

Autumn / Winter 2024

Issue 8

HOSPICE CONNECTION

Your link to us and the care that you support

NEWS In this issue

VOLUNTEERS
FEATURE IN
PALLIATIVE
CARE WEEK
VIDEO



"SHENDA'S
JOURNEY"
MEMORIAL
WALK



BUILDING
FOR
TOMORROW
— PLANNING
PERMISSION
FOR NEW
IN-PATIENT
UNIT



St. Francis Hospice

St. Francis Hosp



Community Connections



I am very pleased to share the news that St Francis Hospice Dublin has now received full planning permission for our new 24 single-bed in-patient unit in Raheny. Construction will begin in early 2025, and we plan to open the facility to patients before the end of 2026.

The new in-patient unit is essential to enable St Francis

Hospice to continue to meet the needs of our growing community in North Dublin and surrounding counties. Over a 25-year period, the increase in patient beds from 19 to 24 will allow us to provide in-patient care for an additional 3,000 people and their families. The single rooms will provide the privacy that families need during a vulnerable and emotional time in their lives.

All of us in St Francis Hospice appreciate how our community has embraced and supported the hospice over the past 35 years.

As we begin this new phase of building, we are confident that individuals, families, community groups, and corporate supporters will together enable us to meet the financial challenge that lies ahead. About a third of the estimated €29.8m cost will be funded by the Health Service Executive. We are so grateful to those who have already supported and committed to the build, and we are looking forward to meeting others who are keen to help.

As I reflect on the growth and development of St Francis Hospice over this time, I very much keep in mind that our staff, volunteers, and management are custodians of the hospice, which truly belongs to the community.

In its first year, St Francis Hospice looked after several dozen patients, all being cared for at home, from a base of a Porta-cabin on the grounds of the Capuchin Friary in Raheny. Now in its 35th year, St Francis Hospice looks after more than 2,000 patients and their families each year from two dedicated hospice facilities in Raheny and Blanchardstown. These beautiful and welcoming hospice buildings exist thanks to

our wonderful community in North Dublin and the surrounding counties. It is one neighbour reaching out a helping hand to another.

Our vision is to keep expanding our services until every person in our community who may benefit from specialist palliative care has an opportunity to receive it, and this is what fundraised income allows us to do. Thank you for joining us in striving toward this goal.

To keep the connection with our community as strong as possible, we recently redesigned our website, making it easier for you to be as informed as you can be about how we can support you and your loved ones. Please visit www.sfh.ie.

A handwritten signature in black ink that reads "Fintan Fagan".

Fintan Fagan

Chief Executive Officer,
St Francis Hospice Dublin



Garden Upgrade for Patients and Visitors

This summer, with support from the Cadbury Foundation and a generous gift from a member of the community, our Raheny in-patient unit gardens were improved to enable easier access for patients who wish to enjoy the outside space.

Kennedy Fitzpatrick Landscape Architecture (KFLA) generously provided their design expertise without charge in memory of a loved one who was cared for by St Francis Hospice. Their creative and functional design allows patients in wheelchairs to access raised flower beds to ensure they can partake in gardening. It also provides better accessibility for patients who are bedbound to have access to the gardens.

A second phase will begin shortly to add a children's play area for our younger visitors to enjoy. It will be situated close to the children's play room for the convenience of visiting families.

When the new in-patient unit is completed in 2026, patients and their visitors will still be able to enjoy this refurbished garden, just a short walk away. The current in-patient unit will be converted and used for people attending as outpatients. The improved gardens will be important in their care, with the raised flower beds allowing access to gardening activities for patients attending occupational therapy sessions, for example.

Living Today, Building for Tomorrow

The hospice philosophy is centred on helping people with life-limiting illnesses to live as fully as possible through pain and symptom management as well as psychological, social and spiritual support from the hospice. With this in mind, we have named our fundraising campaign for the new Raheny in-patient unit *Living Today, Building for Tomorrow*.

Living Today, Building for Tomorrow is a philanthropic campaign that aims to secure long-term, strategic support from both individuals and companies. Planned and strategic giving in this way can be transformative.

This way of giving will continue to play a pivotal role in allowing St Francis Hospice to innovate and adapt to the changing needs of our patients and community. With support from our community, we are excited to continue leading in this way.

If you are interested in making a philanthropic gift, leaving a legacy in your will, or exploring corporate sponsorship opportunities, please contact Eimear Kellett, Partnerships and Philanthropy Manager, on ekellett@sfh.ie or 086 066 8675. Thank you.




Like a lot of businesses in this area, Novum employs many local people and has done so for over 60 years. Many of our employees are familiar, through personal, family or friend's experiences, with the unbelievable service that St Francis Hospice provides.

I truly believe that more companies within the area can, and should do more for St Francis Hospice. They play such a pivotal role in our local community.

Paul Murphy
Chief Operating Officer
Novum Overseas



A close-up portrait of a woman with long brown hair, blue eyes, and a gentle smile. She is wearing a grey textured sweater and a purple flower-shaped hair accessory. The background is softly blurred, showing an indoor setting with a ceiling light fixture.

As a family, we will be eternally grateful for the care, love and support that was given to Shenda while she was in the care of the staff of St Francis Hospice.

Anita Reddy,
Shenda's aunt
and godmother

“Shenda’s Journey” Memorial Walk

Shenda’s journey began on 6th March 1993, the day she was born. Shenda sadly passed away on 6th March 2024, her 31st birthday, in the loving care of her family and the loving care of the staff of St Francis Hospice in Blanchardstown.

Shenda was a beloved wife, daughter, sister, granddaughter, niece, cousin and friend to all. Shenda was fun-loving, caring, strong willed and had a zest for life. She was kind-hearted, warm and friendly and that is the way her family will always remember her. She always had a smile on her face, an infectious laugh, and looked for the positives in any situation.

Shenda was diagnosed with brain cancer in September 2020 at the age of 27. Upon receiving this devastating news, Shenda courageously took on board the battle she would have ahead of her in relation to her treatment, challenges and

uncertainties that lay ahead. Shenda fought her battle with dignity, courage, grace and a style of compassion that only Shenda could achieve. She was an inspiration to us all.

Shenda arrived in St Francis Hospice at the start of January 2024 and was cared for there until her passing on the 6th March. Whenever Shenda visited hotels or any destination, she would always send us a video of the hotel room she was staying in, and her room in St Francis Hospice was no exception! It was videoed at all angles and sent to us all to let us know she was happy with where she would be staying. She liked the feeling that she was at home and St Francis Hospice was exactly like that home.

While Shenda was a patient of the hospice, she married her fiancé Marty on 20th February 2024. When Shenda and Marty decided to get married, not only did family get involved to make their day special for them, so did the staff of St Francis Hospice! They went above and beyond the call of duty to make her and Marty’s day wonderful and

special to them both. As a family, we are so eternally grateful for the memories we have of that day.

Our family took part in a memorial walk called "Shenda's Journey" on 20th

April 2024 in the Phoenix Park alongside friends and colleagues of the HSE Addiction Services in CHO9. This was to fulfil a promise that we made to Shenda before her passing. We were delighted to raise more than €9,000 for St Francis Hospice.

We know Shenda would have tried to support St Francis Hospice for all the care, love and support the entire staff had shown her and our family while she was a patient there.

Previously, while battling cancer and in between treatments, Shenda completed a sponsored walk and donated €1,750 for the neurology department in Beaumont Hospital where she first started her treatment. Shenda knew that she would not be able to complete a walk for the hospice and raise money like she had previously, but we all know she was there in spirit and knew we would do her proud.



Caption

If you would like to organise your own event in support of St Francis Hospice, or ring Bernadette/Corinna on (01) 829 4000 or visit <https://www.sfh.ie/how-you-can-help-us/fundraising/organise-your-own-fundraising-event/>.



Sunflower Field of Life

Now in its fourth year, the St Francis Hospice sunflower field in Ballyboughal, Co. Dublin provided a stunning destination for people to visit, remember their loved ones, make a donation to St Francis Hospice and bring some flowers home to enjoy. Thank you to the Hoey and Bergin families for their continued generosity.

We are already looking forward to next summer's blooms!

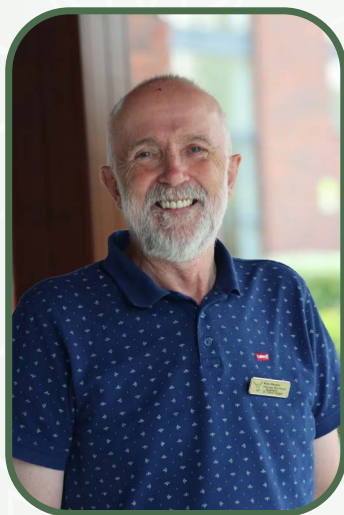


Hospice Volunteers: Four Stories of Caring and Compassion

We marked Palliative Care Week this September by celebrating the huge contribution that volunteers make to St Francis Hospice and every hospice service in Ireland. With support from the All Ireland Institute for Hospice and Palliative Care (AIHPC) and videographers GK Media, we created this short video featuring four of our amazing volunteers. Here are their stories.



Scan QR code to view video or visit <https://www.youtube.com/watch?v=PyMMSuCfmBA>



Myles enjoys interacting with patients and putting them at ease in his role as a bus escort volunteer. He helps bring people in for the CARE programme in the Outpatient and Day Service. Myles describes how people may be nervous on their first day at the hospice, and observes that once they experience the care, they look forward to coming in. They sometimes even have a singsong on the bus!

Catherine says that being a good listener is the key to her role as a home visits volunteer. She enjoys getting to know the people she visits, and helping to meet their day to day needs in the same way a relative or family friend would.



John feels privileged at the trust people place in him as a bereavement support volunteer. When he meets clients, he aims to put them at ease and help them feel as comfortable as possible. John describes his role as listening and companioning people through their journey of grief and supporting them through a difficult time in their lives.

Margaret believes that enjoyment, caring and compassion are the keys to being a good volunteer. She works in the in-patient unit, providing hospitality for patients and their families, bringing them tea/coffee or anything they might need. She feels very motivated to be part of a team providing high quality care in a loving, caring environment.



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 please 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:-

☐ D ☐ M ☐ M ☐ Y ☐ Y

* 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



Bewley's Big Coffee Morning for Hospice

Thank you to all our wonderful supporters who hosted or plan to host a Coffee Morning in Support of St Francis Hospice. Coffee Mornings can be held up to the end of October so if you wish to gather with family, friends or work colleagues just call 01-8327535 or visit www.sfh.ie.

This year's 32nd Bewley's Big Coffee Morning for Hospice kicked off with a launch by actor Brendan Gleeson in Bewley's Café. Brendan was generous with his time and support, including giving numerous media interviews describing hospices as "beacons of goodness amid negativity in the world."

Staff from hospices throughout the country joined Brendan in celebrating some amazing Coffee Morning Super Hosts, including May Gray and her husband Stephen, representing St. Francis Hospice. We are deeply grateful to the Campbell Family, Bewley's Managing Director Jason Doyle and all Bewley's staff for their support of this very unique and long-standing partnership.



Motor Your Way into the New Year in a Toyota Yaris Cross Luna Hybrid!

Ticket sales for last year's Car Draw raised €160,000 but the proceeds did not end there! The winner of the car, Mr. Gerry Cogan, very generously donated the cost of the car back to the hospice bringing the total proceeds to €186,000 – a stunning gesture by Gerry and much appreciated by the hospice.

This year with the continued support of Denis Mahony Toyota we are promoting ticket sales for a chance to win a Toyota Yaris Cross Luna Hybrid car. There are also two cash prizes of €2,000 and €1,000 and five Blanchardstown Shopping Centre vouchers valued at €200 each.

Tickets cost just €10. Attached is a tear-away slip to order your tickets. They make great stocking fillers for Christmas. Tickets may be purchased using the QR Code or calling the hospice on 01-8327535/01-8294000.

Our wonderful volunteers will sell tickets from 18th November to 15th December in the Blanchardstown Shopping Centre. We are deeply grateful to Crystal Jewellers and the Management Team led by Joe Gavin at the Blanchardstown Centre for their brilliant support of the Annual Car Draw.

The Car Draw will take place on the 23rd January 2025. Best of luck and thank you for your support.



Annual Car Draw 2024



St. Francis Hospice

Charity Number: CHY10568
Charity Regulator Authority
Number: 20027193



1st Prize: Toyota Yaris Cross Luna Hybrid (supplied by Denis Mahony Toyota)

2nd Prize: €2,000

3rd Prize: €1,000

Runners Up: 5 x €200 Gift Cards (donated by Blanchardstown Centre)

Tickets can be purchased until Sunday 12th January 2025.

Entry to the Car Draw is open to those age 18 and over and resident on the island of Ireland.

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 please do not hesitate to contact the Fundraising Team on 01 832 7535. ☐ Tick here if you wish to have your details removed from our database.

Please fill in the details below:

Full Name:

Address:

Eircode:

Phone:

Email:

I would like to purchase ☐ Car Draw Tickets

Tickets cost €10 each

I am enclosing payment of

☐ Cash or cheque for € enclosed

OR

Card Number:

Expiry Date:

CVV:

/

Signature:

OR

Purchase tickets online at:

www.sfh.ie

or call 01 832 7535 / 01 8294000

St. Francis Hospice



Please join us for the
Tree of Life ceremonies
in St Francis Hospice
Blanchardstown on
Thursday 5th December
and St Francis Hospice
Raheny on Thursday
12th December

Remember a loved
one by dedicating a
light on the hospice
Christmas tree -
€6 per light



Connect with us for our Christmas Appeal

Send your Christmas greetings at home
and across the miles by using hospice
Christmas Cards

Box of 12 with 2 Cards of each image €10



New!

Angels
€5



Snowman and Robin
decorations €6



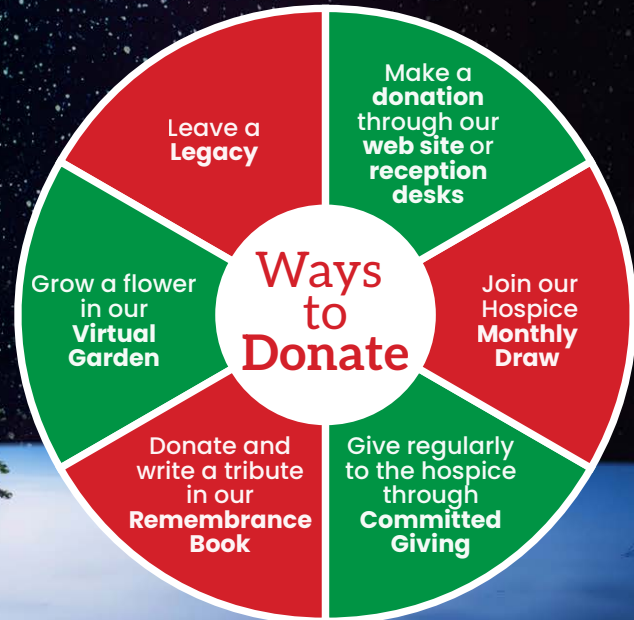
A Star
to Guide
Your Way
€6

Wings
of Love
and Hope
€6

Send a gift of decorations
to family and friends,
or make it a gift for
yourself



Purchase on www.sfh.ie
or by phoning 01 832 7535



St Francis Hospice
Station Road
Raheny, Dublin 5
T: 01 832 7535

St Francis Hospice
Blanchardstown
Dublin 15
T: 01 829 4000

Web:
www.sfh.ie
Email:
fundraising@sfh.ie

Follow us on social media @SFHDublin



Charity Regulator Number: 20027193 CHY Number: 10568



www.carbonbalancedpaper.com
CBP002053



2024 TRIPLE LOCK MEMBER
Promoting Trust