

FUNDRAISING CORNER

Thank you to all our supporters for your goodwill and generosity. Here are a few highlights from recent months.

Charity of the Year Partnerships

The IHF continues to be successful in securing charity of the year partnerships with high profile companies in Ireland. For 2008 we are partnering with The Bank of Scotland Ireland.



The IHF fought off competition from two other national charities to win 70% of the staff vote and become Bank of Scotland Ireland's Charity of the Year for 2008. The Bank, through staff events throughout the year, aims to raise €100,000 which will be matched by the Bank. All funds raised will support the IHF's work to develop hospice/palliative care services for children. SPAR Ireland will continue



to fundraise to support the Hospice friendly Hospitals Programme in 2008. The partnership raised an amazing €130,000 in 2007.



Ericsson's two sites in Dublin have nominated the IHF as their inaugural Charity of the Year. A wide variety of staff driven activities will support our work to develop hospice and palliative care services for children.

Spring Raffle

The inaugural IHF National Spring Raffle successfully recruited some 15,000 ticketsellers across the country. The response has been excellent to date. The raffle has taken place and first prize was €2,500. The details of the National Spring Raffle can be found on www.hospice-foundation.ie.

Art for Hospice

About 60 limited edition prints by some of Ireland's most distinguished artists were sold in the inaugural Art for Hospice exhibition and sale at the Lemonstreet gallery in Dublin. The exhibition and sale was launched by developer Harry Crosbie on 6th March and ran until March 27th. Some 40% of the funds raised from the sale of each work of art benefited the IHF.



Harry Crosbie being presented with a Certificate making him a Patron of the IHF by CEO Eugene Murray.

Nearest-the-pin

The Third National Nearest-the-Pin Competition generated a record income of €33,865 from 65 Clubs around the country. The winners of the competition included Joe Eivers of Tullamore Golf Club who scored a hole in one, Cepta Hensey of Westmanstown Golf Club, Dermot Ennis of Woodbrook Golf Club, Maria Keane of Leopardstown Golf Club and Mary Clarke of Greenore Golf Club.

The prize for the winners was a trip to St Andrews golf course in March. We are currently looking to sign up clubs for the competition this year – please get in touch if you want to get your club involved.



Some nearest-the-pin winners at St Andrews.

Message from winning golfer

"For two very keen golfers like myself and Kevin from Woodbrook GC, this was a wonderful prize to have won, and we're very grateful to you and all at the Hospice Foundation for organising the competition itself and the arrangements for the trip to St Andrews. We look forward to supporting similar events for the Foundation in the future. Sincerely Dermot Ennis"



The Atacama Crossing 2008

Rossa O'Donnell (above left) took part in the Atacama Crossing 2008 which was held in Chile from 30th March to 5th April this year. It consisted of competitors running a marathon a day over a seven day period – a total distance of 250km. Each competitor carried their own food and equipment in backpacks and had access to water and a tent space at night. Temperatures were in the region of 35C - 42C and the entire race was at altitude varying from 11,000 ft to 8,000ft.

If anyone wants to support Rossa and the IHF, they can log on to www.mycharity.ie/event/atacamacrossing

New recruits to fundraising

Tracy Power joined the IHF fundraising team on 7th March. She is our new Events Coordinator and her primary responsibilities will include coordinating Sunflower Days and Ireland's Biggest Coffee Morning. Tracy joins us from the Irish Cancer Society where she worked for five years.

Lisa Ryan has joined the team as a Fundraising Executive in an internal move and will primarily be responsible for our door to door fundraising and national raffle.

NEWSFLASH NEWSFLASH** NEWSFLASH** NEWSFLASH

Are you taking part in an event? Would you like to raise money for the Irish Hospice Foundation? How about setting up your own sponsorship page at www.mycharity.ie? **CLICK ON THE WEBSITE AND FIND OUT HOW?**



CD

The hard men of the Irish rock and roll scene of the 1980s are showing their soft side by releasing a CD compilation called Sunflower Nights in aid of the IHF.

Some 13 of the biggest Irish rock bands of the 1980s are featured on Sunflower Nights. All of the music on the CD was recorded live at Kielys of Mount Merrion in Dublin between September 2005 and September 2007.

Sunflower Nights was officially launched on Friday, 2nd May with a sold out gig at Kielys pub. Full Circle, Stepside and the Donal Kirk Band played on the night.

Copies of Sunflower Nights are on sale in Kielys (www.kielys.com) and online on www.hospice-foundation.ie. The double CD costs €20.

20th Annual Howth Walk

The annual Lady Golfers sponsored walk of Howth Head took place on 10th May to raise funds for the children's homecare nursing service based at Our Lady's Children's Hospital, Crumlin. The first walk took place in 1989, so this year represents the 20th walk. To date, an amazing €500,000 has been raised by the Walk. As always, we are hugely grateful for their continued support.

Sunflower Days 13th & 14th June

The hospice movement's annual Sunflower Days will take place on 13th-14th June. The Sunflower Days collection is one of the major sources of income for hospices and voluntary hospice groups. It is organised each year by the IHF. Hundreds of volunteers across the country will sell Sunflower Pins, Badges and Seeds at €2 each. All of the monies raised locally are spent locally.



Patrick Riordan at the launch of the Sunflower Nights CD

Getting Married?

Couples planning their weddings will now be able to support the IHF by using our own version of wedding favours – a small packet of seeds in a card in lieu of traditional wedding favours for each place setting. The IHF receive a donation from the Bride and Groom in exchange for the favours. Contact Tracy for details on 01-679 31 88.



Ladies Mini-Marathon

Nearly 40 ladies will be taking part in the Ladies Mini Marathon this June and raising funds for the IHF.



If you would like more information on supporting the IHF's work, please contact a member of the fundraising team on 01-679 31 88.

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news

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THE IRISH HOSPICE FOUNDATION

WELCOME

Dear Supporter



Your continued support for the Irish Hospice Foundation (IHF) is having a real impact, both strategically and on the patient and family experience. I thought it would be useful to let

you know some of the programmes which you are supporting over the next five years.

The **Hospice Friendly Hospitals Programme** is our biggest project. It is operating in 40 hospitals and will hopefully be in place in every hospital in the country by the end of the five-year period. Costing €10m, this Programme is being funded by a range of fundraising initiatives including individual donors and philanthropists.

The **Children's Palliative Care** programme is designed to address the needs of young patients and families in the community. The IHF has worked with the Department of Health and Children and the Health Service Executive in developing an appropriate strategy and has agreed to invest €2.25m over five years in this programme. Some eight outreach nurses will work with families in the community. Education and training initiatives are being rolled out and steps have been taken to create a database of children with life-limiting illnesses.

We have committed over €1m to fund a five-year **Extending Access Programme** which is geared to extend access to hospice care for patients with conditions other than cancer. We are funding night nursing for non-cancer patients to the tune of €100,000 per annum. A number of pilot projects are being developed to support patients with advanced dementia, heart failure and Chronic Obstructive Pulmonary Disease.

Our Education, Research and Information/Resource Centre plays a leading role in the strategic development of palliative care education. Our total budget in this area is €6m over the next five years. We are at an advanced stage of facilitating the establishment of an all-Ireland Institute for Hospice & Palliative Care, which will have a five-year budget of €12m. The IHF has committed to raise €1m for this initiative.

We are also going to support various research projects to the tune of €1m and our education/training programmes in the area of bereavement will cost approximately €2.5m over the next five years. We have also supported the deployment of **bereavement coordinators** in a number of regions. Our five-year budget for this programme is €450,000.

The IHF is now broadening its advocacy programme to serve the interests of all patients by proposing the launch of a **'National Coalition'** on end-of-life care.

It has always been our policy to work in partnership with other groups such as the National Council for Specialist Palliative Care and the Irish Cancer Society. Through this joint approach to advocacy, a significant increase in palliative care budgets (€18m over the last two years) has been achieved. This approach will continue to bring significant funding to the development of a world-class hospice service. We are very close to having a five-year development framework for hospice care in place.

We now have 3,000 regular donors who enable us to deliver these very important programmes. Thank you all for your generous support.

Eugene Murray

Chief Executive
The Irish Hospice Foundation

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NEWS HIGHLIGHTS

Institute for Hospice and Palliative Care

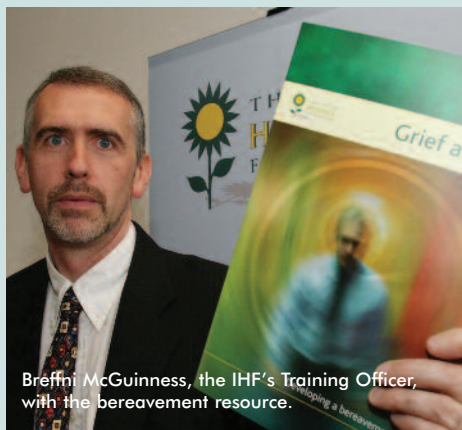
An application for an All Ireland Institute for Hospice and Palliative Care has gone to Atlantic Philanthropies with a request for financial support.

Carers

The IHF, in a partnership with other agencies and individuals interested in this area, is seeking to develop a website for carers of people with a terminal illness. The IHF has also made a submission on the National Carers Strategy.

Grief at work policy

Since Christmas, over 140 individuals and organisations have downloaded the **Grief at Work - Developing a Bereavement Policy** which was launched last October. Organisations from the UK, Northern Ireland, the Isle of Man, the USA and as far away as Zambia have downloaded the document. Central Texas Refuse in the USA has downloaded the policy document while Wicklow County Council is developing a bereavement policy based on the IHF's resource.



Breffni McGuinness, the IHF's Training Officer, with the bereavement resource.

Design guidelines

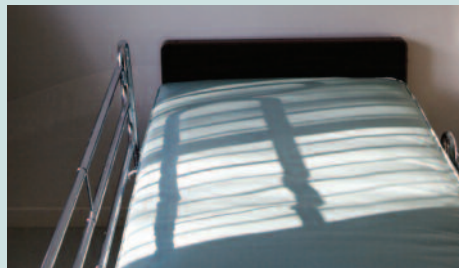
The IHF invited the public to comment, through a national consultation process, on draft hospital design guidelines which were produced with the intention of improving end of life care in our hospitals.

The guidelines were the first set of standards to be developed by the Hospice Friendly Hospitals (HfH) Programme, a five-year initiative of the IHF which aims to improve the

culture and care regarding dying, death and bereavement in Irish hospitals.

They have been devised to ensure that patients who are dying in Irish hospitals live their last days in appropriate surroundings which reflect the dignity of the person and the significance of the event that is taking place in the life of the family.

The public consultation process informed the development of the final HfH Design & Dignity guidelines which will be launched in June.



Care for older people at the end of life

A major new study of end-of-life care for older people in Ireland was released in April and revealed that most healthcare staff had not received any formal qualifications in palliative care and there were low levels of formal bereavement support before and after death.

The report *End-of-Life Care for Older People in Acute and Long-Stay Care Settings in Ireland* was jointly commissioned by the National Council on Aging and Older People and the IHF. It was the first ever research study carried out in Ireland into quality of life and quality of care issues for older people at the end of life.

It also found a lack of privacy and internal accommodation for families and friends who wished to stay with their loved ones when death is imminent.

The study called for greater consultation with older people in order to establish needs and preferences on end-of-life care. The physical environment where people died needed to be improved particularly with respect to the availability of single rooms and facilities for families and friends.

Concern that Government funding for hospice services has disappeared

The IHF along with the Irish Association of Palliative Care and the Irish Cancer Society spoke before the Joint Oireachtas Committee on Health and Children on 13th May and expressed concern that millions of euro in funding for vital frontline staff in hospice/palliative care had "disappeared."

Some €9 million was allocated in the 2006 budget for 60 posts and another €9 million for 70 posts in the 2007 budget. In the 2008 budget, €3 million was allocated for 47 approved positions. It is estimated that less than half of the 130 positions from 2006 and 2007 were appointed.

The Committee has agreed to raise the issue with Minister Mary Harney and Professor Brendan Drumm when they address the TDs and Senators in June.

IHF/Health Research Board (HRB) Palliative Care Fellowship

Dr Carol Stone has been awarded the IHF/HRB's Palliative Care Fellowship. Dr Stone is to research the prevention of falls in patients with advanced cancer.

The Fellowship aims to enable graduates with relevant experience to develop a research career in an area relevant to palliative care. It is also geared to provide the Irish palliative care community with a research resource.

Education

The IHF is working with other Irish palliative care groups to promote the best possible education in hospice, palliative and bereavement care. Recently we have employed Clodagh Cooley as a part-time project manager. She works with a committee called the 'Palliative Care Education Taskforce'. Clodagh will initially be developing a database which details training courses for all healthcare professionals across the country.

The IHF continues to run our own education courses in bereavement. April 18th saw the graduation of the 2007/2008 Certificate in Children and Loss class and we would like to pass on our congratulations to the graduates. The Bereavement Studies Postgraduate Diploma and Masters students are continuing their work through most of the Summer.

SPOTLIGHT ON PALLIATIVE CARE FOR ALL

The vast majority or about 95% of people who access hospice care each year are cancer patients.

While extending access to hospice care for patients with conditions other than cancer was a key recommendation of the 2001 Report of the National Advisory Committee of Palliative Care, there is little evidence of development in this area.

In 2006, deaths from Chronic Obstructive Pulmonary Disease (COPD), Dementia and Heart Failure were greater than that of cancer by over 20%, people with such life limiting conditions often die without access to hospice/palliative care services. It is estimated that 20% of non-cancer patients require access to palliative care services.

The IHF has committed over €1m to fund a

five-year Extending Access Programme, which began last year. It is being developed in partnership with the Health Service Executive.

This programme is seeking to examine how hospice/palliative care can extend to people with conditions other than cancer and has an initial focus on people with COPD, Dementia and Heart Failure. It is drawing on expertise from the both the disease specific specialists and specialists in palliative care.

A report on the initial phase of the programme is due to be launched in the coming weeks following a period of open consultation. The report identifies the challenges, barriers and potential areas for action which will allow people with

non-malignant conditions to access palliative care services.

The report will have a wide range of recommendations under the headings of development of service models, education, further research and policy developments in this area.

It is anticipated that the report can be used as an education tool to inform relevant professionals on the role of palliative care for people with non malignant conditions as well as providing a catalyst for change in this area.

The implementation plan, which will be included in the report, will identify a number of recommendations that will be progressed in the next phase of the programme.



Dr Susan Delaney, Psychologist and Bereavement Services Manager of the IHF, writes about the late Nuala Ó Faoláin's decision to speak about her dying.

A message from Dr Susan Delaney



Nuala Ó Faoláin brave words about dying touched a nation and started a dialogue on death and dying that is rarely heard.

What we know about death and dying in Ireland can be gauged from the first ever national survey on the subject which was commissioned by the IHF and released in 2004. It found that the three most important things for Irish people when they are dying are to be surrounded by people they love, to be free from pain and to be conscious and able to communicate.

In Nuala's interview before her death at Blackrock Hospice in Dublin on May 10th, we were given a snapshot of how she was coping at that time. People's response to receiving a life-limiting diagnosis for themselves or a family member will differ and will likely change over time as circumstances change.

Typically people will cope with this news in a similar way to how they have coped with other difficulties in their lives. Some of us are talkers and reach out for support. Some of us keep our thoughts and feelings private. At times we may be scared, anxious and

despairing. At other times we may be able to focus on how we use the time we have left and still experience joy and happiness in our lives.

We all have a certain amount of death denial; we don't hold in our conscious mind that we are going to die. Therefore, talking about death can cause anxiety and may be seen as morbid or unnecessarily upsetting others.

But given that death is inevitable, and as a tribute to Nuala's courage in opening up the subject, can I suggest that we take 10 minutes to review where we are in our lives and what we might do differently if we knew our time was limited.

We know that being alone is a common fear and the support of friends and family can be a source of great comfort as death draws near. Today is a good day to start doing things differently – reach out to your family or people who mean a lot to you, let go of old hurts and falling-outs.

On a more practical note, take a moment to think about your views and wishes around



Nuala's gift to us is giving us the opportunity to reflect on our lives and make some changes now. The late John O Donohue expressed this invitation beautifully in his poem "for death" when he wrote:

*...That the silent presence of your death
Would call your life to attention
Wake you up to how scarce your time is
And to the urgency to become free
And equal to the call of destiny.*

*That you would gather yourself
And decide carefully
How you now can live
The life you would love
To look back on
From your deathbed."*

death practices. Let someone know what you would like. Do you know your loved one's views on burial or cremation? Do they have a strong opinion on organ donation? Would they like a priest to be called for the Last Rites? Would they want to know if their time was limited?

One thing I have learned from working with bereaved clients is that many people have deep regrets about time running out, things left unsaid or not knowing the wishes of their family member.

The recent media discussions on death can nudge us towards a more conscious way of living. Ironically, the more we accept our mortality the more we can open up to living more fully.

Nuala Ó Faoláin 1940-2008 RIP

This is an edited version of an article which was published in the Irish Times on 6th May. Bereavement leaflets are available from the IHF on 01-679 31 88 or can be downloaded from www.hospice-foundation.ie