

Charity Update



The Hospital Saturday Fund

HELPING YOUR COMMUNITY SINCE 1873

IN 2022, 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, Malta and Ireland.

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



Inside this issue:

Page 1

Association Meeting

Page 2

Asthma and Allergy Foundation
Martha Trust

Page 3

St John Ambulance
Individual Grant Update

Page 4

About HSF

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DECEMBER 2022

Association Meeting



Mark Davies, Trustee, HSF health plan, presenting to Steve Palmer, Chairman, London Wheelchair Rugby Club.

The Hospital Saturday Fund held its first face to face Association Meeting in London on 13 October 2022, at which we awarded grants totalling £26,000 to 8 charities. HSF were very pleased to welcome Steve Palmer from London Wheelchair Rugby Club who is both chairman and coach. Steve was paralysed at the age of 23 after he was pushed into the shallow end of a swimming pool on holiday in Rhodes. For 10 years Steve had played for Great Britain before retiring internationally in 2011, he competed at both Athens 2004 and Beijing 2008 in the Paralympics, he has received three European gold medals and three World Championship appearances. Steve was educated at Forest Hill Boys School in South East London, and has been LWRC Chairman since 1999.

Steve explained "as chairman and Head Coach of London Wheelchair Rugby Club I have many responsibilities but the one that concerns me most currently is how I can lift the burden of cost from LWRC members. A lot of our members live day to day solely on their disability benefits, and that is becoming an increasingly more difficult magic trick for them to perform. With the price of everything shooting up day by day my aim is to continue to offer a small piece of sanctuary whenever they come to train, somewhere free of the financial worries of everyday life. By providing

spare chairs and equipment through the club and access to a cost-free training session, players can then concentrate on improving their skill sets and realising their ambitions whether that is at Paralympic level or as a social outlet. The decision to support our members in this way was crystallised during the Covid pandemic. It became very apparent to me just how important the social element of what we do at LWRC really is. After an enforced break of 9 months, it was clear to see that the daily interactions that we all had taken for granted were in a way more important than the trophies and the successes. Our game is Wheelchair Rugby, our aim is to win, but looking after our players and volunteers on that journey will always be our priority".

Following his presentation, Steve received a grant of £5,000 towards London Wheelchair Rugby Club's running costs. An interesting presentation was given where Steve spoke about his career and how his accident had changed his life. The meeting concluded with the presentation of grant cheques to Anthony Nolan, Charlton Athletic Community Trust, Compaidd Trust, Richard House Children's Hospice, Scuba Trust, Woking and Sam Beare Hospice and Woodlarks Camp Site.

Asthma and Allergy Foundation



(L-R) Vicki McGrain Rae, Health Promotion Manager, Asthma and Allergy Foundation, Paul Jackson, Group CEO, HSF and Martina Chukwuma-Ezike, Chief Executive.

The Asthma and Allergy Foundation is dedicated to improving the quality of life and health outcomes for people living with asthma in Scotland. The Charity provides evidence-based health information, confidential advice, and practical support to people with asthma, their families, and carers.

The Asthma and Allergy Foundation works in partnership with funders to help

people with asthma to live healthy, active, and full lives, stop asthma attacks, and to ensure that no one dies needlessly from asthma. Through funding from sponsors and partners, the charity supports 14,000 people with asthma, their families, and carers every year.

We met Martina Chukwuma-Ezike, Chief Executive, who gave us a tour of the charity's facilities. Martina presented a very informative PowerPoint presentation about the Asthma and Allergy Foundation's work with parents of children with asthma, their schools, and residential care homes.

With a small amount of education, almost all asthma related deaths in Scotland would be prevented. In 2020, 133 children died as a result of an asthma attack. Martina explained that the 'My Breath is my Life' programme, supporting children and young people with asthma in schools, has been a great success in Aberdeenshire, and the foundation want to expand it to more areas of Scotland.

The programme educates teachers and parents on how to deal with a child suffering from an Asthma attack. As part of the programme, every school in Scotland is encouraged to have a generic inhaler to keep a child breathing until he or she can be transferred to hospital for oxygen treatment.

The cost of the programme for approximately 135 schools is £40,000, and the Asthma and Allergy Foundation has so far raised £10,000. To help enhance their efforts, The Hospital Saturday Fund awarded a grant of £10,000 towards the 'My Breath is my Life' programme. The Asthma and Allergy Foundation said:

"We are delighted to have received a grant of £10,000 from The Hospital Saturday Fund to enable Asthma and Allergy Foundation deliver My Breath is My Life Project and provide vital services for children and young people with asthma, their parents and carers in Edinburgh and Lothian to reduce hospital admissions, prevent asthma attacks, ensure effective management of symptoms, and improve quality of life".

Martha Trust



Resident and Martha Trust support worker

Martha Trust were awarded a £2,000 grant earlier in the year towards their Person Centred Software (PCS). The images show some of the residents doing

activities as well as a support worker using one of the hand held PCS devices.

'Thank you to the Trustees of The Hospital Saturday Fund for supporting our Person Centred Software (PCS) appeal this year, with your generous £2,000 grant. We continue to see huge benefits from the use of the PCS, for our teams at Martha, residents and their families. PCS came into its own during the pandemic giving the relatives of our residents the opportunity to have electronic access to information about the daily care of their loved ones, including records of care, photos and reports. The feedback from the relatives has been so positive. They feel that they are involved in their loved ones lives and demonstrates

Martha's transparency and open approach to care. The PCS system is an integral part of our monitoring systems at Martha, providing detailed clinical evidence, detailed recording of accurate and timely care and a variety of valuable reports which are used to identify issues and trends, enhancing clinical care for residents.



Resident and Martha Trust support worker

St John Ambulance



Jayden with her mother, Natasha

Jayden, aged 12, one of St John Ambulance's cadets and a young carer, featured on Channel 4 recently after receiving an award for her lifesaving achievements.

In May 2022, The Hospital Saturday Fund awarded a grant of £2,000 to St John Ambulance to carry out their training for young people like Jayden.

Jayden has been a volunteer with St John Ambulance since she was seven. When her mum, Natasha, banged her head on the bathroom cabinet, she didn't think much of it and continued to get into her bath. Jayden, a registered young carer from the age of five because of Tash's ongoing heart condition, called her Mum to check she was OK. When she got no reply, the young cadet rushed into the bathroom to find her mother unconscious. Using skills learned with St John, Jayden held her ear to Natasha's mouth to check her breathing, kept her head above water, her airway open and shouted for help.

Her actions saved her mum's life, and Jayden was awarded Young Hero at The Sun's Who Cares Wins awards, which aired on Channel 4 in November 2022.

You can read more about Jayden's incredible achievement [here](#).

Irene Lafferty, Senior Trust and Statutory Fundraiser said:



"Thank you again for the generous support of the Hospital Saturday Fund for our youth programme.

Jayden was able to save a life by learning crucial skills at St John Ambulance. We're very proud of all she has achieved, and it's great to see the difference St John Ambulance can make to young lives and volunteers like Jayden."

Individual Grant Update



Oye competing with others at a charity event.

Oye Jemiyo, a table tennis player who has overcome huge odds to play at international level, took part in a fundraising event to help Yorkshire Air Ambulance. He has suffered from polio since the age of two, and has been confined to using a powerchair.

In January 2021, The Hospital

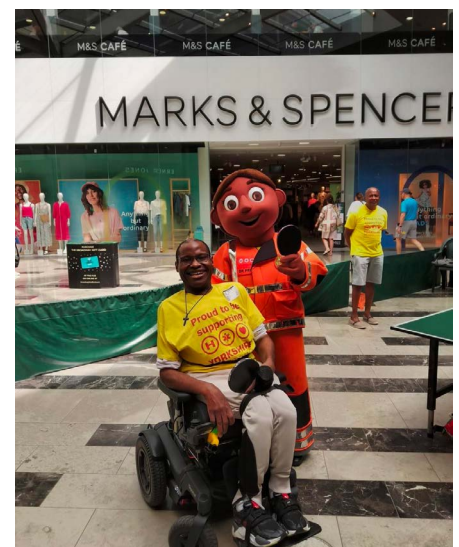
Saturday Fund awarded a grant to Oye so he was able to purchase a new wheelchair and continue his training, competing and doing what he does best: playing table tennis like a champion!

He took up table tennis in 1996, aged 19, and has won medals for Great Britain over the years in national disabled events. He has since had further operations and was advised by his consultant to consider coaching instead.

Despite these challenges, Oye bounced back in February training full-time to help improve his fitness. He competed in a grand prix tournament at English Institute of Sport (EIS) and has won a gold in the open and silver in Class 1-2 singles! He said:

"The hard work is paying off and my shoulder is so much better with the gym work I do with my personal trainer, after my success at the

grand prix tournament, I was invited to a training weekend with the GB Para Pathway athletes. It seems like the beginning of something good, which I have been working towards."



Oye at the charity fundraiser

Charity Update



The Hospital Saturday Fund

THE CHARITY TEAM

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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 £2.2 million in donations and grants to medical charities, hospices and hospitals across Ireland, Malta 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, Malta 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:

GMC 26 January 2023

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

GMC 12 May 2023

Standard Grants of £2,000 or €3,000 – deadline 20 April 2023

Large Grants of up to max £10,000 or €13,500 – deadline 22 March 2023

GMC 8 August 2023

Standard Grants of £2,000 or €3,000 – deadline 13 July 2023

Large Grants of up to max £10,000 or €13,500 – deadline 15 June 2023

GMC 2 November 2023

Standard Grants of £2,000 or €3,000 – deadline 6 October 2023

Large Grants of up to max £10,000 or €13,500 – deadline 8 September 2023

GMC January 2024 (all dates for 2024 meetings to be confirmed in December 2023)

Standard Grants of £2,000 or €3,000 – deadline 4 January 2024

Large Grants of up to max £10,000 or €13,500 – deadline 1 December 2023



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



www.hsf.co.uk



0800 917 2208

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.



HSF health plan Ltd is the trading company of The Hospital Saturday Fund, a Registered Charity in the UK No 1123381 and in Ireland Registered Charity No 20104528. In Ireland HSF health plan Ltd is authorised and regulated as a Third Country Branch by the Central Bank of Ireland. Registered as Company no 904935, their registered office is at 5 Westgate Business Park, Kilrush Road, Ennis, Co. Clare. In the UK HSF health plan Ltd is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Registered as Company in England No 30869, their registered office is at 24 Upper Ground London SE1 9PD.