

HELPING
YOUR
COMMUNITY
SINCE 1873



The Hospital Saturday Fund Charity Update

In 2018 The Hospital
Saturday Fund will give:

£1.2 million

in donations and grants to
medical charities for care
and research, hospices and
hospitals across the
UK and Ireland.

Assistance will also be given
to individuals whose illness
or disability has caused
financial difficulties.

Inside this issue:

U-Evolve	1
Leonard Cheshire	1
Exeter Leukaemia Fund	2
ellenor	2
Epilepsy Scotland- Lighthouse	2
The Martha Trust	3
National Osteoporosis Society	3
University of Bristol	3
About HSF	4

Issue 5 UK

May 2018 Page 1

U-Evolve

Paul Jackson, Chief Executive of The Hospital Saturday Fund presented a cheque for £7,933 to U-Evolve towards mental health counselling for young people.

U-Evolve was founded in 2015 to support children with complex needs who live in North East Edinburgh, one of the most deprived areas of Scotland.

U-Evolve supports children who feel vulnerable, lack confidence or present with behavioural problems, helping them to develop a strong sense of self-worth, confidence and resilience. It teaches them strategies to move away from defensive behaviours towards learning how to be in the world in order to reach their potential.

The Charity works with Spartans, the local football club, and schools to encourage children to attend counselling sessions at the Feltor Youth Club.

The Club is the oldest youth centre in Scotland, but was rebuilt by Feltor two years ago. Eilidh, U-Evolve's Chairman, explained that the brain has three parts and children who suffered poor life experiences such as abuse, mainly use the limbic area, the second part of the brain, which controls emotions such as "fight or flight". U-Evolve work with the children to encourage them through reassurance to use the neocortex part of the brain which is the most sophisticated area and controls things such as learning. The project is currently assisting 80 children and the grant means that U-Evolve is able to extend the project, which is great news.



Paul Jackson, CEO, presenting the grant cheque to
Eilidh Macdonald-Harte, Chairman
and Tolga Kuyucuoglu, Project Manager.

Leonard Cheshire Disability

The Hospital Saturday Fund were honoured that their Patron, leading Soprano Lesley Garrett, was able to join them to visit Randall Close Day Centre, a Leonard Cheshire centre in London to present a cheque for £10,000 which will go towards purchasing a Biodex Unweighing Supporting System – an impressive piece of medical equipment that helps restore functional mobility.

During the visit they were shown around the centre and got to meet a number of attendees. William Gallagher has been working at Randall Close for 20 years and just from this one-off meeting, it was clear to see he is hands-on with his management and a big personality in the centre.

Some of the staff also shared their own testimony and battles they had overcome, some of which culminated in

working at the Randall Close Day Centre.

On presenting the cheque, The Hospital Saturday Fund were awarded with a 'Crest of Wandsworth' shield on behalf of the Mayor of Wandsworth, Councillor Leslie McDonnell.

It was a wonderful thank you gesture from Leonard Cheshire Disability to recognise all the work The Hospital Saturday Fund has done for the Randall Close Day Centre.

Amongst the cheque presentation party were Paul Jackson, Chief Executive of The Hospital Saturday Fund, Lesley Garrett, Patron, Tom Bull, HSF health plan Head of Finance and William Gallagher, Manager of Randall Close Day Centre

Leonard Cheshire Disability (LCD) is the UK's leading charity for supporting disabled people. LCD supports disabled people in many ways including home care, supported rented accommodation, in residential homes, through respite services and in day centres such as Randall Close.

The Randall Close Day Centre is located in Battersea and has been managed by LCD since 1999. On average, 35 people per day with a range of physical disabilities, some of which include: cerebral palsy, motor neurone disease and stroke-related brain damage use the facilities in the centre. The majority of the service users at Randall Close fall within the 83% of disabled people who acquired their disability after birth and therefore a vital service is their rehabilitation.



Exeter Leukaemia Fund

Exeter Leukaemia Fund's new ELF@Home service equips volunteers to support patients in their own homes. Thanks to The Hospital Saturday Fund, it can support people like Michael (pictured).

Michael was introduced to Lynn in May 2017. Lynn visits Michael once a week for a few hours, and is providing practical help, emotional support and companionship. Michael has always been a very independent man who thought he'd never need to rely on the support of



others. He has however, been ill for some time now and he gets lonely. He has blood transfusions every 2 weeks and his mobility is poor.

Lynn makes Michael a weekly homemade meal; they go shopping together; and Lynn has helped Michael apply successfully for a blue badge so that when she takes him shopping there are fewer difficulties. They enjoy chatting and she helps around the house.

Michael says "The world would be a better place if there were more Lynn's in it."

ellenor

Lynne Paine, HSF health plan staff member, recently presented a cheque to Charlotte Davis of ellenor (previously known as Ellenor Lions Hospices).

Elaine Higgins from ellenor sent this lovely message detailing how the funds would be utilised and the impact of ellenor to peoples lives:

"Thank you so much for coming along yesterday and presenting Charlotte Davis with the generous cheque to the value of £2,000, which will help us to deliver chemotherapy within the family home.

As she mentioned, Charlotte has recently joined ellenor as a Children's Care Assistant and has had personal experience of ellenor's Children's Hospice at Home service. Charlotte's daughter Paige, was diagnosed with leukaemia and received care from the team. It is now six years since this frightening time and Paige is doing well. Charlotte said that it was ellenor that helped her through this difficult time.

Thank you once again for taking time out of your day to meet with us and the generous award from the HSF Trustees".



Epilepsy Scotland – Lighthouse

The donation received from the Hospital Saturday Fund allowed Epilepsy Scotland to provide the best support possible to service users in the group.

During the summer months they took the group to Loch Lomond for a boat trip, followed by lunch. In the absence of this additional funding, to keep costs down, they would have had to travel by bus and train. Instead, they used part of the HSF donation to hire a minibus which improved the day significantly.

It gave the group more time to enjoy the day, but it also meant that service-users could relax and did not have to worry about having a seizure at the train station and possibly missing the train.

"The Hospital Saturday Fund donation has allowed us to make small, yet significant improvements to the activities we offer service-users. Please accept our sincerest thanks for this generous donation".



The Martha Trust

Paul Jackson and Adrian Button visited the Martha Trust in Kent to present a cheque for £5,000 towards a new lining for their sensory pond.

Martha Trust is a registered charity, started in 1987, to provide residential care, respite care and day care for adults with profound physical and multiple learning disabilities.

The Martha Trust's has a campus in Hastings and another at Deal which has two residential homes that house 21 adults with profound physical and multiple learning disabilities, the result of congenital and post-natal disorders that include underdeveloped brain, hydrocephalus, epilepsy, curvature of

the spine, displaced hips, breathing difficulties, and brittle bones. The majority of residents are unable to walk unaided and all are dependent on nurses and care-givers for every necessity.

The pond was built by the TV gardener Charlie Dimmock and is incredibly beautiful, large and well thought out. The design of the pond allows the charity's beneficiaries, who have very little movement, to feed the fish and to get very close to the water features, as the surrounding wide decking overhangs the pond.

The pond is the centre of the Deal home and provides great comfort to residents, especially his blind residents.



Paul Jackson, CEO & Adrian Button, HSF health plan Head of Sales & Business Development UK, presenting the cheque to George White, CEO Martha Trust.

National Osteoporosis Society

The Hospital Saturday Fund donated £2,000 to the Fracture Liaison Service Project to help pro-actively identify people at risk of osteoporosis in order to treat the condition.

In the last six months since the grant, they have helped set up two new Fracture Liaison Services. These services serve a total of 750,000 people and they estimate will save the NHS £6million over the next five years.

They have also undertaken 10 reviews of already established Fracture Liaison Services in order to share good practice and help improve them.

November saw the launch of a significant piece of work to improve the way spinal fractures are identified

and how information about a patient is shared between health professionals. Spinal fractures are the most common type of fracture caused by osteoporosis but are largely undiagnosed and untreated.

Their effects can be devastating for people. The more spinal fractures someone endures, the more severe the effects. These include serious spinal deformity, back pain, height loss, immobility, breathlessness, a protruding abdomen, indigestion and stress incontinence.

This work will help Fracture Liaison Services identify spinal fractures, so that the underlying osteoporosis can be treated. Ultimately this will help prevent further fractures and their severe effects.



University of Bristol

The Hospital Saturday Fund was pleased to present a grant of £10,000 to University of Bristol towards their medical electives programme.

This programme allows medical students in their final year of study to undertake study abroad throughout the world.

The University places great store by this experience as it allows students to put their clinical and research skills to practical use in a

new and sometimes challenging environment, and also lets the students gain new cultural experiences and insights as well as reflect on their future career path and aspirations.

The photo shows John Randel, HSF health plan Chairman, presenting the cheque to Professor Sarah Purdy (Head of Medical School) and Dr Jon Dallimore (Electives Coordinator), accompanied by HSF health plan Senior Account Executive Heather Phipps.





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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 2018 the Hospital Saturday Fund will give £1.2 million in donations and grants to medical charities, hospices and hospitals across the UK and Ireland. Assistance will also be given to individuals whose illness or disability has caused financial difficulties.

Dear Reader,

As you are aware by supporting The Hospital Saturday Fund you contribute to some of the most exciting health and wellbeing projects across the UK and Ireland. With your continuous support our work has grown substantially with annual grant totals growing from £200,000 to £1,200,000 over the last 10 years. Your support has also allowed us to increase the number of grants given annually from 170 to 347 thus reaching even more worthwhile causes and positively impacting more people's lives year on year. Whilst this is incredible, especially as our cover also supports major medical charities in the UK and Ireland, numerous smaller charities and individuals with exceptional specific needs, we want to do more!!! We would like to give to more than 30% of those who apply today. We would truly like to give to 100% of applicants including both big & small groups, UK & Irish charities, individuals, research and medical electives.

Please help by donating or partnering with us today! You can do so through our website, our Facebook page, our Justgiving account, nominating us as your chosen charity when using Paypal or by calling the Charity Team who will be delighted to share ideas with you.



HOW TO APPLY FOR GRANTS (via www.hospitalsaturdayfund.org)

Applications from Organisations

The Grant Making Committee (GMC) meets quarterly. Applications should be submitted online by close of business on the deadline date. Here are the remaining dates for 2018:

GMC 13 August 2018

Standard Grants of £2,000 or €2,700 – deadline 16 July 2018

Large Grants of up to max £10,000 or €13,500 – deadline 18 June 2018

GMC 5 November 2018

Standard Grants of £2,000 or €2,700 – deadline 8 October 2018

Large Grants of up to max £10,000 or €13,500 – deadline 10 September 2018

Applications from Individuals

Individual applications are accepted throughout the year on a rolling basis. See the guidelines on our website for further information.

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