and St. Columcille's Hospital, has been heavily involved in educating the public about the consequences of obesity. Prof O'Shea has worked alongside R.T.E. in programmes such as *Operation Transformation* and *The Obesity Clinic* to educate and provide awareness for the prevention of obesity.

His Research Group based in St. Vincent's are focused on investigating the effects of obesity, smoking and sex hormones on the immune system. The Group coordinates international, collaborative, translational research in obesity and its complications. The Group comprises researchers with laboratory, statistical and clinical research expertise and is funded through the Health Research Board, the National Children's Research Centre, a number of industry supporters and through donations to St. Vincent's Foundation. Their work focuses on the study of the health consequences of obesity and the study of this patient group will provide insight into the morbidity and mortality associated with obesity and may ultimately lead to improvements in patient care from a clinical practice perspective. In the following article, Prof. O'Shea argues that preventing childhood obesity will help to alleviate overweight and obese adolescents and adults.

## The EU Action Plan on Childhood Obesity:

"I recently travelled to Athens to talk to EU Ministers for health about their Action Plan for Childhood Obesity. The focus of the meeting which was the first formal meeting in Greece's term as President of the European Union was health and in particular nutrition and physical activity across the life-course from childhood though to the aging population.

In the last 60 years, life expectancy has increased by 20 years – incredibly positive. However, over the last 30 years obesity has doubled with the severe end of the spectrum increasing by 1200%. The net effect is that more people are living longer with more years of the chronic diseases that overweight, inactivity and ageing combine to cause. We know that obesity increases the risk of infection but there is now evidence emerging from within the obesity immunology group that obese children and adults are not responding appropriately to vaccinations against the common enemies including rubella, influenza, measles and tetanus. The resurgence of communicable diseases facilitated by the obesity epidemic is a frightening prospect. More diseases that were relatively quick killers are becoming chronic conditions. Cancer – and up to 40% of common cancers are caused by obesity – is the most notable and costly example. An overwhelmed health service, a pharmaceutical industry unable to cope with demand despite profits – a societal nightmare awaits – and it all begins in childhood.

The more we study how obesity affects the body, the more we are learning about how the body defends against weight loss. It is now clear that the defence against weight loss is primal - in evolutionary terms holding on to energy was at the foundation of survival. The result is that major weight loss and maintaining it are difficult for the vast majority of individuals. Only obesity surgery leads to weight loss in excess of 10% of starting weight. Everything else is up to 10% and difficult to maintain for the vast majority. This is why prevention is the way forward, and why the EU Action Plan for Childhood Obesity is so important.

Over the last decade we have accumulated evidence about the causes of the obesity problem. We now know – despite the food and drinks industry protestations - that the key driver of the obesity epidemic is the change in the pattern of food and drink intake and physical activity with the calorie intake being the more important epidemiologically. Physical activity is of huge benefit to health across the board – and this is not a new discovery. Plato - a onetime resident of Athens - said "Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." He must have lived by his word because he died at the age of 80. That's how we want our increased life expectancy to play out.



## *Research News continued.....*

However, in terms of the biggest driver of the obesity epidemic the gun is pointed squarely at the change in calorie consumption over the last 40 years with a swing to high sugar, high salt, high fat food and drink. I am hopeful that the EU plan to tackle childhood obesity will place the role of liquid sugar back in the limelight. Last years decision by GlaxoSmithKline (GSK) to sell its interest in Lucozade and Ribena was the first industry acknowledgement of the clear role that sugar sweetened drinks (free sugar) play in causing obesity and diabetes. It was no longer corporately sustainable for GSK to be making treatments for diabetes and cancer at one end of their portfolio and promoting a pattern of consumption of sugar sweetened drinks at the other end that drives both diseases. It would be akin to a tobacco company having a profitable and growing lung cancer chemotherapy portfolio. An EU wide plan to change the pattern of consumption of these drinks by children would put the food and drinks industry on the back foot and would be a very sensible starting point. Most cross border trade arguments would disappear and the health impact assessments suggest a reduction in the consumption of these drinks would have an early impact on reducing obesity rates. No country can achieve that – but the EU could.

As an exclusively economic union, the EU only has a role in health matters when there are implications for the economy. Obesity is already a billion euro plus cost annually to Ireland and the rest of Europe is in similar trouble. The health of the workforce is already struggling significantly because of obesity - absenteeism is higher, presenteeism is higher and then there is the cost of working years lost due to premature death. All of these are increased by overweight and obesity – and are a huge drain on productivity and a major cost. Thus, the EU is completely within its rights to address the issue of obesity and I think it is absolutely vital that the major focus is on childhood and prevention.

The draft of the EU action plan that I have seen acknowledges that while the individual is responsible, so too in a major way is society through food production, marketing and the physical activity environment – all of which are under the influence of the multinationals or the regulators. Thus to make the individuals choice healthy we must have responsible behaviour from society and industry. The EU plan also highlights the need for research – and that is essential if we are to learn the lessons that will lead to better health. If we can understand how one condition (obesity) causes every disease and in turn makes every disease it causes worse – then the benefits to healthcare will be enormous. That will be the good that will come out of the obesity pandemic.

After 20 years involved in the treatment obesity in adults, it is clear to me that the majority of the effort in the obesity area needs to focus on preventing the current generation of babies and children becoming overweight and obese adolescents and adults. The challenges of treatment have proven that at present, obesity is an almost irreversible complication of our current lifestyle. The goal of the EU action plan on childhood obesity is to make the healthy choice the easy choice. Sounds simple enough – but it's a challenge that no country has managed to rise to. Attacking it at an EU level is the best hope of change. The fact that doing this was proposed during Ireland's Presidency of the EU by Ministers James Reilly and Frances Fitzgerald and has been led out by Irish officials to the point of an Action Plan within a year is very impressive. In time it may well be seen as equivalent in importance to Ireland's role in the smoking ban".



*On the left, pictured at the UCD Newman Fellows Dinner 2014 recently are Prof. Donal O'Shea, with Dr. Laura Tobin, Sanofi-Aventis Newman Fellow in Diabetes, Prof. Andrew J. Deeks, President of UCD, Dr. Michelle Corrigan, SVUH Newman Fellow in Diabetes & Mary Dickens, County Manager, Sanofi-Aventis. On the right is Prof. O'Shea pictured at a conference in Toronto with Dr. Lydia Lynch (Obesity Research Group, currently based in Harvard Medical School), Prof Dan Drucker from Toronto & Dr. Andrew Hogan, Senior Scientist, Obesity Research Group, St. Vincent's.*



## Opening of James Gill "Chill-out" room in St Anne's Ward

June 5<sup>th</sup> 2014 witnessed a very joyous but poignant event in St Anne's Ward in St Vincent's Hospital.

A relaxation room for patients and family with state-of-the-art equipment was opened in memory of James Gill who died in the hospital in May 2013 aged 20.

The room has a large-screen TV, and facility for internet and computer games together with a white-board in a relaxing setting. The design of the room reflects what James identified when he himself was a patient. Regrettably he did not see the project finished.



The refurbishment of the room was made possible by a donation of €30,000 from the James Gill Cancer Fund. The balance of the funds donated will provide TV's in St Anne's Day-care Centre in St Vincent's

During his illness James's family and friends raised €60,000 to assist in his treatment but he died before he had the treatment.

His family divided the money equally between St Vincent's and Tallaght hospitals as he had been a patient in both.

James's Mum and Dad, Geraldine and Declan, officially opened the room accompanied by his brothers, Stephen and Karl and his sister Holly along with his Granny and Granddad, Mary and Liam and many many friends.

Commenting on the opening Geraldine spoke about James's spirit and positive attitude during his illness.

His memory will live on through the legacy he has left in this room for countless patients who will benefit from it.

On behalf of our patients we thank the Gill family and their friends for their generosity.



## Ways you can Help St. Vincent's

Make a Difference!  
**DONATE**

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.

Below are some of the important ways that supporters help:

### **Donations**

Every amount contributed to St. Vincent's makes a difference to our patient care regardless of how large or small. Contributions from *Friends of St. Vincent's* also help us in vital research that will improve the outcomes for patients now and in the future.



**All the ways to make donations are listed in the final page of this magazine**

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, donations of €250 or more in a given tax year would receive 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 2013 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 2013 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 is very worthwhile as it substantially increases the income to charities at no further cost to donors.

### **Fundraising Events**

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

### **In Memory donations**



In each edition of "*Friends of St Vincent's*" we note the large number of families who request donations to the hospital in lieu of funeral flowers. We are constantly amazed at this generosity at a time of great grieving for a loved one and we thank them all.

Often the bereaved relatives specify a medical area to be supported and we always adhere to this wish. If families intend to have a collection, in the church, at the funeral we can provide suitable laminated signs on request.

## *Ways you can help St. Vincent's continued.....*

***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***

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

### ***MyCharity Affiliation***



Don't forget our partner in fundraising ***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.

If you are using the MyCharity to raise money for St Vincent's through a sponsored event the best way 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 also, we are linked to their Facebook & Text Fundraising applications. You can also access a myriad of fundraising ideas via the "fundraising ideas page" on this site.

## *Comments from Our Patients and their Relatives*



**We constantly receive kind comments on the care given to our patients**

***We give a sample of these in each edition but we don't identify any patient or staff member***

***Readers might recognise their own comments***

"We believe that your care made his last months more bearable and in his last days you gave him dignity and peace"

"Despite these pressures under which you work, I would like to reinforce to you that the care and attention you directly give to your patients, the smallest words of encouragement as well as the important and professional healthcare you provide, make all the difference in the world".

"The care given to my mother was excellent by all members of the nursing staff."

"We would most sincerely like to thank all of the amazing angels of staff for their care to our Dad. He was treated with dignity, respect, empathy and compassion".

"Mum's care has been outstanding and I thank all from the bottom of my heart".

"Thank you sincerely to all the staff in St. Vincent's Hospital for looking after our sister and aunt in her last days".

"We could not have been more impressed by the commitment and dedication of the staff".

"We would like to thank the staff so much for all the help they gave us at such a sad loss".

"Thank you for your very sensitive assistance".

"You gave her dignity which was much appreciated".

## *Business Partners of St. Vincent's*

We frequently highlight that we can assure donors that we do not deduct costs from donations and that the cause supported by the donor benefits completely from the amount donated or contributed from a fundraising event. One of the reasons we can give this assurance is because of the financial help we receive from our Business Partners.

From the very beginning of St Vincent's Foundation we have had this generous support and on behalf of all of all our patients and their families we thank these businesses.

All of our current Business Partners are highlighted in this magazine and on our website.

In this edition we are delighted to note that AstraZeneca and Novartis – long-term supporters of St. Vincent's renewed as Business Partners for 2014. We really appreciate this.

Biomnis has recently become a Business Partner of St Vincent's and we welcome them. We are very grateful to Biomnis for this support.

*We look forward to continuing to working with our Business Partners into the future  
for the benefit of our patients.*

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

**AstraZeneca** 

 **Fannin**

**B&A**  
BEHAVIOUR  
& ATTITUDES

 **biomnis**  
YOUR PARTNER IN PATHOLOGY

 **NOVARTIS**

**Home Instead**  
SENIOR CARE<sup>®</sup>  
*To us, it's personal*<sup>SM</sup>

Donations can be made by  
24 hour donation phone line Tel: 1850 603 803

Via Our Website

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

Or

Pick up one of our leaflets in the hospital

**OUR CONTACT DETAILS**

**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)**

**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