

**HELPING  
YOUR  
COMMUNITY  
SINCE 1873**

*In 2021  
The Hospital Saturday  
Fund will give:*

**€2.2 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.*

#### Inside this issue:

**Saint John of God Foundation** 1

**Educational Trust at  
Dublin City  
University** 2

**Crann Centre** 2

**Cork Counselling** 2

**ICRR** 3

**Individual Grant  
Update** 3

**About HSF** 4



# The Hospital Saturday Fund Charity Update

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Page 1

## Saint John of God Foundation



Margaret Rogers, HSF Trustee and Grant Making Committee Chair (centre), presents a €13,500 cheque to Sarah Donohoe, Fundraising Manager at St. John of God Foundation and Michael O'Flanagan from ASIAM, Ireland's National Autism charity

The Saint John of God Foundation has provided community services in Ireland since 1892. For over a century, they have developed and improved services for children and adults with intellectual and physical disabilities and mental health problems. Over 8,000 children, adults and adolescents in Ireland living with an intellectual disability have been able to utilise St John of God services.

These services include community-based day and residential services that support individuals with a range of needs that include complex medical

care and high physical support needs.

There are a total of 85 designated residential centres, some on campus locations and the majority in community settings throughout Ireland. In addition, their 'home away from home' centre, Suzanne House, provides 24 hour respite care for children with life limiting conditions aged between 1 & 13 who have complex medical and nursing needs.

HSF's grant of €13,500 will support the production of Autism Resource Packs that meet different needs for young people and their families at various stages of their journeys.

1. A pack for young people and their families yet to be assessed for autism
2. A pack for young people who have recently been assessed for autism
3. A pack specifically for girls with autism, as they often present differently to boys, sometimes delaying a correct diagnosis of autism.

The project is a collaboration between the St John of God Foundation and ASIAM, Ireland's National Autism charity.

All the information will ensure a widely and easily available service for families, teachers and medical professionals, thus meeting a real need for this information.

## The Educational Trust at Dublin City University (DCU)

The DCU Exoskeleton Programme is a University based, physiotherapist led service, which provides people with reduced mobility due to paralysis, access to their bionic exoskeleton technology.

The main goal of the programme is to allow people who are paralysed, the ability to complete sessions of supported walking. One client travels down from Northern Ireland every week, just to avail of this technology. He was involved in a motor cycle accident through no fault of his own and is now paralysed and unable to walk. By using the exoskeleton suit, he is able to walk. As he said: "I am standing up! My life would not be the same without it!"

This will not cure but it will help to strengthen their muscles and internal organs, which can be hugely affected by spending most

of the day sitting down. Sitting down for extended periods of time has a huge detrimental effect on all other organs of the body, resulting in unnecessary discomfort and damaging to internal organs. While this programme will not cure an individual, their quality of life is so much better and their overall health is not being affected.

Despite the pandemic, in 2019/2020 the DCU Exoskeleton Programme held 531 walking sessions for 38 people and can deliver 35 to 45 sessions per week.

They work with science graduates from the university which provides them with invaluable knowledge. The programme has different outcomes for various levels of paralysis. Depending on the severity of the injury and other factors, very positive results can be achieved. The technology is ground breaking. There is already a waiting list of 15 children to access this technology.

DCU have been granted €13,500 by HSF to assist in the running of their Exoskeleton Programme.



Margaret Rogers, Trustee and HSF Grant Making Committee Chair (left), presents a grant of €13,500 to Sarah Williams, Development Manager of DCU Exoskeleton Programme

## Crann Centre

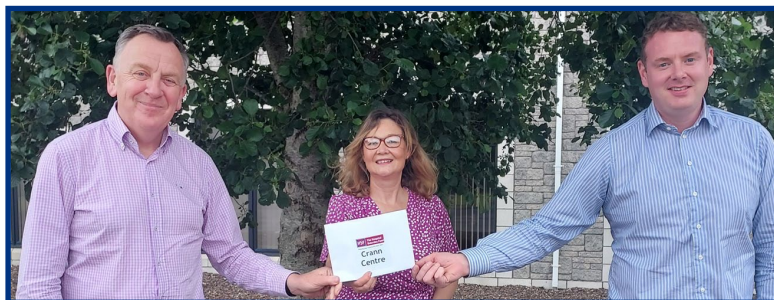
Crann recently contacted HSF for help with funding towards purchasing playground and leisure space they are building for children, adults and families living with neuro-physical disabilities. This includes disabilities like Spina Bifida, Hydrocephalus, Muscular Dystrophy, Cerebral Palsy, childhood stroke and spinal injuries.

The playground will be situated behind the Crann Centre in Cork and will be used by their service users and other linked charities. The building works commenced in June 2021 and will include specialised play equipment and hand built unique structures.

Pádraig Mallon, Chief Executive at Crann, explained the playground will have a significant impact on the quality of life of children and

adults with a disability who currently have little, or no access to an inclusive play and leisure space. It will allow them to experience the joy of play, movement and enhanced mobility in a nurturing environment. Crann will also be collaborating with local partners to deliver innovative therapies on site. As a result, HSF were happy to grant €13,000 towards this life changing project.

This is only the Crann Centre's second full service delivery and they have been able to support 600 people. This amount is expected to grow. Their services include supporting people with issues such as Mobility, Psychological, Health & Continence, Education, Work and Social Capital. Crann also offer Wheelchair Skills Training, Pressure Care Management, Play Therapy, A moment for Me (for carers) and Breaking Barriers Theatre Group for children and adults.



Pádraig Mallon (left), CEO and Justin Farrell, Fundraising Manager, Corporate Partnerships, Grants, Trusts and Foundations (far right) of Crann, receive a grant from Carol Murphy, HSF Association & GMC Member, for €13,000.



## Cork Counselling

Cork Counselling Services provides professional counselling, psychotherapy and training services in the south of Ireland. Formerly known as The Counselling Centre, CCS was founded in the early 1980's when at the time, the south of Ireland did not have a culture of professional counselling and psychotherapy.

The Counselling Centre was one of the first centres in the south to provide a professional counselling service to members of the community. Counselling comes in all forms, depending on the requirements of each client. As it is important that proper and correct details are recorded, Cork Counselling Services are eager to install

a Client Management System (CMS). This will provide a highly secure cloud-based system to manage client information.

When you have a variety of counsellors who may have to visit a client or talk to them via the telephone, it is essential the counsellor has access to correct and up to date information. This is particularly the case when the charity are dealing with up to 400 clients a year. In 2020 they offered 2,119 hours of professional one-to-one counselling.

HSF were happy to support this charity and grant Cork Counselling Services (CCS) €5,500 towards the cost of their Client Management System (CMS) project. A new cloud-based computer system will no doubt go a long way in helping to support CCS and the public they strive to help.

Below: Carol Murphy, HSF Association and GMC member (centre), presents a grant of €5,500 to Hugh Morley, Head of Business, Cork Counselling Service and Betty Quinlan, Operations Manager & Registrar



## ICRR

Irish Community Rapid Response successfully launched Ireland's first dedicated and charity funded Air Ambulance on the 30th July 2019. Based out of North Cork, ICRR's Community Air Ambulance (call sign Helimed92) is an asset of the National Ambulance Service. It responds to the most serious trauma and medical emergencies. In 2020, 490 missions over 13 counties were carried out.

They offer a vital life saving service, bringing advanced paramedics from

The National Ambulance Service to the roadside, farm, or home within minutes of the incident. Most critically, the Air Ambulance can then transfer the casualty to the hospital that best suits their needs.

ICRR recently received a €10,500 grant from HSF which is to support the cost of 3 missions, each mission costing an average of €3,500. ICRR are not government funded and raise funds through fundraising campaigns and grant applications.



HSF Association & GMC Member, Carol Murphy (left), presenting the cheque for €10,500 to Karen O'Sullivan, Key Relationships Manager at ICRR

## Individual Grant Update

HSF was pleased to be able to support Anita with a grant towards Exoskeleton Rehabilitation.

Following an approach from Spinal Injuries Ireland, HSF were made aware of Anita's requirements following spinal cord injury and were able to make a grant towards this vital rehabilitation. This rehabilita-

tion will allow Anita to stand and walk and gain many health benefits as well as psychological benefits from standing eye to eye with conversation partners and being able to participate in more activities. The photo shows Anita's thanks!

Founded in 1994, Spinal Injuries Ireland is the only support and service agency in Ireland for people who have sustained a spinal cord injury.





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### The Charity Team

**Paul Jackson**  
Chief Executive

**Louise Kent**  
Charity & Events  
Manager

**Dee Wright**  
Charity Co-ordinator

**Jo Moore**  
Boards & Individual  
Grants Officer

**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 2021 The Hospital Saturday Fund will give €2.2 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 2022:

#### GMC 25 January 2022

Standard Grants of £2,000 or €3,000 – deadline 4 January 2022

Large Grants of up to max £10,000 or €13,500 – deadline 1 December 2021

#### GMC 17 May 2022

Standard Grants of £2,000 or €3,000 – deadline 20 April 2022

Large Grants of up to max £10,000 or €13,500 – deadline 23 March 2022

#### GMC 9 August 2022

Standard Grants of £2,000 or €3,000 – deadline 13 July 2022

Large Grants of up to max £10,000 or €13,500 – deadline 15 June 2022

#### GMC 3 November 2022

Standard Grants of £2,000 or €3,000 – deadline 7 October 2022

Large Grants of up to max £10,000 or €13,500 – deadline 9 September 2022

#### GMC January 2023 (all dates for 2023 meetings to be confirmed in December 2022)

Standard Grants of £2,000 or €3,000 – deadline 4 January 2023

Large Grants of up to max £10,000 or €13,500 – deadline 1 December 2022

### 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, our Employee Assistance Programme, and covers their family at no extra cost.

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

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