

Issue 22

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



PIC-COLLAGE

Edition for 2020 & 2021

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

www.stvincentsfoundation.ie

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



**ST. VINCENT'S
HEALTHCARE GROUP**

Advancing Healthcare Since 1834



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
Registered Charity Number 20001872
Registered Office: St. Vincent's Foundation, Elm Park, Dublin 4

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

We welcome all readers to this first edition of our donors' magazine since late 2019. Throughout the period of restrictions due to Covid-19, we didn't publish because the vast majority of distribution of this magazine is to patients and visitors to the hospital and these numbers were very limited. In addition, we were highly conscious of the risk of spreading infection and it was unclear, in the early stages of the pandemic, whether handling of papers and magazines were a continued risk. Thankfully we are now able to resume printed communication.



Throughout the two years we continued to record the huge support we received from fundraisers and donors. Some of these were new to us. Many of them are the people who, year-in year-out, have been so generous and committed to ensuring that St. Vincent's can invest in patient care, in research and in medical education. We are so grateful to them all and delighted to tell their stories here.

Covid-19 certainly brought out the best in our communities. Right across the country fundraisers conceived the most amazing ideas for raising money and raising morale. The organisation and hard work involved in these projects was just stunning.

Normally we report here on the highlights of the financial performance, in the previous year, of St. Vincent's Foundation. Because two years have passed I would like to summarise what was achieved in 2019 and give detailed information for 2020. In 2019 we received €568,000 between fundraising and donations and we had operating costs of just under €20,000. It enabled us to provide financial support of €346,000 to activities within the hospital.

The total received in 2020 was simply amazing both in terms of the numbers of gifts but also the total amount of €1,600,000 received in the year enabling us to finance investments to a value over €900,000 for the hospital. The summary details are summarised in the article that follows and, as usual, the full detail of our accounts can be viewed on our website

Before we invite you to read the heartwarming stories that follow of kindness and support, we would like to pay tribute to the phenomenal frontline staff in St. Vincent's and in every hospital, who gave their all for every one of us. We owe them a huge debt of gratitude.

We are really delighted that Kay Connolly, C.E.O. of St. Vincent's University Hospital has contributed an article this time and it makes for interesting reading.

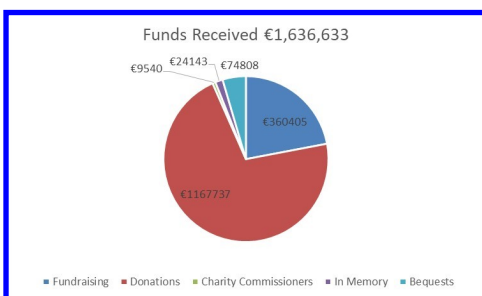
We mention in each issue that, as a voluntary organisation, St. Vincent's Foundation assures donors and fundraisers, that every cent raised goes to the intended cause.

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 patient care, research and education in St. Vincent's.

2020 Business and Financial Summary

By any standards, 2020 was an extraordinary year. The demands on everyone were immense and nowhere more than in our healthcare system. We saw how care-givers in all roles rose to that challenge. What was equally amazing was the response from the public in making donations and organising fundraising events to help the hospital to cope with the challenge of Covid-19. Both fundraising and donations were at an all-time high. With a total received of over €1.6M, it was three times what we would normally expect to receive. We can only express our sincere thanks to everyone who supported us and to assure them that their contribution saved lives. As usual we depict below where funds came from and how they were spent.

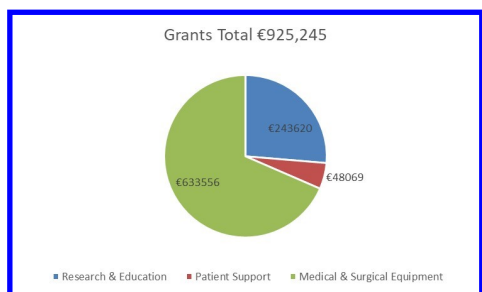


INCOME:

Not surprising, given the focus on fighting Covid-19 the majority of funds received were restricted to particular medical specialities mostly, but not exclusively to the response to the Covid virus. In excess of €717,000 was dedicated to the capacity to deal with Covid-19, a further €600,000 was restricted to other medical areas and marginally less

than €100K was unrestricted

All funds received are listed individually on the website under **TRANSPARENCY**



GRANTS:

Enabled by the funds contributed we were able to support projects in the hospital with more than €900k during the year in the areas of medical equipment, research, education and patient support. Some of the funds received will be deployed during 2021 and beyond. All will be to the benefit of our patients.

All grants are also shown on our website under **TRANSPARENCY**

EXPENSES:

St. Vincent's Foundation continues to operate on a voluntary basis with no salaries or wages. Costs therefore amounted to just €10,835 (2020 €19,935). The reduction in costs of 47% is due to the timing of some bills between different years and also represents a reduction in activity due to Covid-19 restrictions. Principal expenses are fees for accounting, legal and insurance, website hosting and maintenance. Travel costs, telephone costs, commission payments to the online platforms for online donations, depreciation and financial charges made up the balance.

Production of our twice-yearly donor's magazine *Friends of St. Vincent's* was suspended for 2020 and this also reduced printing costs.

Full details of the 2019 & 2020 accounts are available on our website.

A message from Kay Connolly, C.E.O., S.V.U.H.



I am delighted to be given this opportunity to write this contribution for the St. Vincent's Foundation Donor magazine.

As we are all aware the world has experienced a global health emergency due to the COVID-19 pandemic. We have been asked to take unprecedented measures in terms of how we live and how we care for each other.

This has also been the case in the acute hospital setting. The pandemic has brought many changes, from how we deliver our services to our patients, to the layout of the hospital, to new technologies being introduced to assist in providing the highest quality of care to our patients. In addition, our workforce is to be commended for their resilience, commitment, dedication and hard work in caring for our patients.

The donations from you, have been immensely important in supporting all of the specific projects in patient care, research and education that have continued during the pandemic. Your generosity of heart and spirit at such a difficult time is a true source of comfort and strength to all the staff who are working tirelessly in the most challenging of circumstances.

Your thoughtfulness and your generosity have benefited, and will continue, to benefit our patients. To every person reading this magazine who has raised money for St. Vincent's Foundation or donated personally, I would like to offer my deepest gratitude. Thank you for sharing your personal stories and experiences with us and for showing your deep commitment and dedication in helping us to help others.

At St. Vincent's University Hospital we will continue to deliver our mission to provide the best patient care, with the best team and resources, using the best processes, and the best approach. The donations made from you to St. Vincent's Foundation support us in our work every day.

All of this is managed and co-ordinated through the wonderful work of Mr. John Hickey and the Board of St. Vincents Foundation. I would like to take this opportunity to thank John and the Board for their selfless commitment in the work they do for our patients and staff.

My renewed thanks for your ongoing generosity.

**Kay Connolly,
Chief Executive Officer
St. Vincent's University Hospital**

Fundraising Highlights



In the following pages we detail many of the events that contribute to support for equipment and activities in our hospitals and to enable the many research projects that, over time, improve our capacity to care for patients and enhance their outcomes. Mostly, sources of support can be summarised as follows:

- ♦ **Personal Donations.** Usually done on a confidential basis where the donor wishes to make a difference but not be publicly identified. We always respect this and, if in doubt, do not name benefactors.
- ♦ **Fundraisers.** Ranging from personal participation in large events to uniquely organised functions, these are a major contributor to our funds. The creativity involved is amazing.
- ♦ **Contributions from Pharmaceutical Companies.** In support of specific research projects or healthcare initiatives, these companies' grants are very important in pursuing our aims of improving the medical environment for our patients.
- ♦ **Bequests.** Increasingly in recent years we have seen that people are setting down what they want to happen after their death and often including a gift to a preferred charity. In our case this frequently is for a specific cause in the hospital. St. Vincent's Foundation has been an active partner in MyLegacy.ie in encouraging people to make Wills and to consider a small donation to a charity of their choice. The central feature of this is "Best Will Week" which happens each Autumn.
- ♦ **Donations in lieu of funeral flowers.** These continue to be a most generous source of support. The generosity is all the more remarkable given the sadness affecting the bereaved families at the time.
- ♦ **Wedding favours.** On a much happier note, we are always delighted when couples decide to include a gift to St. Vincent's, as part of their wedding plans, instead of Wedding Favours on their great day.
- ♦ **Tax Refunds.** In some circumstances personal donations can allow us to make a claim from the Revenue for a tax rebate which increases the value of the donation at no further cost to the donor. We encourage donors to sign the necessary certificate where appropriate.
- ♦ **Collection Boxes.** Each year these boxes throughout the hospital raise nearly €10,000 which is a very welcome addition. We must thank those people who, completely anonymously, support our collection boxes so generously throughout the hospital.
- ♦ **Standing Orders.** We take the opportunity to thank the people who, over time, have created Standing Orders for regular payments to St. Vincent's Foundation. Many of these have been running for several years and we really appreciate each and every one.

A big, big thank you to all involved and we hope you will enjoy and be inspired by the stories that follow.

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, Merrion Road, Dublin 4
St. Michael's Hospital, Dun Laoghaire, Co. Dublin.**



Fundraising Highlights continued.....

Coolmine Bridge Club Charity Night:

Thank you to Marianne Toomey, President, and all involved in Coolmine Bridge Club, for organising a charity night last Autumn. They donated the proceeds of €1,000 for Pancreatic Cancer Research here in St. Vincent's.



Workshop Wizards fundraising for St. Vincent's:

In a very novel fundraising exercise, Catriona Marie Byrne, Joe Kinahan & Oisín Weitzman raised €550 for Mental Health Care in St. Vincent's. All three are Music students in Maynooth University. They organised a series of music lessons in schools in Castleknock and Maynooth, followed by a concert. Both were enthusiastically received and the contribution to the care in the hospital is much appreciated.

Pictured are Joe and Catriona Marie presenting proceeds.

Hugh Cooney Memorial Fund for PsychoOncology services in St. Vincent's Private Hospital:

The provision of PsychoOncology service in St Vincent's Private Hospital was initiated by the late Hugh Cooney, shortly before his death. It has been of immeasurable benefit to patients and staff in the hospital and we are so grateful to the Cooney family for continuing that support.

Based on the success of the programme, we received a further boost to this care by a very kind bequest of over €9,000 in December 2020. In addition, recently we have received a further donation of €1,500 from a grateful family.

Finally we are indebted to a number of users of the facility who have donated at frequent intervals. This is all very welcome and enables us to continue to provide this service.

COVID-19 fundraising and donations:

We have earlier mentioned the huge response of some many people and organisations to the challenges posed by Covid-19 for hospitals. We mention here a brief selection and many more stories follow in individual articles. The theme of Hospital Heroes is prevalent in so many:

- ♦ Ottavia, Fiammetta & Friends who donated €530
- ♦ Numerous personal donations—small and big
- ♦ Two personal donations of over €418K and €250K to purchase Covid-19 equipment
- ♦ Covid Research project—private funding through Prof. Donal O'Shea
- ♦ Edel O'Connor from Moreen in Sandyford organised a Community Bingo session, which raised €550 for PPE for Frontline Staff
- ♦ Trinity Sport Frontline Hero Challenge during the summer - GoFundMe page raised €8,100 and SVF got €2,700 from this

Aldi Support for Our Hospital Heroes:



We are delighted to report on the success of an initiative of the Aldi Stores throughout Ireland. To coincide with International Nurses Day on May 12th 2020, all 142 stores sold bouquets with all proceeds to be shared among the 12 acute hospitals in the frontline of Covid-19 patient care.

Aldi raised a total of €20,000 from the sale. On behalf of St. Vincent's staff we want to express our sincere thanks for this support.

Fundraising Highlights continued.....

Jim Eustace Memorial Fundraising Dinner for Pancreatic Cancer November 2019:

In memory of her beloved husband Jim, Freddie Eustace along with family and friends organised a fundraising dinner in aid of Pancreatic Cancer Research and Care here in St. Vincent's. The dinner took place in Lansdowne Rugby Club on Saturday 16th November 2019.

In one of the most successful fundraisers organised for St. Vincent's, this function raised a total of €37,725.94 and comes at a most appropriate time as St. Vincent's, being the National Centre for Pancreatic care, is investing heavily in our capability. We are sincerely grateful to all involved.



Pictured are Freddie Eustace with her daughters Sophie, Kate & Emma presenting proceeds to Mr. Justin Geoghegan, Consultant Surgeon, St. Vincent's and John Hickey, C.E.O. St. Vincent's Foundation.

Christmas Concert fundraising for St. Vincent's:

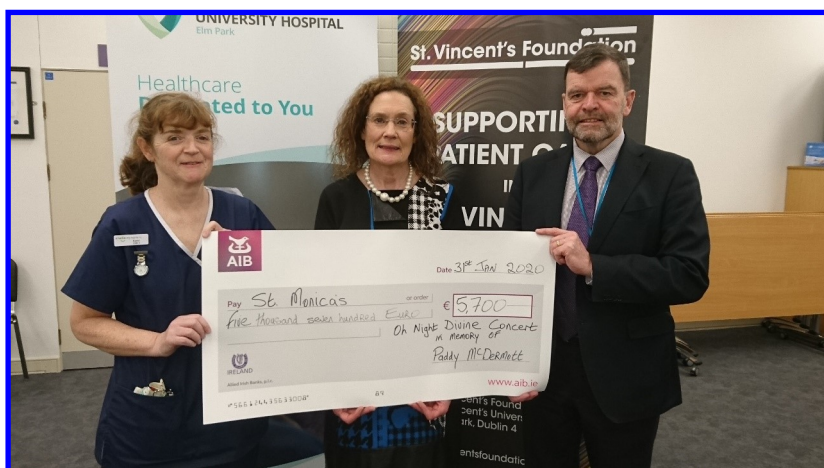
In memory of the late Paddy McDermott, his family organised a Christmas Concert "**Oh Night Divine**" which took place in St. Mary's Church Carlow in December 2019.

The Carlow Nationalist reported on the event, describing it as "*A wonderful evening of music in memory of a much loved local man for a very worthy cause*". Paddy's daughter Kathleen was joined by fellow sopranos Aisling McCarthy and Helen May along with mezzo sopranos Sarah Kilcoyne and Emma Jungling, tenor Oisín O'Dalaigh, baritone Andrew Johnston, pianist Aoife O'Sullivan and many more.

This event raised an outstanding amount of €5,700, which will be used for the benefit of St. Monica's Ward here in St. Vincent's University Hospital.

We are hugely grateful to Paddy's wife Maria, extended family, friends and supporters, including the Lions Club, for this wonderful support

Pictured is Maria presenting the proceeds to Karen Screene, Manager of St. Monica's Ward and John Hickey, St. Vincent's Foundation.



Fundraising Highlights continued.....



Taylors Three Rock fundraising for Cancer Care:

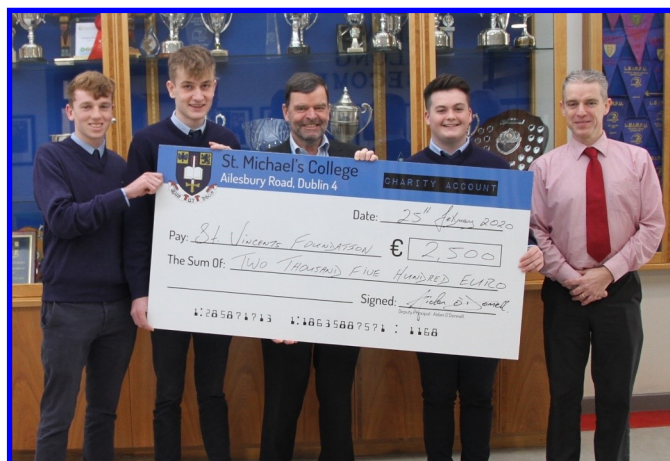
In memory of their customer and friend, Stephen Kelly, the management and staff of Taylors Three Rock, in Rathfarnham, Dublin organised a series of fundraising activities for cancer support in St Vincent's.

Two of Stephen's brothers, Ollie and Pat (**pictured**) presented the proceeds totalling €1,350 to the hospital. On behalf of our patients, we are most grateful to all concerned in this great result.

Annual Fundraising by St Michael's College:

For many years now, the students of St. Michael's College have organised fundraising to support a great number of causes, including St. Vincent's. This year our Pancreatic Cancer Care and Research programme received €2,500 from their generous fundraising.

Over the years St. Michael's has raised €18,500 for projects in St. Vincent's. The impact of these has been enormous for our patients and we deeply appreciate the continued support.



Pictured are Conor Crowley, Roy Haynes and James Aiken, representing their fellow students, presenting a cheque to John Hickey accompanied by Aidan O'Donnell, Deputy Principal of St Michael's

Make-up masterclass and Fashion Show for St. Vincent's Liver Unit:

Sarah Mitten and her family have been outstanding fundraisers for the Liver Unit in St. Vincent's over many years. In November 2019 they organised a Make-up masterclass and fashion show in the Riverside Park Hotel, Enniscorthy. This latest fundraising success contributed €1,300 to the care of patients in the Liver Unit. We are deeply indebted to Sarah and her family for their wonderful support for the Liver Unit, which to has amounted to almost €7,000. Thank you Sarah.

McCann Family Fundraiser at St Anne's Church Mullaghbuoy, Co Louth:

In order to celebrate Christmas Eve 2020, local singers, musicians and readers from Mullaghbuoy, Co. Louth provided a Carol & Prayer service on the 21st December. This evening of song was organised by the McCann family & friends. In the past their uncle Frank McCann sang at the church, with his beautiful and powerful voice. Having lost him in 2019 the family wanted to do something inspired by his legacy and, as he was cared for at St. Vincent's Hospital Dublin, they decided to raise funds for St Vincent's Foundation; specifically for cancer care in the hospital

The recording was available to watch online from Christmas Eve morning and the family asked that those who enjoyed it might donate to this cause. The piano was played by Susan McCann, singers were Aoibhéann, Naoimh, Gavin & Cormac McCann. Well known and celebrated local musicians Zoe Conway (fiddle), John McIntyre (guitar) and their children Fiona (harp) & Eoin provided the beautiful musical accompaniment. Our sincere thanks to the McCann Family and all who supported this event, which contributed €1,280 for Cancer Care here in St. Vincent's.

Fundraising Highlights continued.....

Fundraiser for the Liver Unit:

Liver transplant recipient, Helen Wrenn from County Limerick organised a novel fundraising event for the Liver Unit here in St. Vincent's. This took place on 22nd February 2020 in CH Health & Fitness in Athea village, Co. Limerick. Helen organised a boxing class, which was attended by a professional boxer.

Helen is photographed here with her supporters.

€654.28 was raised from this event and our thanks to Helen and her supporters for this wonderful support for our Liver Unit.



Jillian McNulty's Fundraising for Cystic Fibrosis

It seems that no edition of this magazine would be complete without reports of the many and varied fundraising activities of Jillian McNulty. Jillian, named as Longford "Person of the Year", has been unstinting in her support for both Cystic Fibrosis and the Renal Unit in St Vincent's. We are delighted to feature two of her ventures here.

In 2020, she organised a Valentine's Ball in Lough Rynn Castle, Mohill, Co. Leitrim. Despite her own significant health challenges she created a fantastic occasion which was also a superb fundraising success.

Jillian presented proceeds of €3,500 from the Ball - of which €2,500 will be used for the Cystic Fibrosis unit and €1,000 for the Renal unit here in St. Vincent's.

In September 2021, she organised a most innovative fundraising event. She had persuaded the Mayo football team, in advance of their All Ireland Final on September 11th, to sign a Mayo jersey to be raffled to raise funds.

Jillian raised a total of €2,425 on her fundraising page from this raffle and divided the funds equally between C.F. Ireland and the C.F. Unit here in St. Vincent's. We are most thankful to Jillian for donating €1,212.50 to our C.F. Unit.



Over many, many years Jillian has demonstrated phenomenal creativity and organisational ability to arrange event after event in support of this vital medical area. On behalf of our patients we owe so much to this extraordinary young woman. We number Jillian among our Heroes—Thank You.

TESCO Community Fund donation for Cancer Care:

Our thanks to TESCO Extra Maynooth, for donating to Cancer Care in St. Vincent's from a Community Fund distribution. We are most grateful for the amount of €249.95 received.



Fundraising Highlights continued.....



2019 Dublin Marathon Update:

Sincere thanks to our supporters who took part in the KBC Dublin Marathon in October 2019, the latest year of the physical event, fundraising for different causes here in St. Vincent's.

- ◆ Derek Fair fundraised for the Liver Unit raising €1,474.83
- ◆ Ollie Kelly took part in memory of his late brother Stephen and raised €1,702.15 for Cancer Care
- ◆ Daniel Murphy fundraised for patient care raising €948.56
- ◆ Alex Sheehan fundraised for patient care raising €2,250.65

Irish Life – MyLife app donation for patient care:

Our thanks to Irish Life for donating €2,000 for patient care in St. Vincent's. In January 2020 they launched a step challenge on Ireland AM to promote the MyLife app for Irish Life. Presenters Laura Woods & Lisa Cannon very kindly nominated St. Vincent's Foundation as their chosen charity. Even though their team, didn't win the challenge, Irish Life still made this donation to St. Vincent's. We are most grateful to all concerned for thinking of St. Vincent's.

Kilcross Community Bingo:

Thank you to Jackie Lawless and Siobhan Deans for organising Community Bingo in Kilcross, Sandyford in Dublin. They fundraised for PPE for Frontline Staff for two hospitals. St. Vincent's were delighted to receive the €556.15 proceeds. This was a great community initiative to help our Frontline Staff.

Colm's 50th Birthday Online Music Event:

Colm Weadick from Arklow had to cancel his 50th birthday celebrations due to Covid-19. Using his music connections and inspired by Lady Gaga's One World music event, he came up with a novel idea to organise an online charity music event.

He asked over 50 musicians and 42 made it for the video which was shown in May 2020. The videos were over 2 hours long and showed a variety of music and messages.

Funds raised were shared between St. Vincent's Hospital and Asgard Lodge Nursing Home in Arklow. St. Vincent's was delighted to receive €500 from this event, to be used for PPE for Frontline staff. Our thanks to Colm and all who supported this event.



Albert Ladies Hockey Club “do a dribble”:

In a most innovative fundraising event, six members of the Albert Ladies Hockey club (which has existed since the 1970's), raised €2,274 from a “do a dribble”. This wonderful group managed to achieve this while cocooning locally. These funds will benefit our capacity in Covid-19 and protective equipment for staff, and are most appreciated.

Fundraising Highlights continued.....

The Feeney Family Walking to St. Vincent's:

The Feeney Family from Killeshandra, County Cavan, together with extended family and friends, committed to a most creative fundraising event. They organised a walk of 141km, while conforming to the stipulated limits at the time under Covid-19. This is the distance from their home to St. Vincent's University Hospital; a journey they took every day for 5 months while their mother was being cared for in the hospital.



Far exceeding anybody's expectations, they raised €14,000 which will be an immense contribution to investing in Infectious Disease control.

On behalf of our patients we are hugely grateful to all involved in this fantastic support.

Our picture shows Laura and her mam Una, presenting the cheque proceeds to Dr. Eoin Feeney, Consultant in Infectious Diseases (who we should stress is no relation)

Neasa's sponsored walk 272km:

During the summer, Neasa Ni Chualain from Connemara, County Galway undertook a fundraising walk to support Pancreatic care and research here in St. Vincent's.

In a highly innovative approach, she decided to walk 272km because that is the distance from her home in Connemara to St. Vincent's Hospital. Supported by family and friends, and observing Covid-19 restrictions, she completed the challenge locally, a year after her surgery in St. Vincent's.

Neasa fundraising proceeds came to a fantastic total €4,574 and will be a hugely welcome contribution to Pancreatic care, which is currently receiving significant investment in St. Vincent's and which will benefit many patients in the coming years.

Neasa is pictured with family and friends



Other great Fundraisers during 2020:

- ♦ Simon Holmes fundraising for Covid-19: €607.90 raised
- ♦ Brian McCarthy from Urban Media and his colleagues organised an iDonate fundraising page in memory of Joe Kelly RIP for patient care: €2,305 raised
- ♦ Pass It On Comedians Against Covid-19, organised by Shane Hogan in Areaman Productions: €630 raised for Covid-19 patient care
- ♦ Martin Savage 10,000 steps in June for Oncology Services in memory of Cathy Lennon R.I.P.: €640 raised.

Fundraising Highlights continued.....



Fast and Marathon for Frontline Staff:

On Easter Sunday 2020 David Duggan (*pictured*) undertook the dual ordeals of a 24 hour fast and a full marathon. He managed to do the latter keeping within the maximum 2km distance from his home.

Through this valiant effort, David raised the magnificent sum of €6,100 which was deployed to supporting frontline staff in the three hospitals in St. Vincent's Healthcare Group.

In David's message he expresses the objective perfectly: ***"We see the lights never go out and we wish to thank all staff and their families most sincerely for their heroic efforts at this difficult time. I ran my first ever Marathon in the local area on Easter Saturday having fasted for 24 hours beforehand. Through a GoFundMe page, I received approximately 200 donations from family, neighbours, friends from my former school St. Michael's College and some of my work colleagues in PWC. Together they contributed €6,100"***. Thank you David for supporting St. Vincent's.

Mark's Burke's fundraising for I.C.U.:

Mark Burke from County Wicklow, having experienced the full impact of Covid-19, was determined to use the opportunity to fundraise for frontline staff whom he describes as "frontline heroes".

Mark, his wife Joanne, family and supporters raised the enormous sum of €11,428.74. This will be directly applied to specialist training of frontline staff in the Intensive Care Unit (I.C.U.) in St. Vincent's. Mark's funds will make a huge and tangible difference to future patients in I.C.U.

Pictured are Mark & his wife Joanne presenting proceeds to I.C.U. nursing staff Aisling Vickers, Niamh Byrne and Ciara Field

Mark describes his motivation and fundraising in the following:

"We wish for the funds to go for further training of specialist education of staff to accommodate the extra pressures these nurses have had to face. The incredible support, dedication and care that I have received from St. Vincent's ICU team saved my life and myself and my family will be forever grateful for the immense work put in by the nursing team."

I would like to point out that under these extraordinary circumstances that we have

all found ourselves in, it is our belief and experience that the nurses of Ireland have wholeheartedly saved the country from a tsunami of deaths. We thank them. We appreciate them and we will never ever forget them."

It was wonderful to see Mark making such a recovery in his health.



Fundraising Highlights continued.....

Eamonn & Mary Burke's St. Stephen's Day Charity Swim 26/12/2019 in aid of the Liver Unit:



For each of the last ten years, Eamonn & Mary Burke from Arklow, have braved the elements of the Christmas season to take to the water, raising funds for the Liver Unit here in St. Vincent's. When most of us are warm in our homes, Mary & Eamonn with an enthusiastic group of partakers and supporters, complete a Sea Swim to raise funds for Liver Unit patients.

In 2019 the event raised €4,390 and over ten years they have contributed almost €60,000, which is a vital support to our transplant programme and to patient care and research.



We are deeply indebted to the Burke family and all the legion of participants, organisers and supporters.

Following the Covid-19 interruption, Eamonn and Mary are recommencing the event for St. Stephen's Day 2021.

Columbanus Community Bingo for I.C.U. Staff Support:

In a most innovative and entertaining community fundraising initiative, Janice Duffy spearheaded the Columbanus community in Milltown, Dublin 14 in organising a series of bingo sessions, in conformance with Covid-19 restrictions. Janice and her team are continuing with this initiative, which to date, has raised €2,500 for the staff of the Intensive Care Unit. We are supremely grateful to Janice and her colleagues who made this happen.

SSE Airtricity donation for I.C.U.:

Catriona Melia who was involved with the Columbanus Community Bingo support, also encouraged her colleagues in SSE Airtricity to donate to the I.C.U. Dept. in St. Vincent's. The Collection Department at SSE Airtricity subsequently donated €1,000 for which we are most grateful.

Crutchless Ciaron's 25km Challenge:

Ciaron Noble from Brittas Bay, County Wicklow makes little of his dealing with Cerebral Palsy. An amazing man, Ciaron set himself the challenge of completing 25km over a five day period last year.

In doing so, he has raised almost €28,000 which was shared equally between Enable Ireland and St. Vincent's Foundation, for frontline staff support.

We are most grateful to Ciaron for presenting proceeds of €13,501.22 to St. Vincent's. Thank you Ciaron.



Fundraising Highlights continued.....

Suzanne Holligan Memorial Walk for St Vincent's and Tallaght Hospitals:

Suzanne Holligan was a young Garda working in Greystones when she died from cancer, in August 2019, at just 35 years old. In a most generous gesture, her grieving family and friends sought to have other cancer patients benefit. On Saturday, September 12th 2020 they organised a 10km walk in Glendalough National Park. 50 people turned out for the walk.

Cancer/ Oncology care here in St. Vincent's benefitted to the extent of €10,000 from this wonderful fundraising.

We are deeply indebted to Suzanne's parents, Tom and Nuala, her partner Dave and son Rian, and all their family and friends for this wonderful kindness at such a sad time for them.

Suzanne's Garda colleagues were most supportive and we are grateful to them also. Additionally we want to thank AMES, Athy for their sponsorship.



Suzanne Holligan Memorial Walk

Smile With Your Eyes fundraising for N.E.T. in St. Vincent's:

Lorna Winters and her family from County Sligo are passionately involved in fundraising to combat Neuroendocrine Carcinoid Tumour (NET).

The Winters Family were seeking to support the research in this medical field being conducted by Prof Dermot O'Toole and his team in St. Vincent's.

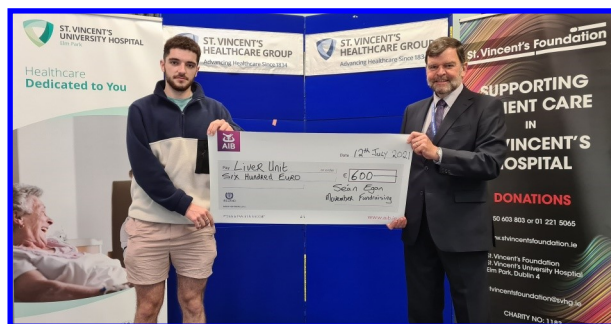
In a most creative approach Lorna suggested that people would take a Mask Selfie, donate €4 and tag four friends or make a personal donation to this critical cause. All funds raised will be used to enhance the research and equipment for NET in St. Vincent's Hospital, which is the National Centre of Excellence for NET.

Lorna's campaign captured the public imagination and raised the magnificent amount of €15,709. We owe a huge thanks to Lorna and her family for this generosity.

Fundraising Highlights continued.....

Sean Egan Movember fundraising:

One of our youngest participants to date in Movember was Sean Egan from Rathfarmham. He raised €600 for the Liver Unit here in St. Vincent's from this terrific effort. On behalf of our patients, current and future, we are deeply grateful to Sean and his supporters. *Sean visited the hospital to present his funds and our photograph captures the occasion.*



The Big Chop for Pancreatic Cancer:



Ruth Byrne, a young doctor from Dalkey, Co. Dublin, grew her hair for 18 months with the intention to cut off 14 inches of for the Rapunzel Foundation. The Rapunzel Foundation is a charity based in Ireland that helps to make wigs for children and adults with longterm hair loss, such as alopecia.

Ruth generously decided to also use the opportunity to fundraise for a very important cause that is close to her heart. She chose to raise money for pancreatic cancer research and care here in St. Vincent's. Ruth previously spent 3 months working in the National Centre for Pancreatic Cancer which is in St. Vincent's.

We are most grateful to Ruth and her supporters for contributing a fantastic total of €5,850 for Pancreatic Cancer Research.

Ruth is pictured after "The Big Chop"

Move for Maria – fundraising for I.C.U. Nurse training

Karl Walsh from Dublin ran 10km per day for 30 days fundraising for critical care nurse training in the Intensive Care Unit here in St. Vincent's.

From this phenomenal undertaking, Karl raised €23,896.31. All funds have been deployed in developing specialist post graduate training for I.C.U. staff. The benefits of this will be felt by current and future patients in I.C.U. We are deeply indebted to Karl for this trojan effort and result. We are also grateful to everyone who contributed to this success.

Bank of Ireland Business Banking donation in memory of Helen Lacey

In memory of their much loved colleague, Helen Lacey R.I.P., Bank of Ireland, Business Banking Client Services in Cabinteely donated €1,140 for patient care here in St. Vincent's. The presentation was made by her colleagues Greg, Graham & Susan who called to the hospital.

This donation was made up of fundraising they organised from a competition based on the GAA Championships and colleagues also contributed €500 from a lotto syndicate that Helen was a part of. On behalf of our patients, we are most grateful for this generous donation and our sympathies to Helen's family and work colleagues.

Pictured are Graham, Greg & Susan presenting the donation



Fundraising Highlights continued.....

Rebecca Mahon's "Count for Covid" fundraiser for I.C.U.

In a highly innovative fundraising, Becci Mahon from Blackrock,, Co. Dublin raised €8,400.59 for the Intensive Care Unit in St. Vincent's. Becci included a competition to guess the amount of sweets in a jar. The winner got a prize of a superb hamper. The funds raised by Becci are enabling the purchase of an additional iPad for I.C.U. patients and a significant investment in advanced specialist training for nursing staff in the Unit.

Becci's motivation is very well expressed in her own words:

".... my mum was rushed into hospital with Covid 19 and pneumonia. Within a few days things took a very bad turn for her as she was brought to ICU and put on a ventilator to fight for her life. After a week on the ventilator, thanks to the wonderful care and dedicated staff, my mum was able to come off it and began to breathe on her own...."

Words cannot describe how grateful my family and I are to the incredible ICU staff working at St. Vincent's."

We are very thankful to Becci and her family.



The Mahon family with I.C.U. nursing staff

Mountnugent GAA Club, Co Cavan Fundraising Cycle raises €4,040 for Cystic Fibrosis:

Mountnugent GAA Club, in Co Cavan selected the Cystic Fibrosis Unit in St. Vincent's Hospital as its chosen charity for 2020.

On Saturday, August 1st 2020, they organised a sponsored 100km cycle in Counties Cavan, Longford, Meath and Westmeath to fundraise for the C.F. Unit. About 60 cyclists from the club and other local clubs took part. It was a great social event and many of the families of the cyclists were in the village to welcome them back. Refreshments were provided by the Riverside Café in Mountnugent and donations were picked up by the cyclists and their families leading up to the Cycle.

Mountnugent G.A.A. Club presented a total of €4,000 from the cycle. We also received additional donations of €40 directly. This fantastic effort is a major contribution to our care of patients with C.F. and we are really appreciative of the great support.



Fundraising Highlights continued.....

Blossom Tree Ball 2020 in memory of Jenny McGovern (Taaffe):

Pippa O'Connor and her husband Brian Ormond host an annual Blossom Tree Ball, in aid of different charities. The 2020 event held in February, just before Covid-19 restrictions, was in aid of the Jenny McGovern Pancreatic Cancer Clinical Database in St. Vincent's University Hospital. Jenny was a good friend and mentor to Pippa & Brian and sadly passed away from Pancreatic Cancer in August 2019. All funds from the ball will go to finance the development of a Pancreatic Cancer Clinical Database in St. Vincent's.

The 2020 function was a record success raising funds and pledges totalling almost €203,000. This will enable the work for the database to commence immediately. It will make a major contribution to the successful treatment of patients with Pancreatic Cancer.

Jenny's husband, Alan, expressed the motivation so well on the fundraising page as follows: "In memory of Jenny McGovern (Taaffe), who passed away in August 2019 following a devastating Pancreatic cancer diagnosis in 2018. One of Jenny's final wishes was to help others. She wanted her death to be used as a catalyst to raise the profile of this awful disease. Currently in Ireland, the HSE have an administrative database which provides certain key performance indicators of the National Cancer Control Programme but does not allow for the collection or interrogation of clinical details for Pancreatic Cancer"

Words cannot adequately express our thanks to Alan, Pippa and Brian for this amazing contribution to St. Vincent's and our patients, *The photos below capture the presentation of the fundraising proceeds.*



Hannah Kindregan's challenge for the Liver Unit:

Hannah Kindregan from County Galway, a former patient of the Liver Unit in St. Vincent's, undertook a challenge during the month of April 2021. She set herself a target of raising €500 by walking a distance of 150km. She outperformed both by more than two times. As she explains herself "My 150km challenge is over. Thank you all so much for your support. As I doubled the fundraising target, I felt it was only right to double the distance. I can confirm that I have walked 319.93km"

Her iDonate fundraising page raised €1,115 for the Liver Unit. We are deeply grateful to this wonderful fundraiser and an exceptionally courageous person. We are also very indebted to all those who made this fundraising possible.

Fundraising Highlights continued.....

Collen Charity Cycle 2020 – Around the World in 8 Days for Cancer Care in St. Vincent's

The staff of Collen Construction held their annual Charity Cycle, contributing towards employee wellbeing and raising funds in support of chosen charities in Ireland, Germany and Sweden, where Collen operates.

In memory of their dearly departed colleague Conor O'Carroll, Collen Construction donated €5,000 from the event for St. Anne's Cancer Care here in St. Vincent's for which we are most grateful.



This year the amazing management and staff of the company have set themselves the incredible target of completing more than 40,000km to raise funds for many charities and we are delighted to say that St. Vincent's is again one of the charities to benefit. We will report on the outcome in a later edition of "Friends of St. Vincent's"

Master Builders and Contractors

Association donation for End of Life Suites:

The Master Builders and Contractors Association normally have a dinner where they contribute the proceeds from the evening to a charity of the President's choice. In 2020, as they could not have a dinner, the members of the M.B.C.A. donated a total of €5,640 and the outgoing President Rachel Clarke, nominated the End of Life Suites in St. Vincent's University Hospital, as her charity of choice.



Photo above shows Rachel Clarke & Paul Sheridan presenting proceeds to John Hickey, St. Vincent's Foundation

The End of Life Suites are a vital part of care to patients and their families. We really appreciate this wonderful support. We are most grateful to Rachel and Paul Sheridan, Director of M.B.C.A. who presented these proceeds.



Movember and more for Pancreatic Cancer:

Sami Bouakkaz (*pictured*) and his friend, Daniel Forde, undertook a challenging plan to raise funds for Pancreatic Cancer Care and Research in St. Vincent's.

Their objective was two-fold; to raise funds and to raise awareness of Pancreatic Cancer. As well as the normal Movember activity of growing a moustache, they also committed to a fitness test of completing 200Km, running, cycling and walking, during the month of November 2020.

The outcome was a highly valuable donation of €1,120 for this vital area of medical focus in St. Vincent's. It must be said that, for Sami, the result was even more creditable as he had dislocated his shoulder in a fall at Halloween. Well done Sami & Daniel and our sincere thanks to all who supported your great effort.

Fundraising Highlights continued.....

Our Hospital Heroes Fundraising for Covid-19 Response

In April 2020, a series of fundraisers were launched in support of 10 hospitals, primarily involved in responding to the severe challenge of Covid 19. The Mater Misericordiae University Hospital, St. James Hospital, Beaumont Hospital, Tallaght Hospital, Connolly Hospital Blanchardstown, St. Vincent's University Hospital, Mercy University Hospital Cork, Cork University Hospital, Waterford University Hospital and Cavan General Hospital collaborated in this giant effort. The fundraising events organised by wonderful supporters were as follows:

- Robbie & Claudine Keane – Our Hospital Heroes
- Brown Thomas supports our Hospital Heroes
- Our Hospital Heroes
- Ken Doherty Our Hospital Heroes
- Aldi fundraiser for Our Hospital Heroes
- Run for our HSE Heroes organised by Fiona Tallon

St. Vincent's was delighted to receive €32,754.63 from the events. We are deeply grateful for this fantastic support at this challenging time.



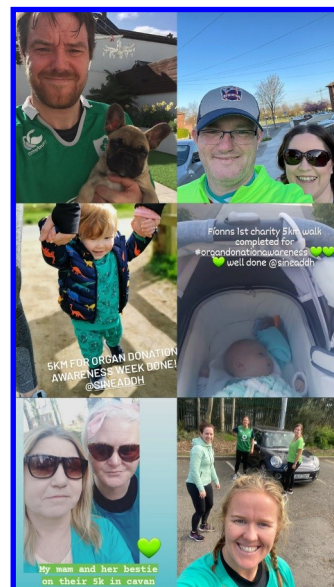
Run for a Life 5km

To mark Organ Donation Week in April 2021, multiple organ donation transplant recipient Sinead Lowndes planned to attempt her first 5km run since surgery. With the support of family and friends Sinead undertook this event on Saturday 3rd April 2021.

[See photos of Sinead and her supporters](#)

Her iDonate fundraising page raised a magnificent total of €3,007 for the Liver Unit here in St.

Vincent's. Sinead's result amply demonstrates her kindness, resilience and courage. We are indebted to her.



1,200 in Memory of Linda Connor

On the 12th Anniversary of the death of Linda O'Connor from Belmullet, County Mayo, 12 of her family and friends covered 1,200 miles (run/walk/cycle) in the month of March 2020. The idea to do this was stimulated by Linda's son Nathan to mark his 18th birthday.

[See photo here from the event](#)

Rachel McBride set up an iDonate fundraising page for this event, with funds to be divided between Oncology care here in St. Vincent's (where Linda was looked after during her

battle with Liver Cancer) and Cara Iarrais in Belmullet. A fantastic total of €8,052 was raised and St.

Vincent's are delighted to receive €4,026.

Fundraising Highlights continued.....

Bling Hunters, Frontline Hero Challenge for Covid-19 patient support in St. Vincent's:

In April last year, Wayne O'Driscoll from Bling Hunters set up a Frontline Heroes Challenge, which was a virtual event to fundraise for different hospitals and St. Vincent's Foundation was invited to participate in this initiative. Bling Hunters put this event together to show support to all the frontline staff for putting their lives at risk every day to keep us safe.



This challenge was a virtual run, walk, treadmill, cycle or any form of exercise where you could record your kilometres. It ran until the end of December 2020. A number of individuals also set up fundraising pages on iDonate to contribute to this event. Bling Hunters donated a total of €6,000 and several individual fundraisers raised a total of €3,635.

In summary, we are extremely grateful to Wayne O'Driscoll and all the individual fundraisers who took part in this event for St. Vincent's and contributed a total of €9,635.00 for this most important cause.



2020 & 2021 Women's Mini Marathon—Virtual Events:

As one of the greatest participation and fundraising events in Ireland, in 2020 and 2021 the Women's Mini Marathon organisers had to substitute with a virtual event because of Covid-19 restrictions. Despite this obstacle, many women still managed to fundraise and we are grateful to all who did so for St. Vincent's. The organisers are hoping that the event will be able to resume again in June 2022.

O'Neill Family 2,000kms for Pancreatic Cancer Research:

In the middle of the most challenging environment of Covid-19, the O'Neill family from County Kildare set themselves a challenge that would be daunting at the best of times; to walk/run 2,000 kms to raise money for Pancreatic Cancer Research in St. Vincent's. The fundraising was in memory of their beloved husband and father, Noel, who had died just four months previously.



15 family members from Kildare, Cork, Wexford & Sydney, collectively took part in the challenge while remaining within the Covid guidelines. Amazingly they didn't just achieve their objective but surpassed it, completing a distance of nearly 2,700 kms; an outstanding feat. In the process the family raised €10,300 for this vital medical area. It is an enormous contribution to our capacity for addressing Pancreatic Cancer and we are hugely grateful to everyone involved.

Picture shows some of the O'Neill family members on one of their long walks along the banks of the canal in Maynooth.

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.

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

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.

Here we feature investments in patient and family comforts, and equipment all financed by donors through St.Vincent's Foundation

Specialist Chairs for the Liver Unit;

Enabled by generous donations and fundraising we were able to purchase specialist chairs for St. Brigid's Ward. A Regency electric chair was purchased in early 2020. This chair will mean that higher dependency patients will be able to sit out; a significant contribution to their care and recovery. In September 2020, a specialist Perry chair was purchased to assist patients with mobility issues.

These chairs are a major contribution to patient care and comfort in our Liver Unit and we are most grateful to the donors involved.

Pictured are some of the staff of the Liver Unit with these new chairs



Tiernan Family Support for Patients:

Dr. Eoin Tiernan heads Palliative Care in St Vincent's and this role led to a great contribution to the barriers facing patients and their families in the Covid-19 environment.

Having experienced the challenges faced by patients requiring isolation in St. Vincent's because of Covid 19, Dr. Tiernan shared the challenge with his family. The response was immediate. His wife, Sandra, and his children immediately sought support for supplying iPads and other communication devices, so that patients could communicate with their loved ones, often in the most difficult of circumstances.

The scale of the response was such that they were able to extend the support way beyond the hospital to residents in nursing homes and elsewhere. So far, they have received over 140 iPads. The need is very great and more support would be very welcome.

Televisions in Wards:

It may seem very ordinary but for patients, particularly those who have a longer stay in hospital, access to a working television is a major contribution to their comfort. Because of the help given to St Vincent's Foundation we have been able to install televisions in many wards at a total cost of c.€24,000 per ward. We will continue to support this and we thank those who enabled us to do so.

Donors making a difference continued.....



Equipment purchased for Cystic Fibrosis Patient care:

A grant from St Vincent's Foundation enabled the C.F. Unit in the hospital to purchase a Vest Airway Clearance System. Physiotherapist, Ronan Buckley explains below the patient benefits from this equipment.

"Cystic Fibrosis (CF) is a multi-organ disease, mainly affecting the lungs and digestive system. It is caused by a defective gene that results in the production of thick and sticky mucus. People with C.F. perform physiotherapy based airway clearance breathing exercises to clear this mucus from the lungs on a daily basis. In varying circumstances, people may not be able to actively participate in this

airway clearance in their usual way. In these scenarios, The Vest Airway Clearance System offers an alternative method. It is a garment, like a life jacket, which provides vibrations to the chest wall to dislodge mucus from the lungs. St. Vincent's Foundation has provided funding to the C.F. Physiotherapy Team at The National Referral Centre for Adult Cystic Fibrosis here in St. Vincent's University Hospital to purchase the Vest. The whole C.F. team feel this will assist them in their goal of providing the highest quality of care to those attending the centre."

Donor support for C.F.:

As the National Centre for Adult Cystic Fibrosis in Ireland, we continue to enhance our capability in this area because of the generosity of donors that we highlight so often in these pages. To improve efficiency and response to patients needs we invested in communications technology for the ward area.

For patient comfort, we purchased state-of-the-art Dyson Fans for St. Christopher's C.F. Ward. These are particularly important as patients with C.F. often have to isolate in their own rooms, even in warm weather.

As part of ongoing research into C.F., we supported the unit in the acquisition of monitoring equipment to determine the effect of exercise on symptoms and well-being. This work goes on.

Similarly we grant aided a joint UCD/St. Vincent's research study in Cystic Fibrosis under Prof. Ed McKone. Prof. McKone outlines *"We are very grateful to St. Vincent's Foundation for supporting work we are doing in collaboration with C.F. Centres in Seattle and Iowa, looking at the impact of new C.F. drugs and how they are improving quality of life and need for hospitalisation in our C.F. patients"*

Obesity Research:

St. Vincent's Foundation, through Prof Donal O'Shea provided a grant for a joint research programme with Maynooth University which will benefit patients over time. The work is best described by Prof. Donal O'Shea as follows:

"Between 2020 & 2021, the Obesity Immunology Research Group (OIRG) at Maynooth University received two very generous donations from St. Vincent's Foundation to help support their research programme. These donations, totalling €115,000 were funded by a generous gift from an anonymous donor, and have helped the OIRG investigate the impact of obesity on SARS-CoV-2 vaccine efficacy.

With other viral pandemics, like H1N1 influenza, people with obesity (PWO) were more severely impacted, and had reduced protection after vaccination. We set about asking if the same was true for SARS-CoV-2, and early results indicate that PWO may have comparable vaccine responses, and although these results need to be confirmed, this represents positive news for those living with obesity"

Donors making a difference continued.....

Frailty Car initiative:

St. Vincent's Foundation is delighted to support the purchase, in partnership with St. Vincent's University Hospital, of a specialist vehicle for delivery of patient care for the EDITH (Emergency Department in the Home) service.

The initiative, to shift care from Emergency Department (ED) to a team travelling to patients' homes, follows a trial period from early 2020 and is now firmly established as an effective way of treating patients. The suitable cohort of patients include those suffering dehydration, falls, pain and orthostatic hypotension. The visiting team will typically be an ED doctor, Occupational Health staff and an Advanced Paramedic.

Karen Donohoe, Business & Operations Manager, SVUH summarises the effectiveness of the project:

"...The Team see, review and treat an average of 10 patients/day and to date approx. 91% of this group have been able to have their complete episode of care provided in their home. Of the 9% who required conveyance to Hospital some of these required attendance for diagnostics only and were able to go home immediately afterwards and did not require overnight admission. To date, almost 3,000 patients have benefited from this service, which has been a resounding success and a positive innovation for the patients, the staff and the hospital as a whole of which we are very proud..."

Since then this initiative has been recognised nationally for an Ireland East Healthcare Innovation Award and a HSE Excellence Award. Congratulations to all the team involved. This project wouldn't have been possible without donor support.



The pictures above capture some of the staff involved in this superb project

Scalp Cooling:

Owing to the success of the original installation there has been an increased demand from patients for access to the system while undergoing Chemotherapy. St Vincent's Foundation funded the equipment at the start and is pleased to finance the expansion as well as cover the costs of elements that have to be replaced over time.

Investment in Intensive Care:

The Intensive Care Unit in St. Vincent's capacity has been boosted by the appointment of additional staff for the area. This investment is optimised by sponsoring staff members to undertake the Post-Graduate qualification in Intensive Care. The cost for each participant is c.€8,000 and St. Vincent's Foundation is proud to have financed much of the cost. The impact for future patients will be highly beneficial.

Donors making a difference continued.....

Additional iPad support for ICU:

Based on the success of an earlier investment on adapting iPads for patient use in the Intensive Care Unit, we were able to add to the access there. I.C.U. presents particular challenges for patient's use of technology and the specialist engineering staff there were able to custom-design the units to great effect. We were delighted to provide the finance for this.

Urology Support:

We financed the purchase of an Ultrasound Probe. This is of primary benefit in treating patients with kidney cancer. It enhances the capacity of the Robotic Surgery system which St. Vincent's Foundation enabled some years ago and which has been most successful.



Endoscopy Discharge Lounge:

We were delighted to finance the refurbishment of the Endoscopy Discharge Lounge in the hospital. This has made a huge difference to the comfort and dignity of patients in this medical area. Previously the environment was unsuitable for what was required.

Stroke Unit equipment purchase:

Through the generosity of a kind bequest to St. Vincent's Stroke Unit, we were able to purchase a Cortrak machine for the Unit. The benefits of the Cortrak machine are summarised by Imelda Noone, Clinical Nurse Specialist in the Stroke Unit: "Each year approx 120 stroke patients are admitted to St. Vincent's with a swallowing problem and require an NG tube for essential feeding. The Cortrak machine is a real time computerised system that ensures that the tube is correctly placed at all times avoiding the need for XRay. It allows earlier commencement of feeding. The impacts on safety and patient care are immense"

Covid-specific support:

We have mentioned earlier that the response to the hospital need for help in battling Covid-19 was phenomenal. Apart from the enabled purchases we have outlined above, we have also financed to a total cost of €643,000 the following:

- ◆ Full ventilator system including carts and Restrainers
- ◆ Line Stacks and pumps
- ◆ Patient monitors
- ◆ Nine Philips Monitors
- ◆ A Magna Pure ICU system

We spent a further €100,000 on:

- ◆ Additional specialist training for nurses in the Intensive Care Unit
- ◆ Covid-19 related research projects

These were enabled by the many, many donations and fundraising events featured elsewhere in this magazine. We were particularly fortunate to receive two very large donations where the donors asked for anonymity.

Staff Wellness Booklet:

The challenges of Covid-19 demonstrated starkly that frontline staff are themselves vulnerable to adverse impacts on their own health. As part of an overall staff protection and wellness programme, St. Vincent's Foundation were pleased to repeat the financing of supporting materials for this.

Focus on Christmas

Our last Christmas Cards and Christmas Raffle campaign in 2019 was in support of Pancreatic Cancer Care in St. Vincent's. Thank you to all our staff, patients and supporters who contributed to a very successful raffle. The total proceeds of our Christmas Card & Raffle sales in 2019 came to €7,262.45. We want to especially thank all our colleagues who sold raffle tickets at Main Reception in the hospital, in St. Vincent's Private Hospital and KSG Shops in St. Vincent's, 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 in 2019

Bianconi's Bistro, Merrion Road	Clayton Hotel, Ballsbridge	John Delea
Goodbody	Harvey Norman, Carrickmines	Gerard Hegarty
Home Instead Senior Care	Irish Pensions & Finance	Sr. Eileen Keane
KSG St. Vincent's	Merrion Inn	Noonans
Talbot Hotel Stillorgan	Tony Walsh's Allcare Pharmacy	Gloria Winterlich

In 2020, again driven by Covid-19 restrictions we didn't organise a raffle or card sales but we did have many people who requested that we supply cards by post and we thank them for their support. This constraint will continue to apply in 2021. However we do have a stock of Christmas cards which we can supply by post. While the price remains unchanged, (€5 per pack of 10 cards), we will need to charge postage on orders. This will amount to an additional €2.00 per pack.

If you would like to order cards please email us on stvincentsfoundation@svhg.ie or call us on 01-2215065. Alternatively, fill out the order form below and post in with your payment.

Order form for Christmas Cards

Name: _____

Address: _____

Contact tel. no. _____

Cards are packed in 10's @ €5.00 per pack



Assorted Non-Religious

☐

Assorted Religious

☐


No. of packs _____ **(plus add Postage €2 per pack)** **Amount enclosed €** _____

**(Cheque/postal order payable to "St. Vincent's Foundation"
or order online through the "Donate" button on our website, giving details of your order)**

**Return your completed order form and payment to:
Mr. John Hickey, C.E.O. (Voluntary), St. Vincent's Foundation, Elm Park, Dublin 4**

My Legacy & Tax Reclaim for Charities



Best Will Month

My Legacy is an umbrella group of 60 Irish charities, of which St. Vincent's Foundation is one. Our group vision is to create social change; to increase the low level of will making in Ireland at every life stage and to make legacy gifts the norm in Ireland and a widely recognised and respected way of supporting a charity into the future. A charitable legacy gift is tax free.

In Autumn each year My Legacy organises events to encourage everyone to make a will. An important message in this communication highlights the wisdom of making a will to ensure that your wishes, in relation to your assets, are fulfilled after your death. It is a simple process and entirely confidential between the individual and the solicitor making the will. The percentage of people in Ireland who make a will is low by international standards and the absence of a will often leads to an expensive and sometimes divisive process to deal with the intestate estate.

The other objective of My Legacy is to encourage people to consider a small bequest to a favourite charity when the needs of loved ones have been catered for. A legacy gift can have a positive impact long after the person's life. In this area Ireland falls behind the UK and USA. 6% of donations in Ireland come from wills compared to 9% in the UK and 12% in the USA. My Legacy is looking to change this for the better.

We all know that small acts are the start of great change. As a member of @MyLegacy.ie we know that any legacy gift, no matter how big or small, will have an impact on us and the work that we do.

Visit www.MyLegacy.ie to find out how you can make a lasting difference.

In St. Vincent's, many important investments have happened as a result of a bequest. These include support for research programmes and for patient care. We are very grateful to the wonderful people who made this possible.

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. 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 the following example - where a donor gives €500 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 the years of donation, 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 or CHY3 form, which we can provide, and the tax reclaimed is very worthwhile as it substantially increases the income to charities at no further cost to donors.

How we handle your money & Fundraising



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.

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.



Fundraising Events

These are one of the biggest sources of financial support.

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

Don't forget our partners in fundraising, where you can set up your own fundraising page:

iDonate <https://www.idonate.ie/stvincents>

Given Gain <https://www.givengain.com/c/stvincentsfoundation/>

Just Giving <https://www.justgiving.com/stvincentsfdn>



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

Email: stvincentsfoundation@svhg.ie

Donations can be made via Our Website

www.stvincentsfoundation.ie

Or

Pick up one of our leaflets in the hospital

OUR CONTACT DETAILS

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Fax: 01 221 4428

Email: stvincentsfoundation@svhg.ie

Company Registration No. 464228

Registered Charity No. 20001872

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

St. Vincent's Foundation