

## 1st Annual Nearest-the-Pin Competition

The golfing community has once again been extremely generous to the Irish Hospice Foundation, raising in excess of €50,000 and making the debut year of our national 'Nearest-the-Pin' golf competition a fantastic success. A total of 114 clubs took part in the event, which was organised to mark the first World Hospice and Palliative Care Day on 8th October 2005 and was very kindly supported by Christy O'Connor, Jr. Most clubs had both men and ladies taking part, and some also organised auctions and raffles. Each club received prizes of champagne and sleeves of golf balls to be awarded on the day of the competition.



### National Nearest The Pin Photocall

From left to right: Brian Lillis, Forest Little Golf Club, Christy O'Connor Junior, Eugene Murray, The Irish Hospice Foundation, David Cullen, Hermitage Golf Club (who also shot a birdie), Helen Cosgrove, Luttrellstown Golf Club and, representing Carlow Golf Club, Nicholas Finn, in place of the winner Tommy Whitney, who could not attend on the day.

The winner in each club was entered in a draw for the trip of a lifetime to St Andrews Golf Course in Scotland, where they and a guest played both the Jubilee Course and the Old Golf Course. The 2005 overall winner was David Cullen of Hermitage Golf Club, who had an impressive hole-in-one (handicap 9). Congratulations also go to the following winners, who have just returned from their trip to St Andrews: Tommy Whitney, Carlow Golf Club (handicap 14); Helen Cosgrove, Luttrellstown Golf Club (handicap 16); Joe McCafferty, Greencastle Golf Club (handicap 11); Brian Lillis, Forrest Little Golf Club (handicap 8).

### Date for diaries

Next year's competition will take place during the week beginning September 25th, coinciding with World Hospice & Palliative Care Day. To all golfers out there, this is a date to add to your diaries!

## IHF HOSTS BOOK LAUNCH

For each of the almost 30,000 people who die in Ireland each year, it is conservatively estimated that as many as 10 people are directly affected. Therefore, at any one time, at least 300,000 Irish people could be coming to terms with the pain of losing a relative or someone close to them.

The Irish Hospice Foundation has been involved in a number of initiatives geared to support people who have been bereaved. The Foundation's Dublin office was the venue for the launch of a book on bereavement called "Grieving: a beginner's guide" which offers people who have lost a loved one practical strategies for finding their own path to a new life.

"Grieving: a beginner's guide" was written by Dr Jerusha Hull McCormack following the sudden death of her husband, Dara, 10 years ago. Now retired after 30 years as a Lecturer in English in University College Dublin, Jerusha is currently a Visiting Professor at Beijing Foreign Studies University in China.

As Jerusha writes in the introduction: "This short book is designed to help those in pain – and specifically those who have lost someone through death – to imagine the path before them. It is a path of suffering. But it is also a path that may lead to unexpected discoveries and to peace. The purpose of this book is to provide the reader with a series of signposts by which they may find their own path to a new life. I do not speak as a therapist or a counsellor, simply as someone who has once lost someone and whose whole life changed after that."

The book was launched by Senator Mary O'Rourke whose husband Enda died in 2001. "Grieving: a beginner's guide" retails in Ireland at €16.85.

The book is also available through the IHF's public loan service. This service has been developed to allow individuals as well as medical, nursing and therapeutic professionals to learn more about coping with death and bereavement.

The public loan service allows people to access some of the books available in the IHF library on death and bereavement. At present 40 titles are available for borrowing through this scheme. People can access the reading list on the Irish Hospice Foundation website ([www.hospice-foundation.ie](http://www.hospice-foundation.ie)) or contact us to request a list. A person will be able to borrow two books at a time and keep the books for one month, with a two week renewal option. The books will be sent by post or can be collected from the Foundation's Dublin office. The cost of the service is €5 to cover administration.



# Tesco Charity of the Year

A total of over €1.5 million was raised by staff in Tesco Ireland stores all over the country for Hospice! The news was announced at a photo call at the Mansion House in Dublin which was attended by TV3 personalities Claire Byrne and Mark Cagney with help from Ross O'Brien (9) from Sutton, Co. Dublin and Niamh Murray (9) from Kilmessan, Co. Meath. This is the most money that has ever been raised by Tesco Ireland staff since the Charity of the Year initiative began five years ago. All money raised locally will stay locally and will go directly to support local Hospice services. Sincere thanks and congratulations goes to all Tesco Ireland staff and customers for this tremendous achievement.



## The Award-Winning Care For The Dying Project Plans National Roll-out

The Irish Hospice Foundation's two-year pilot Care for People Dying in Hospitals project, developed in association with the Health Service Executive - North Eastern Area, is now drawing to a close. The purpose of the pilot project was to pioneer a process to improve all aspects of care and organisational culture as they affect people dying in the acute hospital setting.

This project won the 'Best Hospital Project' at the annual Irish Healthcare Pharmaceutical Awards in October 2005 and also received the Taoiseach's Public Service Excellence Award.

Much has been learned since the project's inception in March 2004 and, most importantly, a process for changing the way hospitals

deal with dying, death & bereavement has been developed (see [www.newgrange-process.net](http://www.newgrange-process.net)). The project, with the support of Atlantic Philanthropies, is currently planning a national Hospice Friendly Hospitals programme and has recently advertised in national newspapers for Expressions of Interest from hospitals regarding participation in this programme.

As the project draws to a close, a Standing Committee on Dying, Death & Bereavement has been formed for all the acute hospitals in the North East and the programme is part funding the employment of a Network Co-ordinator to assist them in the development phase.

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## Fundraising News

### Lady Golfer's Howth Walk

The annual Lady Golfer's Howth Walk in aid of Children's Hospice Homecare will take place on Saturday 13th May 2006. Sponsorship forms and posters will be distributed to golf clubs in the coming weeks.

### Muc-in for Hospice

The annual 'Muc in for Hospice' fundraising initiative for primary schools will take place on Friday 31st of March this year. Hundreds of children will help raise money for Children's Hospice care by being sponsored for decorating and wearing their special piggy masks to school. One lucky school will win a special trip to Fossett's circus. The winning school will be announced in May.

### Your SSIA and Us

Holidays...new car...re-decorating...savings...pension...please also remember the Irish Hospice Foundation when considering your SSIA. We are able to claim the tax back on any donation of €250 or more from PAYE taxpayers. This could mean that a donation of €250 could be worth an additional €180 to the Irish Hospice Foundation.

## National Fundraising

### Argos Charity of the Year

Staff in all 24 Argos stores throughout Ireland are busy raising funds for their local Hospice. This initiative got under way in July 2005 and will continue until 2007.

### World Hospice and Palliative Care Day

World Hospice and Palliative Care Day 2006 is coming up on October 7th - watch this space for further details in our next issue!

### Sunflower Days

Sunflower Days 2006 will take place on June 9th & 10th. If you are interested in selling flowers in aid of your local hospice, please contact either your local hospice or the Irish Hospice Foundation on 01 679 3188. Also, don't forget to buy a sunflower and wear it on the day!

## Report highlights gaps in hospice services countrywide

The Tanaiste and Minister for Health and Children, Mary Harney T.D. recently launched a new report on hospice services in Ireland entitled "A Baseline Study on the Provision of Hospice/Specialist Palliative Care Services in Ireland". The report, published by the Irish Hospice Foundation, has revealed continued inconsistency and inequities in accessing hospice services throughout the country.

The Baseline Study benchmarks services on a regional basis against the recommendations of the Report of the National Advisory Committee on Palliative Care (NACPC), which the Government endorsed in 2001.

Since 2001, some NACPC recommendations have been implemented, including the appointment of more Medical Consultants in Specialist Palliative Medicine, as well as more teams and resources. Homecare services have been extended and a training scheme put in place for Specialist Registrars. The recommended National Council for Specialist Palliative Care was set up last year.

Many of the recommendations of the 2001 report remain unfulfilled, however. The Baseline Study has found that there is a wide divergence in the range of services and care options available in different parts of the country. Patient and family access to comprehensive services largely depends on the region of the country in which the patient resides and there is still a very low level of service delivery to non-cancer patients.

There is significant regional variation in the per capita spend by the State on hospice/palliative care, ranging from €1.50 per capita in the area of the Midlands Health Board to €31 per capita in the North-Western Health Board area.

### Care settings:

#### Inpatient units (hospices)

The eight specialist palliative care inpatient units dispersed across the 10 former health board areas of Ireland provided care for 1,499 patients during 2004. The NACPC report recommended that there should be 8-10 inpatient beds for every 100,000 of population, with at least one inpatient unit in each former health board area. While seven health board areas have inpatient units, the remaining three (the Midlands, the North-East and the South-East), covering 12 counties, have none.

Even those health board areas with existing inpatient units are experiencing hospice bed deficits. Several counties in areas which have inpatient units in neighbouring counties have an identified need for satellite units, e.g. Cavan, Kerry, Mayo/ Roscommon, Wicklow, Kildare and Dublin West.

#### Home care

Significant progress has been made in almost all areas in the provision of specialist palliative care nurses in the community. The 22 home care teams nationwide employ 150 specialist palliative care nurses and provided care to over 6,000 patients in 2004. Home care provided over 90,000 home visits in 2004.

However, State funding for services varies from location to location from almost 100% (South Dublin/Cork/Kerry/Wicklow/Kildare) to 25% or less (Galway, Mayo, Roscommon, Wexford, Waterford, Carlow, Kilkenny, North Dublin). While the Government made significant progress in this regard in last December's Budget, much remains to be done. There is still a dependence on voluntary contributions for one third of home care staff costs, in spite of government commitments to fully fund core staff.

There is also wide variance in home care service delivery:

- Service availability varies from 24 hours over seven days to eight hours over five days;
- Few home care teams are multidisciplinary – consultant-led, with nurses, social workers, pharmacist, physiotherapist, occupational therapists and bereavement support. Only one health board area has a community-based team supported by occupational therapy and physiotherapy;
- There is still a very low level of service delivery to non-cancer patients.

#### Acute Hospitals

Acute general hospitals are the main source of referrals of terminally ill patients to hospice and palliative care services (over 6,000 referrals in 2004). It is government policy that all acute general hospitals with over 150 beds should have a full, consultant-led specialist palliative care team (non-consultant doctor, specialist nurse, social worker, medical secretary).

Only eight of the state's 38 acute general hospitals with over 150 beds have approved a full palliative care team. Twelve have a partial team; seven have a 'nurse-only' team and eleven hospitals have either no service or depend on external support from community-based teams.

#### Need for Government recommitment to implementation of 2001 policy

The Baseline Study has revealed a significant shortfall in government funding and inequity in the development of specialist palliative care services. The pace of change has been hugely varied. There are populations within the state for whom an extraordinary and concentrated planning and development programme will be needed before they can benefit from a level of service already available to many of their fellow citizens in other regions.

The Baseline Study recommends:

- The adoption of an Accelerated Palliative Care Implementation Programme (APCIP) to be implemented in those areas with the least developed services;
- Multi-annual funding to meet the core running costs of all specialist palliative care services;
- A separate protected budget for specialist palliative care services at health board level. All day-to-day expenditure should be met from this budget.

The total cost of providing a fully comprehensive national palliative care service is €144 million, or less than 1.2% of the total health budget of €12 billion. However, the current expenditure is €54m – a shortfall of €90m. Given that many palliative care patients are being cared for in inappropriate care settings, the actual additional costs of staff and beds will be largely offset by savings in other areas of the health service.

*The Baseline Study was co-funded by the Atlantic Philanthropies and the Health Service Executive. It was produced with the support of the Irish Association for Palliative Care, the Irish Cancer Society and representatives of clinical and management groups.*

## More News

### LADBROKES - CELEBRATING THEIR 20TH ANNIVERSARY AND SUPPORTING THE IRISH HOSPICE FOUNDATION

We are delighted to have been chosen by Ladbrokes as their charity of the year for 2006, the second year in a row. As 2006 marks the 20th anniversary of the IHF and Ladbrokes, it is a very special year for us both.

Ladbrokes' staff members are planning fundraising events throughout the year, not only supporting a worthy cause but also becoming involved in fun team-building activities, as part of Ladbrokes' Customer Service programme.

We are delighted to announce that during 2005, a total of €30,000 was raised by staff, and we would like to thank everyone who contributed their time, energy and funds - and to also wish everyone the best of luck in the 'Serious About Service' championship for 2006.

Ladbrokes also plan to place a collection box in each of their 150 shops nationwide during 2006, giving punters the opportunity to support the Irish Hospice Foundation if they wish – particularly if they win big!



Mary Millea and Eugene Murray (CEO of the Irish Hospice Foundation) receive a cheque for €30,000 from Paula Ryan of Ladbrokes!

### GRIEF IN THE WORKPLACE SEMINARS

The IHF's "Grief At Work" programme, which aims to support managers and human resource personnel in managing grief in the workplace, is well underway for 2006.

The remaining seminar for the year is "What to do when a colleague dies," which takes place on Tuesday, 25th April. Each seminar lasts two hours and takes place at the IHF's Dublin office at 32 Nassau Street Dublin 2. Participants gain an understanding of the grieving process and how it affects people. They also learn practical tips and skills for managing both the organisation and individual aspects of grief.

Mr Breffni McGuinness, Training Officer with the IHF, stated: "The workplace is a huge part of our lives where we spend as much as half our waking hours. Although we might like to keep our work and personal lives separate, grief is one thing which cuts through these boundaries. It impacts on people in far reaching ways."

He continued: "At a minimum, concentration, energy levels, productivity and relationships with co-workers can be temporarily affected. A workplace which understands the dynamics of grief and is proactive in supporting employees can make a significant difference. This also benefits the organisation by helping to reduce sick leave and unnecessary staff turnover while increasing morale and commitment among employees."