

Spring / Summer 2024

Issue 7

HOSPICE CONNECTION

Your link to us and the care that you support

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SKINNER FAMILY
SUPPORTS THE
SPRING
MEMORIAL WALK

AWARD-WINNING
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EXTRAORDINARY
GENEROSITY
OF OUR
CAR DRAW
WINNER



St. Francis Hospice

Community Connections



This year, St Francis Hospice celebrates its 35th anniversary. A service that began offering palliative care to people living at home from its base in a Porta-cabin has grown, with the support of our community, into a comprehensive specialist palliative care service with two hospice facilities. Last year, St Francis Hospice provided care to 2,095 patients and their families,

members of our community who were living with life-limiting illnesses.

I recently had the privilege of meeting Susan and Kevin, who had helped to fundraise for St Francis Hospice in memory of their late sister, Margaret, who had been cared for by our Community Palliative Care Team. They told me that their father had been cared for at home by St Francis Hospice back in the Porta-cabin days, and that numerous other family members had been under our care in the years since then.

This conversation was a real reminder of how St Francis Hospice is woven into the fabric of our community in North Dublin and the surrounding counties. In 35 years of caring for members of our community, St Francis Hospice has undoubtedly looked after more

than one generation in many families. While our palliative care services will continue to evolve and grow to meet the changing needs of our community, some core features will not change. These are:

- our connections with the community
- our commitment to living our core values (dignity, respect, compassion, collaboration, excellence and kindness)
- our mission to provide the highest quality specialist palliative care at no cost to our patients and their families.

As we mark our 35th anniversary, we are preparing to build a new 24-bed single room in-patient unit at our Raheny hospice to replace the current 19-bed unit with shared rooms. We enter this major development project fully confident in the continued support of our wonderful community. Thank you to all who have contributed to and who continue to support St Francis Hospice. You are there for us, so that we can be there for you. Thank you for making our story part of yours.



Fintan Fagan
Chief Executive Officer,
St Francis Hospice Dublin

Artist's impression of the new 24-bed in-patient unit for St Francis Hospice Raheny



Caring for Our Community

Behind each of the statistics is a person who is living with a life-limiting illness, and their family. The care provided by St. Francis Hospice aims to support that person to live as well as they can, for as long as they can. And after they are gone, to support their loved ones through the bereavement process.

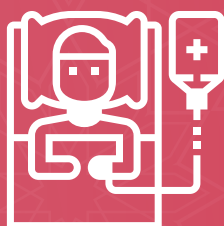
At the heart of palliative care is the aim to improve quality of life for patients facing a life-limiting illness, and to support their families and loved ones. Palliative care is not just about end of life; our approach to care can help people at every stage of their illness.

Our Impact in 2023



2,095

patients and families
cared for



650

in-patient
admissions



11,823

nursing visits to
patients at home



3,226

outpatient
attendances



2,909

bereavement
support
sessions



34%

of patients had a
non-cancer diagnosis



We cared for

1 in 3

who died in our
catchment area

St. Francis Hospice Dublin must continue improving our services and ensure we are innovating and growing to meet the changing needs of our patients.

The catchment area that St. Francis Hospice Dublin serves, has one of the fastest growing populations in the country. It is essential that we grow our capacity to keep pace.

Over 70% growth in our services over the past decade:

2014



1,229

patients and
families

2023

2,095

patients and
families

A Family Walks in Memory...

Heather Skinner's Story

Heather's parents, Deirdre and Roy with her siblings Gillian, Hazel, Audrey and Roy Jr.



If I have to sum up with one word how Heather felt here in the hospice, and how we as a family felt, the one word would be dignity.

Deirdre Skinner

The Skinner family from Malahide are supporting the Spring Memorial Walk in memory of their daughter, sister, and aunt, Heather, who received care from St Francis Hospice. Heather, a nutritionist, dietician, and yoga instructor, was diagnosed with Stage IV bowel cancer at age 36, in January 2021.

Young, physically fit, vivacious Heather Skinner did not match with many people's image of a hospice patient. Heather's first contact with St Francis Hospice was for reflexology treatments as an outpatient, and she nearly could not bring herself to attend a hospice. Her initial fear of coming into the hospice soon faded as she engaged with the hospice's complementary therapy team and felt the benefit of her weekly treatments.

Later in her illness, when Heather needed a higher level of care, she felt comfortable coming to the in-patient unit of St Francis Hospice, thanks to her earlier introduction as an outpatient. Here, Heather and the entire Skinner family felt welcomed and

cared for throughout the final week of Heather's life.

Heather's father Roy commented, "When Heather passed, the care actually never stopped at that stage, it continued on. We couldn't have been more relaxed and more happy in the way everybody was treated, the family were treated, the caring way they handled Heather in every aspect. This was so amazing, we just didn't want to leave."

Heather's parents, Roy and Deirdre, have made a video about their experiences with St Francis Hospice. We are especially grateful to Heather for the videos she posted on social media that have allowed her to contribute her own story to this very special video.

**Scan QR code
to view
Heather's Story**



https://youtu.be/j-E_TPEOvJo

"Our family is taking part in the Spring Memorial Walk in memory of our beloved Heather. We plan to walk together in Heather's favourite place, Malahide Castle. We support St Francis Hospice because of the incredible care Heather received there, both as an outpatient and in the in-patient unit. They made Heather, and all her family and friends, feel so comfortable and at ease. She was treated with absolute dignity. We have never come across such wonderful people and such a wonderful place, we haven't got enough words to say how fantastic it was in the hospice."



St Francis Hospice Spring Memorial Walk 2024

01 **Register**

02 **Activate your fundraising page**

03 **Receive your fundraising pack**

04 **Walk**

05 **Share your photos
#sfhmemorialwalk**

5 STEPS CAN
MAKE A
DIFFERENCE!

To register,
visit www.sfh.ie or
ring 01 832 7535

There are no goodbyes for us. Wherever you are, you will always be in my heart.

Mahatma Gandhi



Award-Winning Hospitality Volunteers

Congratulations to our In-Patient Unit Hospitality Volunteers on their well-deserved win in the Large Group category at the recent Volunteer Ireland Awards. It was lovely to see their kindness and generosity acknowledged in this way. These volunteers bring light and love to the individuals being cared for in our St Francis Hospice in-patient units, and to all their family members and friends who visit. Well done, all!



Marianne, In-Patient Unit Hospitality Volunteer, describes her role and the meaning that volunteering in St Francis Hospice holds for her.



Marianne Reynolds

It's an amazing place to work because you're with really special people, both the staff and the patients and the families are really special people, and I get to be a part of that and to help out in any way I can when I'm here. It's a really, really special place to be.

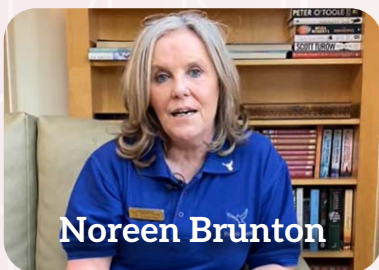


Meet some of our amazing In-Patient Unit Hospitality Volunteers in their 1-minute Meet the Team videos. Scan the QR codes or visit the St Francis Hospice Dublin YouTube Channel.



Micheál Kilcrann

I feel humbled and privileged to be part of the St Francis Hospice family. I see our core value of kindness being acted out on a weekly basis while I'm here in the hospice.



Noreen Brunton

It's lovely to get to know the patients, their personalities. We can have some laughter, we have some sing-a-longs, making a cup of tea is a joy, and all my chats I love dearly.



John Hayes

I really enjoy volunteering in St Francis Hospice, and I go home at the end of my shift feeling very grateful for having had the opportunity and a better person for the small difference that I've made.



An Incredible Act of Generosity

The proceeds of our annual car draw received an unexpected boost when first prize winner Gerry Cogan donated the value of the Toyota Yaris Platinum Hybrid back to St Francis Hospice!

Gerry's generosity is driven by his life experience, where 6 out of the 9 siblings in his family have been touched by cancer, and a sense of gratitude for his own good health.

Gerry has been a long-time supporter of St Francis Hospice, as he recognises the compassionate and holistic care the hospice provides for members of the community. Thank you, Gerry, for this incredible act of generosity!



Pictured are Gerry Cogan (centre) with Brian DaSilva, Sales Executive, Denis Mahony Motors and Eimear Kellett, Partnerships and Philanthropy Manager, St Francis Hospice.

The power of planting seeds for a better future.

Spring is the season of new beginnings, it seems like everywhere is reawakening after a long winter. It is a time when farmers and gardeners plant their seeds for growth later in the year. Why not take time to plan and plant seeds of your own?

By leaving a gift in your Will you will support the growth of St Francis Hospice Dublin into the future. A gift, of any size, is a gift to your community, which will benefit for years to come.

Providing specialist palliative care, which brings comfort, dignity and holistic person-centred care to people who are faced with a life-limiting illness, is a privilege and we need the support of our community to ensure we are here into the future.

Along with incredible community support, it was the vision and foresight of our founders 35 years ago that has brought us to where we are today. For that, we are so grateful.

If you would like to learn more about leaving a gift in your Will to St Francis Hospice Dublin, please contact Eimear Kellett by e-mailing ekellett@sfh.ie or by calling **086 066 8675**.

I want to make a donation to ensure St Francis Hospice Dublin can always be there when it is needed

Enclosed is my gift of:

€25 €50 €100 Other: € _____

Gift Method:

Cash or cheque for € _____ enclosed

OR

Card Number:

Expiry Date: /

CVV:

Signature: _____

OR

Make your gift online at: www.sfh.ie or call 01 832 7535

Data Protection Notice At St.Francis Hospice, your privacy is very important to us and the Fundraising Department will only use personal information to alert you to our fundraising activities during the year. Your personal details (Name, Address, Telephone Number, Email) are contained on our Fundraising Database. At any stage if you wish to have your details removed from our fundraising database or from a particular fundraising initiative please contact the Fundraising Department and your details will be removed immediately. We thank you for your support of St.Francis Hospice and if you have any queries pleased do not hesitate contact the Fundraising Team on 01 832 7535. Tick here if you wish to have your details removed from our database.

Full Name:
 Address:
 Phone:
 Email:

By giving monthly you safeguard our future, enabling us to plan and expand our care, knowing that we have the income to do so.

Please charge my credit / debit card the following amount EVERY MONTH:

€10 €21 * €30 * Other: €

Commencing with the first payment on:-

* By donating €21 or more a month St Francis Hospice can claim a tax refund on your donation



St. Francis Hospice

Charity Number: CHY10568

Charity Regulator Authority Number: 20027193

Your Support Makes a Difference

Together we can ensure that St. Francis Hospice Dublin is here to provide specialist palliative care for the people of north Dublin and surrounding counties



St. Francis Hospice

How We Can Stay Connected



<p>MARCH/APRIL Spring Memorial Walk</p>			<p>27TH OCTOBER Dublin City Marathon</p>
	<p>2ND JUNE Vhi Women's Mini Marathon</p>	<p>1ST OCTOBER - JANUARY 2025 Annual Car Draw ticket sales</p>	
<p>7TH/8TH JUNE Sunflower Days Collection</p>			<p>7TH/8TH NOVEMBER Christmas Appeal Collection</p>
	<p>26TH SEPTEMBER Bewley's Big Coffee Morning Social for Hospice</p>	<p>5TH DECEMBER BLANCHARDSTOWN 12TH DECEMBER RAHENY Tree of Life Ceremonies</p>	

Donate to www.sfh.ie

<p>Hospice Monthly Draw</p> <p>1st Prize €1,400 Join the Hospice Monthly Draw</p> <p>2nd Prize €700 €7 per month €84 per year</p> <p>3rd Prize €500</p> <p>4th Prize €250 Contact Pam 01 8327535</p>	<p>Corporates / Trusts</p> <p>Please consider partnering with or donating to St Francis Hospice Dublin</p>
<p>Hold an Event</p> <p>Organise your own event and raise funds for St Francis Hospice.</p> <p>Contact Bernadette 01 8294000</p>	<p>Collection Boxes / Units</p> <p>Please place a collection box in your home or business</p> <p>Contact Karen 01 8327535</p>



Would you prefer to receive this newsletter by email? Contact fundraising@sfh.ie.