

HELPING  
YOUR  
COMMUNITY  
SINCE 1873



# The Hospital Saturday Fund Charity Update

In 2019  
The Hospital Saturday  
Fund will give:

**€1.7 million**

in donations and grants  
to medical  
charities for care and  
research, hospices and  
hospitals across the UK  
and Ireland.

Assistance will also be  
given to individuals  
whose illness or  
disability has caused  
financial difficulties.

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May 2019

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## FirstLight Cheque Presentation in the Áras an Uachtaráin



Fionnuala Sheehan, CEO FirstLight, Sabina Higgins, Patron First Light, Margaret Rogers, Trustee HSF, Dave Thomas, HSF Vice Chair.

Margaret Rogers, Trustee HSF and Dave Thomas, Vice Chair HSF, were honoured to present FirstLight's HSF grant to Sabina Higgins, Patron of FirstLight and Fionnuala Sheehan, CEO FirstLight.

FirstLight provides professional and qualified support to anyone affected by the sudden death of a child or young person. All the support provided is free of charge and is offered nationwide to families at probably the most traumatic time in their lives. The sudden and unexpected loss of a child leaves parents with feelings of guilt, anxiety and immense sadness.

FirstLight wants to continue to address the needs of families, irrespective of where they live, at this very difficult time. The demand for their services is growing (300% increase in case load in the last three years) and it is becoming increasingly difficult to reach all members.

The purpose of this recent grant is to establish a locally delivered Crisis Intervention and Home Visit Service in the underserved West/North West region of Ireland. At

present, this service is provided from their headquarters in Dublin.

They will establish and train a select group of therapists based in the West/North west region to undertake these vital home visits and provide crisis intervention and support. While Ireland is a small country sometimes it can be difficult to reach outlying areas in the West/North West region. Having locally trained therapists able to respond quickly is a major and positive growth step for First Light. And, of course, a life line for families trying to understand the enormity of the loss of their child.

"FirstLight is delighted to announce we have been awarded a €10,000 grant by The Hospital Saturday Fund in January, to support the expansion of our professional support services in the West-North-West region. The cheque presentation took place at a special ceremony in the Áras an Uachtaráin on Wednesday, February 20th hosted by FirstLight Patron Sabina Higgins".

## Open Door

Open Door (based in Wicklow) applied for a grant towards physiotherapy at their Centre. They were awarded €2,700 earlier this year and recently provided an update.

Open Door is an activity centre providing activities including physiotherapy, art, ceramics, woodwork and music to adults with physical disabilities. The centre is a vital social outlet for its members and also provides carers and families with a much needed break. Open Door is proud to celebrate 35 years of service in the wider community and look forward to many more years helping adults with physical disabilities.

The short term objective is that 6 weeks of physiotherapy costs would be covered and with reduced funding this would be of great benefit to their members. The long term objectives are increased mobility and increased muscle tone for our many members who have various disabilities including Multiple Sclerosis, Parkinson's Disease, Motor Neurone Syndrome, Cerebral Palsy and others. They address a need

to care for marginalised adults with physical and sensory disabilities in the community. Through physiotherapy Open Door members learn to cope with their disability through individual and group sessions.



Open Door Centre patients

A typical day for someone attending the Centre involves starting off in the main day room with a cup of tea or coffee and perhaps biscuits or toast, a chat with fellow members and staff and for many of our members a read of the paper and often doing the crossword. The members then move on to their first chosen activity of the day.

By 10.30am the rooms in our purpose built Centre have become a hive of activity. Lunch is provided at 1.00pm. Activities continue after lunch until 3.00pm.

## Cork Association for Autism

Cork Association for Autism began back in the late 70's when a group of families in the Cork region were left frustrated at the lack of information, knowledge and fundamental support services available to those affected by Autism Spectrum Disorder. The families came together in determination to secure their children's futures and armed with nothing but sheer perseverance and belief in their cause, they founded the Cork Association for Autism in 1978.

Over the years Cork Association for Autism has expanded from a five bedroom residential property in Greenville, Carrigtwohill, Co. Cork to today providing professional autism support services from six centres across Cork City and County to over 350 adults who are affected by Autism Spectrum Disorder. The service provides person centred support and skill development programs to adults on the Autism spectrum throughout the Cork and Kerry region.

The service is the preeminent Autism Specific Service Provider in the region. Their objective is to support each individual to access and develop educational, vocational, social and recreational opportunities. They

applied for a grant to modernise the communal utility area in Greenville House. A functional utility room will benefit the residents by facilitating the development of basic life skills.

Due to health and safety issues the space could not be used for training purposes, however, once modernised, will be used to support residents' skill development with household tasks such as a laundry, food preparation and cleaning.



Carol Murphy, HSF Grant Making Committee, presenting the cheque for €11,000 to Carmel O'Halloran, Finance Manager CAA.

## Depaul



Cathal Nolan, HSF Grant Making Committee member, presenting a grant cheque to Depaul towards their mental health first aid trainer programme.

Depaul supports 450 individuals on a nightly basis to access emergency accommodation in Dublin. Homelessness is a big issue in Ireland and is particularly focussed on the Dublin area.

Depaul has a big impact in alleviating the problem and their core funding supported by the Government (Housing and Justice) goes to cover day to day operational costs.

## Irish Dogs for the Disabled

HSF recently donated €12,000 to Cork based charity Dogs for the Disabled to enable them to upgrade their van, something they had not been able to do for over a decade! Dogs for Disabled is a unique charity, the only one of its kind in Europe, and has been providing dogs to children and adults with physical disabilities for over a decade. Over 80% of the charity's clients are children between the ages of 6 and 12 years, living with severe physical disabilities which effect their independence and social interaction. Their assistance dogs are especially trained to assist physically disabled children and young adults to carry out

a range of practical tasks in order to achieve greater independence. These everyday tasks include opening and closing doors, picking up dropped items, emptying the washing machine and helping someone with severe walking diffi-

culties to walk with greater ease and balance.

Incredibly, despite a decade of excellence in the area of disability and with over 200 dogs working nationwide, Dogs for the Disabled receives no government funding, relying completely on the generosity of sponsorship, donations and fundraising, and the dogs are partnered at no cost to the recipient. Two of their highly skilled dogs are currently working alongside therapists in St. Otterton's Hospital, Waterford, whilst a third trained dog is living in a domestic situation with a dementia sufferer.



Kay Madden, HSF health plan, presenting €12,000 to Jennifer Dowler, CEO Irish Dogs for the Disabled.

## Spina Bifida Hydrocephalus Ireland

SBHI received €13,500 grant for the new 'APPLIED Knowledge Project' which will see all SBHI publications overhauled and implemented into a new digital platform!

In 1968, a small group of parents whose children had Spina Bifida and/or Hydrocephalus established a voluntary organisation which would highlight awareness of these two conditions and support families, individuals and carers who were affected. Their determination and dedication resulted in the establishment of The Irish Association for Spina Bifida & Hydrocephalus (IASBAH). These parents were pioneers who laid the foundations for

what is now a nationally recognised organisation. In April 2008, the National Association of Spina Bifida Hydrocephalus Ireland Ltd was formed, and trades as Spina Bifida Hydrocephalus Ireland. The Charity aims to foster an environment in which every person

affected by Spina Bifida and Hydrocephalus can lead a fulfilled life. Spina Bifida Hydrocephalus Ireland provides essential information, support and advice to everyone living with Spina Bifida and/or Hydrocephalus. They believe in, and seek to realise, a socially inclusive and equal society for all people living with Spina Bifida and/or Hydrocephalus.

The Charity enables its members to get the very best from health, education, and social services and it lobbies the Government to significantly improve services and all necessary access for people living with disabilities.



Tom Scott, CEO SBHI with Thomas Bull, HSF Head of Finance at the cheque presentation.



Cathal Nolan, HSF Grant Making Committee, presenting a cheque for €13,500 to Merchants Quay to improve primary health care for homeless & vulnerable people.



Mia Shepherd, Senior Account Executive, HSF health plan, presenting a cheque to Irish Neonatal Health Alliance towards vital neonatal equipment.



Craig Broome, Senior Account Executive HSF health plan, presenting a grant cheque to The Irish Hospice Foundation towards their advanced care planning programme.





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### The Charity Team

**Paul Jackson**  
Chief Executive

**Louise Kent**  
Charity & Events  
Manager

**Dee Wright**  
Charity Co-ordinator

**Jo Moore**  
Charity Administrator

**Lynne Paine**  
Matched/Joint Funding  
Manager

**Ana Vega**  
PA to the  
Chief Executive



The Hospital Saturday Fund (HSF) is a UK charity that was founded in 1873 by pioneers in social and philanthropic work to help people to afford medical care. In recent times, the Fund has 'tailored' its benefits and these are now offered through HSF health plan, one of the leading health cash plans in the UK and Ireland. Profits from the trading company, HSF health plan, are channelled into the 'parent' charity, The Hospital Saturday Fund, to enable charity donations to be made. In 2019 The Hospital Saturday Fund will give €1.7 million in donations and grants to medical charities, hospices and hospitals across Ireland and the UK. Assistance will also be given to individuals whose illness or disability has caused financial difficulties.

## Grant Information

### Who can apply:

The Hospital Saturday Fund is a registered charity whose aims are to provide assistance through its charitable funds for:

- Registered medical health charities which are in need of grants for medical projects, care, research or in support of medical training within the United Kingdom, Isle of Man, Channel Islands and Republic of Ireland;
- Individuals with a medical condition or disability who would benefit from assistance with the purchase of specialised equipment or from particular forms of treatment.

For how to apply see the HSF website for criteria and link to the online application form:  
**[www.hospitalsaturdayfund.org](http://www.hospitalsaturdayfund.org)**

### Applications for Organisations:

The Grant Making Committee (GMC) meets quarterly. Applications should be submitted online by close of business on the deadline date. Here are the dates for 2019:

#### GMC 28 January 2019

Standard Grants of £2,000 or €3,000 – deadline 4 January 2019

Large Grants of up to max £10,000 or €13,500 – 1 December 2018

#### GMC 29 May 2019

Standard Grants of £2,000 or €3,000 – deadline 1 May 2019

Large Grants of up to max £10,000 or €13,500 – deadline 3 April 2019

#### GMC 12 August 2019

Standard Grants of £2,000 or €3,000 – deadline 15th July 2019

Large Grants of up to max £10,000 or €13,500 – deadline 17 June 2019

#### GMC 4 November 2019

Standard Grants of £2,000 or €3,000 – deadline 7 October 2019

Large Grants of up to max £10,000 or €13,500 – deadline 9 September 2019

#### GMC January 2020 (dates for 2020 to be confirmed in December 2019)

Standard Grants of £2,000 or €3,000 – deadline 6 January 2020

Large Grants of up to max £10,000 or €13,500 – deadline 1 December 2019

### Applications for Individuals:

Individual applications are accepted throughout the year on a rolling basis. See the guidelines on our website for further information.

## Helping employees with everyday health care costs

With HSF health plan your employees can get affordable health cover which includes HSF Assist<sup>®</sup>, our Employee Assistance Programme, and covers their family at no extra cost.

Contact us today and find out how we can help your company.

**1890 451 451**

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