

HELPING
YOUR
COMMUNITY
SINCE 1873

In 2022
The Hospital Saturday
Fund will give:

€2.4 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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The Hospital Saturday Fund Charity Update

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Marie Keating Foundation



Sharon Phelan, HSF health plan Operations Director presents a €13,500 cheque to Liz Yeates, CEO, Marie Keating Foundation

Following their mother Marie's death from breast cancer in 1998, the Keating family promised to provide the people of Ireland with vital information, advice and support on the signs and symptoms of cancer and help to prevent cancer or detect it at its earliest stages. The Marie Keating Foundation was established in her memory and with this central ambition in mind.

The Foundation's mission is to make cancer "less frightening by enlightening" and their aim is to live in a world free from the fear of cancer.

Today, the Marie Keating Foundation is one of the leading voices in Ireland for cancer prevention, awareness and support. They are committed to being there for people diagnosed with cancer (and their families) at every step of their cancer journey - and their services reflect that. Through the information and support services they reach thousands of people a year giving education, information and advice focused on cancer prevention and early detection, as well as providing support services and financial assistance to those living with and beyond cancer.

They applied for a grant towards the 'Survive and Thrive Programme'.

The programme helps men and women who have completed their cancer treatment to adapt to the 'new' normal after cancer. Every year, they run four 8 week Survive & Thrive programmes nationwide giving expert advice and support on making the transition to life after cancer.

At HSF's January 2022 Grant Making Committee they were awarded €13,500 towards the programme.

Lisheens House

Lisheens House is a community-centred mental health charity that offers free counselling, training, and support to those who are experiencing a mental health crisis. The Charity was founded by Noreen Murphy after Donal, her husband died by suicide in 2007. Noreen had witnessed first-hand the lack of affordable and accessible services, not just for her husband during his battle with depression, but also for his family during this time and after his death.

Lisheens House launched its free counselling service on October 31st 2014, whereby anyone in crisis, at risk of suicide or self-harm, can call a confidential helpline. The Charity's service has evolved to include a unique wellness centre plus a panel of Counsellors who see Clients throughout Cork city and county. Lisheens House also offers support to the families and friends of those in crisis plus OPR Suicide Prevention Training.

The Centre which is based in Skibbereen was opened in August 2016. This centre includes counselling rooms as well as spaces which facilitate a wide range of complementary therapies, including among others, Mindful Movement, Yoga, Creative Art and Tai Chi. With over

three thousand CDs & Vinyls, the centre is also home to a vast Music Library where anyone can drop in, and pop on the headphones, listen to music and maybe forget about life's worries for a little while. Upstairs features the wonderful Book Nook, a treasure trove of thousands of donated books which can be enjoyed over a coffee or purchased on the day.

The Charity has developed quite a unique fundraising strategy, in that it owns a trading company that sells second-hand furniture in two shops in Skibbereen and Clonakilty, which employ 10 staff in total. Lisheens House intends to open a third shop in Bandon this year.

The Charity has purchased a building in the middle of Skibbereen but requires €200,000 to convert the building into a Child & Adolescent Mental Health Counselling and Support Centre.

In January 2022 they were awarded €13,500 towards the project and they have already raised €36,000 towards the refit of the new centre.



Paul Jackson, HSF Group CEO, presenting the grant cheque to Noreen Murphy, Trustee at Lisheens House.

Polio Survivors

Polio Survivors Ireland was set up in 1993, as the Post-Polio Support Group, by polio survivors who were experiencing the Late Effects of Polio (Post-Polio Syndrome). The lack of information available to them about their condition had been identified as a significant problem. The aim of the charity is to work to maintain the independence and dignity of polio survivors and it is the only organisation in Ireland providing practical support to those people who contracted polio as babies or young children.

Polio Survivors has a membership of approximately 930 people, most of whom contracted polio in early life. Many now experience problems with the Late Effects of Polio or Post-Polio Syndrome (PPS). Every polio survivor has individual needs. The charity helps in many

ways, including carrying out an assessment of a client's needs to find out whether they are receiving proper support and medical attention. The charity also provides opportunities to link with other polio survivors so that no one feels isolated or alone. There are thought to be 7,000 polio survivors in Ireland, all of whom will have increasing needs as they age.

The numbers of survivors has not reduced, due to people who have emigrated to Ireland who have unfortunately caught polio in the country of their birth. One of the main symptoms of Post-Polio Syndrome is feeling extremely cold, so being able to afford proper heating is very important. Unfortunately, this situation was made worse for polio survivors by the recent Covid lockdowns in

Ireland as most survivors were forced to shield at home, thereby increasing their heating bills.

Our grant of €13,500 will go towards their winter heating grants which they offer to Polio Survivors with extreme intolerance to the cold.



Margaret Rogers, Chair of HSF Grant Making Committee, presenting €13,500 to Macrina Clancy, Chair & Fran Brennan CEO, of Polio Survivors Ireland

Look Good Feel Better Ireland

Look Good Feel Better was launched in Ireland in 2003 as a programme managed by the Irish Cancer Society and in 2013 was re-established by the Irish Cosmetic & Detergent Association (ICDA) as a registered charity. Their service to date has provided support to over 10,000 participants.

Look Good Feel Better host skin-care and makeup workshops for women undergoing cancer treatment. They are unique to Ireland, if they did not offer this service it would not be available to women going through cancer treatment. Our grant will enable them to have a significant impact on their clients' mental health, self-esteem and self-confidence.

The project will provide a hybrid programme comprising of a total of 8 workshops (4 zoom and 4 face to



Margaret Rogers, Chair of HSF GMC, presenting a grant cheque for €12,466 to Annabel O'Keeffe, General Manager, Look Good Feel Better Ireland.

face) with Cancer Care Centres initially. Each workshop would be made of 4-10 participants and each participant would receive a cosmetic kit before the workshop.

They also want to evaluate the programme to see which is more effective, face to face or virtual events. They be-

lieve that face to face workshops are the way forward and feel that this is an opportunity for women to meet each other and work together in the make-up workshops. They have seen how supportive this interaction is with participants chatting with each other and sharing their stories on this sometimes very difficult journey.

There is no real research to prove their theory and they intend to follow up with research to evaluate the effectiveness of both which, will allow them to investigate ways to evaluate the programme more effectively.

From our earlier support it enabled them to run their very first pilot programme outside of the hospital setting.

They were delighted to receive a further grant of €12,466 towards their hybrid workshops.

NOVAS

Novas is a voluntary organisation and Approved Housing Body working with families and single adults who are disadvantaged and socially excluded; primarily those who are homeless or at risk of being homeless. They provide a range of services and accommodation for marginalised households throughout Ireland.

They were seeking funding for their Street Outreach service, which supports the physical and mental health of some of Limerick's most vulnerable groups. The service provides homeless and other marginalised people with hot food and warm clothing and facilitates their mental and physical health. The Street Outreach service is run entirely by trained volunteers. Once a

day, at 6.30pm in the evening, the volunteers take a van around to various hotels and a bakery, who provide hot food and pastries for the homeless community in Limerick. These establishments provide the food at no cost and for no gain of social media opportunities.

Once loaded, the volunteers take the food around to the homeless and park up like a takeaway van so that the vulnerable individuals can queue up for hot food, hot drinks, soup and pastries. This is often their only meal of the day and is quite often the only time of the day when they have any interaction.

Our grant will enable them to continue offering this vital service to the homeless and other marginalised people.



Sharon Phelan, Operations Director at HSF health plan, presenting the grant cheque to Una Burns, Head of Policy and Communications, NOVAS

Individual Grant Update

HSF were delighted to receive feedback from Chloe's mother after receiving their grant; "I would like to thank you kindly for providing funding for my daughter Chloe's hoist through the Spina Bifida Hydrocephalus Association and their representative Caitriona. We successfully were able to build an extension to our home to provide Chloe with a bedroom and bathroom. The hoist you helped us with is in her room which when we are in better financial circumstances, will be fully

adapted into a sensory room. The biggest first expense was hoisting that room so thank you for that. Given the current economic climate with building costs, we were also lucky to find builders whom held their quote price from 2 years ago for the extension build.

It is nothing short of a miracle that this extension got built and your help with the hoist was part of it.

I enclose a picture of Chloe in her superhero t-shirt along with a photo of the hoist and her favourite teddy".





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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 2022 The Hospital Saturday Fund will give €2.4 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

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 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.



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

www.hsf.ie 0818 451 451

Helping your employees with everyday health cost

With HSF health plan your employee can get affordable cover which includes HSF Assist, our Employee Assistance Programme, and covers their family at no extra cost.



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