Finding your Feet was set up by Cor Hutton in 2014 after she lost her hands and legs below the knee to sepsis the year before. After fighting her way back to health, she went on to start Finding Your Feet, so she could support families affected by amputation or limb difference and show them there is life after limb loss. She wants them to be the best they can be. She has also gone on to break 4 world records, has countless awards, and has so many achievements the list is too long.

Amazingly, she has now finally had her double hand transplant after waiting more than 5 years. Recognising a need for peer support within the amputee community, she started a small group that has grown to a network of over 800 in just six years. Cor leads by example – she has completed the London Triathlon and was the first female quadruple amputee to climb Ben Nevis and Mount Kilimanjaro.

The Hospital Saturday Fund awarded Finding Your Feet with £5,000 towards supporting the amputee and limb loss community of Scotland.

To find out more visit their website: www.findingyourfeet.net
Charity Update

Lomond Mountain Rescue Team (MRT)

Lomond MRT is a Scottish Charitable Incorporated Organisation, founded in 1967. The organisation’s purposes are to facilitate the following on behalf of Police Scotland:

- Saving of lives, the location and relief of people who are lost, injured, missing or otherwise in need of assistance, in the mountains and other inaccessible areas within the Lomond and Trossachs Area and surrounding district,
- To render assistance to other search and rescue teams in Scotland, and to assist Police Scotland in other emergency situations where resources can provide public benefit, and to promote safe practice in the mountains.

The charity was in need of essential medical equipment, consisting of traction splints, Oxipen pulse oximeters, replacement box splints, SAM splints, oxygen masks and blizzard bags.

The Hospital Saturday Fund awarded Lomond Mountain Rescue Team with £5,066. This equipment makes all the difference between life and death as it ensures the team can treat casualties as quickly and efficiently as possible.

To find out more visit their website: www.lomondmrt.org.uk

North East Sensory Services (NESS)

North East Sensory Services was started in 1879 by William Ferguson of Kinmundy and his brother Thomas Ferguson. It started as the “Aberdeen Town and County Association for Teaching the Blind at their Homes” (the Association). The Association became Grampian Society for the Blind in 1980, after the formation of the Grampian Regional Council, with services being provided across the Grampian area. With this change in focus, Grampian Society for the Blind rebranded as North East Sensory Services (NESS), cementing its identity as the leading provider of fully integrated joint sensory services in Scotland: delivering support to people who are deaf or hard of hearing as well as those who were sight impaired or severely sight impaired. NESS is the operational name while the company name is still Grampian Society for the Blind.

NESS have someone based at the hospital to immediately intervene and take the person for a chat and show them that they will still have a life and explain and signpost them to the help and advice they can expect to receive.

Without NESS there would be nothing. Patients would be left to deal with the knowledge that their sight or hearing is deteriorating, with no support to help them through the challenges they now face.

The Hospital Saturday Fund awarded Ness with a grant of £9,000 to go towards the NESS Hospital Information Service which provides information, advice & emotional support to people experiencing a diagnosis of significant sight and/or hearing loss or impairment.

To find out more visit their website: www.nesensoryservices.org
Charity Update

Edinburgh Headway Group

The Edinburgh Headway Group supports people with brain injuries as well as their families and carers. As a specialist organisation based in Edinburgh, supporting the longer-term needs of people with a brain injury after discharge from the hospital, the demand for their service continues to grow.

Their goal is to provide rehabilitation, support and creating awareness about acquired brain injury to the wider public, the media and parliament.

The Hospital Saturday Fund presented The Edinburgh Headway Group with £4,500 at our 150th Anniversary. This grant will go towards the renovation and landscape of the garden used for rehabilitation activities such as gardening, games, and exercise. This will also act as a great space for members to relax and socialise with each other.

To find out more information visit their website: www.edinburghheadway.org.uk

2023 Individual Category Grants Approved

Since January 2023 The Hospital Saturday Fund has awarded 33 grants to people in Scotland. These grants were between £300 and £2,000, and the total amount awarded was £30,047.61.

The grants have had a significant impact on individuals’ lives by providing support for home adaptations, specialised equipment, and therapeutic treatments.

Recent Individual Acknowledgements

Yau
I want to say a huge thank you from my client and from me, the grant awarded will help him a great deal in his everyday life.

Sophie
Sophie’s parents are very thankful and asked me to pass on her gratitude.

Robert
I would like to take this opportunity on behalf of Robert and myself, for the support in funding these works, which will allow Robert to live independently and safely at home.

Ian
I would like to thank you on behalf of my client and I, for your generous offer, this will make such a difference to his independence and wellbeing.
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 2023 The Hospital Saturday Fund will give £2.3 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 Hospital Saturday Fund’s website for criteria and link to the online application form: [www.hospitalsaturdayfund.org](http://www.hospitalsaturdayfund.org)

Applications for Organisations:

**GMC 23 January 2024**
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

**GMC 24 May 2024**
Standard Grants of £2,000 or €3,000 – deadline 1 May 2024
Large Grants of up to max £10,000 or €13,500 – deadline 3 April 2024

**GMC 6 August 2024**
Standard Grants of £2,000 or €3,000 – deadline 10 July 2024
Large Grants of up to max £10,000 or €13,500 – deadline 12 June 2024

**GMC 17 October 2024**
Standard Grants of £2,000 or €3,000 – deadline 23 September 2024
Large Grants of up to max £10,000 or €13,500 – deadline 27 August 2024

**GMC January 2025 (all dates for 2025 meetings to be confirmed in December 2024)**
Standard Grants of £2,000 or €3,000 – deadline 3 January 2025
Large Grants of up to max £10,000 or €13,500 – deadline 2 December 2024

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