



**ADELAIDE
HEALTH
FOUNDATION**



Annual Report | 2016



**ADELAIDE
HEALTH
FOUNDATION**

OUR VISION

Our vision is to be an independent not-for-profit health foundation that seeks to advance healthcare that:

- is centred upon the dignity of every human being
 - treats mind, body and spirit holistically
- provides equal access to healthcare upon the basis of need

The work of the Foundation is based upon 4 pillars:

Advocacy

Research

Education

Support



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Table of Contents

Message from the Chairman	1
Update from the Foundation Manager	2
Adelaide Health Foundation Board & Staff	3
Structure, Governance & Management	4
Objects & Activities	5
How the Foundation Delivered on its Activities in 2016	6
Health Policy Development	9
Financial Statements	13
The Adelaide Hospital Nurses League 2016	15
News	17
Members & Donors	19
Membership form	22
DD Mandate & Bequest Form	23

Message from the Chairman



"...a plea to address the political and societal impediments that have prevented the delivery of the equality and access recommended in every report on health since the 1970's".

Greetings to all.

Firstly, may we welcome our new Board members, Rory Brownlee and Marie Louise Delahunty. The future of the Society is dependent on new people and new thoughts and already they are bringing their new skills to bear.

Their dynamism and new ideas are matched by those of our new Foundation Manager, Niamh Gavin. It is wonderful to see new thoughts and inputs building on the legendary work of Róisín Whiting - to whom we owe a huge debt.

Shortly, the Houses of the Oireachtas Committee on the Future of Healthcare, with Róisín Shortall as Chair, will issue its report. Our submission focussed on two things - the need for Universal Healthcare, and a plea to address the political and societal impediments that have prevented the delivery of the equality and access recommended in every report on health since the 1970's. Truly has it been said that we as a country suffer from "implementation deficiency disorder" ...

The Right Rev'd Dr. Kenneth Kearon's challenging address at



the last AGM concluded with – "The need for ethical reflection and questioning continues and great challenges and opportunities still lie before us. The language of ethics and ethos needs to be recovered in public discourse". How percipient he was considering developments in genetics and maternity services.

We applaud several events during the year, including the implementation plan for the Health Assets and Needs Assessment [HANA] report, and the Health Gatherings in April and September. Later this year, we plan a Workshop on the integration of health services for the Tallaght region, and the national implications of the findings - yet again stressing the need for implementation, not just talk.

The Foundation welcomes the Friends of Tallaght Hospital initiative which seeks to co-ordinate voluntary activities, particularly fund-raising, and we look forward to active participation. We have also ear-marked funds for better facilities for medical students.

"Times they are a changin'" (Dylan from 1964!).
Great! Let's get on with it.

Ian Graham

Ian M Graham FRCPI, FESC, FTCD

Update From The Foundation Manager



2016 was a busy year for the Adelaide Health Foundation, and this report details many highlights from work done under the Foundation's Advocacy, Research, Education and Support pillars.

The Board of the Adelaide School of Nursing oversaw the Nursing Applications process, awarded Nursing Scholarships and administered the Nursing Bursaries. For the first time in 2016, the Student Nurse Bursary Scheme was extended to student nurses attached to Tallaght Hospital in addition to students of Adelaide School of Nursing. These bursaries are crucial to students in enabling them to undertake their nursing degree and receive their clinical training at Tallaght Hospital.

Within Tallaght Hospital, the Foundation funded education for staff seeking to improve their skills and make a positive impact on patient care in the Hospital.

The Foundation directly supports service developments and patient care at Tallaght Hospital, and 2016 was no exception. The Development Committee oversaw the rollout of the New Initiatives Scheme, which funded projects across four Hospital departments during the year, and the Community Health Initiatives Scheme which funded a number of projects in the Community.

Later in this report you will see detail of a number of other Tallaght Hospital projects funded by the Foundation's

Healthcare Advancement Fund. The historic "Patient Pound Day Fund" [now renamed the Patient Well-Being Fund] was also utilised to great benefit for brightening up tired spaces.

The Finance & Investment Review Committee continue to oversee the prudent investment of the capital sum provided from the sale in 1996 of the Adelaide Hospital in Peter Street, with the annual income generated funding a large amount of the Foundation's activity.

On the personnel front, year-end brought the retirement (after 17 years) of Róisín Whiting. I joined the Foundation in November to work alongside Róisín until her departure in December. I cannot express enough gratitude to both Róisín and Esther for the warm welcome, generosity of spirit and general guidance to help me get up and running.

I would also like to record my thanks to the Board of the Foundation for invaluable support throughout my induction period. I am truly delighted to be in position and I very much look forward to making a contribution in 2017 and beyond. Most importantly, I am keen to become a part of the fabric of the Adelaide, an organisation with a distinct ethos which holds a special connection for so many. The Foundation's members and supporters, old and young, are the lifeblood of the organisation – and we are always delighted to meet you.

With very best wishes
Niamh

Board of Management

Officers of the Board

Dr David Moore, President
Prof Ian Graham, Chairman
Ms Triona Murphy, Hon Secretary
Mr Peter Kemp, Hon Treasurer

Members of the Board

Prof Joe Barry
Mr Rory Brownlee
Ms Marie Louise Delahunty
Dr Hilary Dunne
Ms Karen Farrar
Mr Stephen Franck
Mrs Rosemary French
Mr Alan Gillis
Prof Ian Graham
Dr Lynda Hamilton
Prof H Hoey [Retired]
Mrs Meg Jackson
Mr Peter Kemp
Ms Catherine MacDaid
Prof David McConnell
Dr David Moore
Ms Triona Murphy
Dr Gerard O'Connor
Mr Philip Odlum
Dr Fergus O'Ferrall [leave of absence]
Ms Yvonne Seville
Ms Noeleen Taylor
Ms Marion Wilson

Staff

CEO
Róisín Whiting [retired 31st December 2016]

Foundation Manager

Niamh Gavin [commenced 7th November 2016]

Foundation Administrator

Ms Esther Nyambura

Auditors

PWC

Solicitors

William Fry

Structure, Governance & Management

Legal and administrative details

The Adelaide Health Foundation is the business name of the Adelaide Hospital Society which was incorporated as a limited liability company (No 224404) on 9 November 1994 and is a recognised charity (CHY 11153) with its registered office at The Adelaide & Meath Hospital, Tallaght, Dublin 24.

Governance structure

The Foundation is a company limited by guarantee without share capital. The governing document is 'Memorandum and Articles of Association'.

The Foundation is composed of Life and Annual Governors and is managed by a Board of Management appointed from amongst its Governors. The Governors are appointed from the membership of the Foundation which is open to all who wish to support its work. Members pay an annual subscription to the Foundation. The Board also has power to co-opt any person to be a member of the Board. The Adelaide Health Foundation had members in common with the Adelaide Hospital Incorporated until 31 July 1996 when the Hospital became a constituent Hospital of the Adelaide & Meath Hospital, Dublin incorporating the National Children's Hospital (Tallaght Hospital). The Foundation has the right to nominate members to the Board of Tallaght Hospital.

At December 2016 there were 22 trustees on the board of Adelaide Health Foundation. All give their time voluntarily. In addition to attending at Board Meetings, many trustees take part in the work of the organisation by sitting on various committees.

At the end of 2016, the following sub-committees of the Board were in place:

- President's Committee
- Executive Board
- Finance & Investment Review Committee
- Steering Committee of the Adelaide Health Policy Unit
- Voluntary Services Development Committee
- Board of the Adelaide School of Nursing

From time to time ad-hoc sub committees may meet to consider a particular project/item.

Board meetings take place five times a year, generally on the 2nd Monday of the month in which the meeting falls. Sub-committees meet a designated number of times per year or as required.

The AGM is held annually on the last Wednesday in May.

The organisation is managed on a day to day basis by the Chief Executive officer, working with a part time administrator.

No-one in the organisation is paid a salary exceeding €60,000.

Objectives And Activities

The Foundation, as a voluntary charitable organisation, has as its principal object the advancement of healthcare. It supports Tallaght Hospital, evoking public support throughout Ireland for a public voluntary teaching hospital which provides the highest quality of healthcare especially for the poor of every denomination and which fosters an inclusive approach to medical practice, treating each patient as they would wish.

THE MAIN ACTIVITIES OF THE FOUNDATION INCLUDE:

Support of nursing staff and students

This support takes the form of assisting in the selection of students for The Adelaide School of Nursing, awarding of Adelaide Nursing Scholarships and the distribution of funding through the Bursary Scheme.

Support within Tallaght Hospital

The Adelaide New Initiative Scheme provides seed funding for new developmental initiatives in Tallaght Hospital. The scheme is open to all Hospital departments.

The Adelaide Health Foundation is also committed to supporting the personal and professional development of Hospital staff through Educational Grants

Healthcare Advancement Fund

This scheme provides funding for competitive and innovative research that will create new knowledge and evidence of benefit to health through investment in patient-oriented, population health, health policy and health services research.

Support within the local Community

The Adelaide Health Foundation exists to advance healthcare, seeking to ensure that healthcare is available to all based upon health needs and not on financial means.

The Foundation believes in "Just Caring" which embraces both our ethic of care and our ethic of justice.

Under the Adelaide Community Health Initiative Scheme (CHIS) we aim to assist local community healthcare organisations which specifically provide a service or supports within the healthcare field.

Health Policy Development

The Adelaide Health Policy Department works in collaboration with the Department of Public Health and Primary Care, Trinity College. As part of the Adelaide Health Policy Initiative, the Foundation funds the salary of a Trinity Assistant Professor and part funds the salary of a Trinity PHD research student for work on Health Services Research. The Health Policy Department provides evidence-based health policy analysis which the Foundation may use in advocacy as it seeks to improve and develop Irish health services.

How The Foundation Delivered On Its Activities In 2016

SUPPORT OF NURSING STAFF AND STUDENTS

Adelaide School of Nursing

34 students, including 4 mature students, were admitted to the Adelaide School of Nursing in September 2016.

Adelaide Nursing Scholarships

The 2016 Hannah McDowall Scholarship was awarded to Caitlin Ní Chonboirne for her distinguished performance in her first year TCD examinations.

The Eileen Mansfield Scholarship was awarded to Beverly Clancy.

The Caroline Sharkey Scholarship was awarded to a team of 5 Nurse Lecturers [led by Thelma Begley] from the School of Nursing & Midwifery in partnership with CPC children's service.



Thelma Begley



Caitlin Ní Chonboirne



Beverly Clancy

Bursaries

Bursaries to the value of €88,250 were awarded to new and continuing students in 2016.

The total amount expended on bursaries and scholarships in 2016 was €95,970 - exclusive of support costs.

SUPPORT WITHIN TALLAGHT HOSPITAL

New initiatives Scheme

The Foundation awarded the following grants to Hospital departments under the New Initiatives Scheme in 2016 to a total of €15,262.

- **Speech & Language Therapy** - Enhancing communication with older people

- **Speech & Language Therapy** - System to support SLT Medical Imaging Peer Review and Training of Speech & Language Therapists in Dysphagia and Videofluoroscopy Analysis
- **Clinical Psychology** - Telling Your Story
- **ICU/Nutrition & Dietetics** - Body composition assessment in critically ill patients
- **Occupational Therapy** - Purchase of Woodcast material to facilitate the continuation of piloting this type of splinting material

Healthcare Advancement Fund

A number of Hospital projects were funded through the Adelaide Healthcare Advancement Fund:

There was great excitement mid-year in Resuscitation Dept at the arrival of Wallace, the SimMan Advanced Mannequin. Wallace was co-funded by the Adelaide Health Foundation (through the Healthcare Advancement Fund) and the Meath Foundation. This funding stream is for projects which clearly demonstrate a positive impact on the quality of patient care, and use of the advanced mannequin in simulation training for nursing and medical staff will no doubt help to improve patient safety and delivery of optimum care.



In conjunction with the Meath Foundation, we continue to fund support to develop the research capacity of Advanced Nurse Practitioners (ANP) and Clinical Nurse Specialists (CNS) in Tallaght Hospital. Nurses are supported both to achieve their ANP or CNS qualifications and to undertake and present research in their area of speciality.

The Foundation also provided funding for the following projects:

- The Day of Surgery Admissions (DoSA) received funding to furnish the Lounge
- Refurbishment work in the Emergency Department Bereavement Suite. Before and after pictures of the newly named Rosheen Suite (below), show a place of welcome and hospitality has been created, affording comfort to the families of patients at a very difficult and vulnerable time,
- The Pastoral Care Department received funding for the installation an Audio Visual System comprising of a projector, a big screen and speakers, enabling the

personalisation of services with images. There is an environmental benefit from the projection of the words of hymns and songs during services, reducing the need for printed material.

Education Grants to Hospital Staff

The Adelaide Foundation awarded grants to a total of €3200 to staff in a variety of Hospital departments to (1) attend conferences relevant to their work, (2) make presentations at conferences and seminars and (3) undertake relevant educational courses for professional development. These education grants are invaluable to staff as they seek to improve their skills and make a positive impact on patient care in the Hospital.

SUPPORT WITHIN THE LOCAL COMMUNITY

Some of the projects funded under the CHIS scheme in 2016 were:

Capacitar Ireland - Funding to deliver community wellness programme to a target group of carers

Capacitar is a Spanish word meaning 'to empower.' Funding from the Foundation enabling the facilitation of



Before



After



Before and After shots of the newly refurbished Bereavement Suite, named the Rosheen Suite, provides a comfortable environment for those who are going through the loss of a loved one.

a thirty week wellness group in the Tallaght community using Capacitar practices. The focus of the group is on relaxation and stress reduction. Practices taught include Tai Chi movements, Pal Dan Gum, Mindfulness, Fingerholds and Emotional Freedom Technique.

Feedback from participants includes 'that they are better able to relax', 'better able to manage their stress', that they 'feel calmer', are 'sleeping better', some mentioned that their back pain has 'greatly reduced' and they have also passed the practices onto family, and friends.

Kingswood Community & Leisure Centre - Funding to set up a social club for people with Alzheimer's

The centre identified a void in the care of persons with Alzheimers in the Kingswood area of Tallaght. They linked with the Alzheimers Association, applied for and received funding to set up a Support Group for persons with Alzheimers and their carers. This provided an opportunity to meet others in a similar situation, to share stories and experiences, and access information and practical advice in a relaxed, understanding and supportive environment. A professional carer attended and supervised each monthly meeting. The experience was deemed very worthwhile and the Centre hope to expand the project.

Barnardos - Funding towards Tallaght Teen Parent Support Programme

The Barnardos Teen Parent Support Programme is a service for pregnant or parenting teenagers in Dublin 24 (Tallaght) since February, 2000. The 2016 programme was funded by the Adelaide Health Foundation. The aim of the programme is to support young families in a way which will minimise negative outcomes for themselves and their children. The programme helps to address issues such as poor parenting, social isolation, admission to state care and long term poverty.

Staff worked with the following service users during the reporting period:

- 42 Teen Mothers | 7 Teen Fathers | 45 Infants | 7 Grandparents, extended family

Highlights during the reporting period:

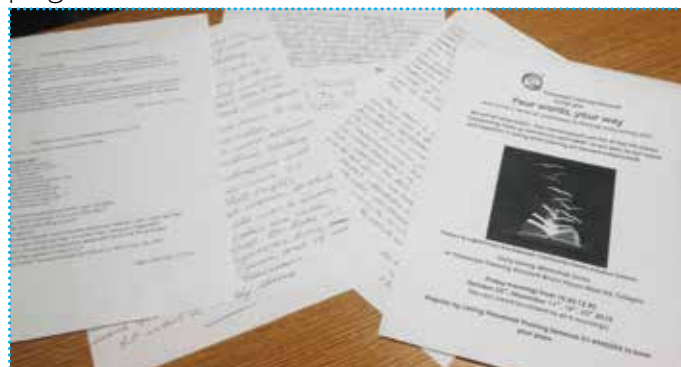
- Five young parents commenced 3rd level education.
- Seven young parents received Honours Junior Certificate results in September, 2016.
- Two young couples had their children returned to them from the care of the Child and Family Agency - Tusla.

Threshold Training - Funding of facilitated workshops for people with mental health issues.

Threshold Training received funding to support the running of a short training programme for people with mental health difficulties called 'Raising your Voice- learning the skills of Self Advocacy for Wellness'. 18 people participated in the workshops, which had three components.

- Creative writing
- Singing and voice work workshops
- Learning the tools of self-advocacy

At the end of the programme, participants who took part in the voice work and singing workshops held a short concert which was a truly moving experience to see people own their voices and lead us in song, something they would not have imagined ever doing before the programme started.



Health Policy Development

The Adelaide Health Policy Initiative [AHPI] is based within the Department of Public Health & Primary Care and also within the remit of the Adelaide Health Foundation [AHF]. The AHF currently fund/part-fund the following Trinity College positions:

- Dr Catherine Darker, Adelaide Assistant Professor [fully funded]
- Ms Lucy Whiston, Adelaide PhD Candidate/Irish Research Council Scholar [part funded]
- Dr Erica Donnelly Swift, Biostatistician (funded one-day a week)



Dr Catherine Darker



Ms Lucy Whiston



Dr Erica Donnelly

The AHPI Steering Committee oversees the research agenda with final sign off from the Board of Governors of the Foundation.

The AHPI advance healthcare in Ireland by providing research and evidence based health policy analysis. We have three core objectives:

1. To generate and promote the use of research evidence to inform health policy, management and services.
2. To evaluate key health policies which impact on the health and well-being of the Irish population
3. To advocate for access to good quality healthcare based upon need and not ability to pay.

2016 was a full and industrious year for the AHPI. Dr Erica Donnelly-Swift, a biostatistician by background training, has been funded by the AHPI to work one day a week with the AHPI. Erica brings a unique and much sought after set of skills. Her high level statistical analysis allows

her to hive large-scale national datasets to answer some of the most complicated data analytical questions of the day. We are delighted that Erica has joined us!

The AHPI moves to the Institute of Population Health, Tallaght

The Institute of Population Health encompasses 3 floors of primary care services and 3 floors of academic/clinical research in which the Department of Public Health and Primary Care, TCD is the core academic department. Colleagues from the School of Nursing & Midwifery have also joined us. Discussions are on-going with Tallaght Hospital in relation to its relationship with the Institute. Issues relating to integrated care, chronic disease management, prevention of chronic disease risk factors etc will all be further explored and pilot demonstration projects could be put into place. Recent data from the HANA project can also be utilised and most importantly the roll out of the implementation relating to same. There are lots of opportunities to demonstrate Tallaght as a national demonstration site for pilot projects.

Great news! South Dublin awarded Healthy County status from the World Health Organization

In recognition of South Dublin County Council's commitment to support the implementation of Healthy Ireland – the National Framework for Improved Health and Wellbeing at Local Level – the Minister of State for Health Promotion, Marcella Corcoran Kennedy, T.D, presented South Dublin County with a certificate of accreditation to the National Healthy Cities and Counties of Ireland Network. The Steering Committee of the South Dublin Healthy County included Dr Catherine Darker and Professor Joe Barry (Adelaide Board of Governors member), alongside colleagues from the HSE and also of course South Dublin County Council itself. The HANA

project research formed a central part to the submitted proposal. The goal of Healthy South Dublin is to work together to build health and wellbeing into planning and delivery of services locally. The inter-sectoral and interdepartmental actions called for within Healthy Ireland can, through the Healthy South Dublin group, be energised and focussed in a cohesive way. Key goals of Healthy Ireland can be delivered through the Healthy County model such as delivering on health inequalities and creating an environment where every individual and sector of society can play their part in achieving a healthier Ireland. There are also key national policy recommendations, for example, the new national physical activity plan, and the national alcohol policy which need to be actioned locally and the health community approach is proposed as a way of achieving this.

Health Gathering



The AHF in conjunction with the Department of Public Health & Primary Care, with support from the Fettercairn Community Health Project facilitated a Health Gathering with local people from the Tallaght area. This was following the pilot of the process in April 2016. This was an interactive session with local people living in the area of Tallaght and their views on health and wellbeing at local and national levels. Lucy Whiston & Catherine Darker conducted a further session with Kingswood/Kilnamanagh Active Age Group for Men. This will help us to bring local people's views to the forthcoming Integrated Care meeting in 2017. Follow up and analysis pending.

RESEARCH – SOME HIGHLIGHTS

Healthy Ireland – a national dataset on health and wellbeing

Erica is already putting those high-level statistical skills to use! She is looking to use a population level dataset 'Healthy Ireland' which has data on over 8000 people living in Ireland, which provides population trends relating to topics such as physical activity, smoking, alcohol and diet amongst others. Wave 1 of this data is now available and Wave 2 is coming soon. So we will be able to look at the health and wellbeing of the Irish population across a range of different factors. For example, do risk factors (e.g., smoking and diet) cluster together? How do these clusters map onto deprivation?

Public and Family Participation in Healthcare Design & Delivery – Adelaide PhD Candidate, Lucy Whiston

The AHF and the Irish Research Council jointly fund a PhD being completed by Lucy Whiston. The PhD will develop and test an intervention to encourage patient and family participation in healthcare design and delivery in an outpatient psychiatric service and an outpatient type 2 diabetes service. This is taking place over three years concluding in January 2018.

Study 1 conducted questionnaires with 738 patients and family members attending both services. Patients and family members typically reported not being involved in the design and delivery of services beyond the provision of information. A high level of support for greater participation was also illustrated. Results from this study have been published in Patient Education and Counselling. Study 2 supported and elaborated on the findings of Study 1 through focus groups and interviews with patients, family members, clinicians and policy leaders. 'Barriers and facilitators to participation were also identified. Study 3 identified preferences for the type and intensity of

an intervention to encourage greater patient and family participation in healthcare design and delivery. Two three round Delphi Technique Experiments were conducted with 31 participants from the psychiatry service and 29 from the type 2 diabetes service. Each panel included patients, family members and clinicians. Patients 'voting' on changes was supported in both panels (psychiatry 87% n=27/31, diabetes 72% n=21/29). Family involvement in discussions about changes was also supported by both panels (psychiatry 66% n=23/35, 72% n=18/25). Representation through patient and family representatives was preferred

A proposed intervention has been developed based on these identified preferences. Future research will implement and test this intervention. A process evaluation and assessment of the outcomes will be conducted.

Universal healthcare

Ireland's plans to implement a fair and equitable health service struggles on. We no longer hear the debate around health insurance per se but rather universal healthcare (UHC) in general terms. The WHO definition of Universal Healthcare (UHC) is that all people have access to the health services they need (prevention, promotion, treatment, rehabilitation and palliative care) without the risk of financial hardship when paying for them. This sounds very familiar as the Adelaide have been advocating for this for many years! But the voice of the citizen has been constantly overlooked on this issue. Towards the end of 2016 we started a new piece of research to address this deficit and bring the views and opinions of regular people into the forum. You will just have to wait until next year to find out what our citizens views are and how they think we should bring about an end to the unfair 'two-tiered' system.

Implementation of recommendations relating to Tallaght Health Needs and Assets Assessment (HANA in Tallaght Project)

A paper has been published in BMC Public Health relating to the HANA data entitled "Determinants of self-rated health in an Irish deprived suburban population – a cross sectional face-to-face household survey". Both the research team and the project Steering Committee have formed an Implementation Group to advance the 12 recommendations arising from the HANA project. This is with a view to how best we can to improve the health and wellbeing of the population of Tallaght. Another mechanism in which we are attempting to implement both the recommendations of HANA and also broader health and wellbeing issues in the area is through the 'Healthy Tallaght/South Dublin' group (for further details see below). Full copy of the HANA report available at www.adelaide.ie/health-policy/ or from the Adelaide office).

Chronic Disease Management

Our work in the area of chronic disease management continues. Dr Catherine Darker in conjunction with Ms Lucy Whiston and Dr Erica Donnelly-Swift have submitted a grant to continue on our work in the area of the management of chronic disease (e.g., cardiovascular diseases (heart attacks and stroke), cancers (particularly breast, prostate and colonic cancer), chronic respiratory diseases (chronic obstructive pulmonary disease and asthma) and diabetes. We also hope to identify objective measures of the management of chronic disease in existing national databases in both primary care and also hospital services. Full copy of the report available at www.adelaide.ie/health-policy/chronic-disease-management-in-ireland-cdm/ or from the Adelaide office.

Survey of Risk Factor Management for Cardiovascular Disease in Primary Care

Prof Graham, Dr Darker and Ms Whiston are involved in the piloting of the utility of a clinical audit of the management of patients with established cardiovascular disease and patients at risk of cardiovascular disease attending Primary Care. This audit is an adapted version of SURF (SURvey of Risk Factors), which was conceived as a simple audit of cardiovascular risk factor management within Secondary Care to provide more representative usage to complement detailed audits such as EuroAspire. GPs are faced with an increasing workload in caring for patients of all ages and backgrounds with often complex clinical needs, in a time of decreasing resources. The burden of chronic disease management in general practice is significant. With population disease prevalence trends and the push to move management of many of these conditions into primary care, this is likely to continue. Inherent in many chronic diseases is a level of cardiovascular risk. Many patients have multiple chronic diseases and co-morbidities. Identifying, managing and keeping up with different guidelines can be time consuming and challenging. The Adelaide Health Policy Unit has collaborated with the Irish Primary Care Research Network (IPCRN) and the National University of Ireland, Galway. This project is being funded with an unrestricted grant from MSD. A beta test of the project is still currently underway.

[Externally funded research projects – compatible with the vision of the AHPI](#)

New project – process evaluation of the National Clinical Care Programmes (HSE funded)

Work has commenced on conducting a process evaluation of a subset of the National Clinical Care Programmes (NCCPs). The NCCPs are focused on bringing clinical leadership to the heart of the decision-making process

with the ultimate aim of improving quality, access and value of healthcare in the country. There are over thirty NCCPs across areas such as acute medicine, asthma, COPD, diabetes, obstetrics and gynaecology to name but a few. This research is focusing on whether the programmes have been implemented as intended.

New project – evaluating a workplace physical activity intervention and a community physical activity consultation (HSE funded)

This funding was awarded on foot of the data from the HANA project, which demonstrated that physical activity levels were in the community. Work has commenced on evaluating a workplace intervention to encourage physical activity amongst staff working in public and private sector organisations in South Dublin. This project aims to determine whether it is feasible and acceptable to organisations to run a workplace physical activity intervention on site. The second component of this award is to liaise with the general public living in Tallaght to determine how best to develop a culture of physical activity in the.

National Board and Committee meetings:

Dr Darker continues to represent the Foundation on a number of national committees and Boards. For example, the Council of Healthy Ireland, the Health Reform Alliance, the Irish Platform for Patients' Organisations, Science and Industry, TASC Group on Health Inequalities, and the Irish Cancer Society Expert Group on Health Inequalities.

STATEMENT OF FINANCIAL ACTIVITIES

Financial Year Ended 31 December 2016

Income and expenditure

Income from:	Unrestricted funds 2016 €	Restricted funds 2016 €	Total funds 2016 €	Total funds 2015 €
Investments	627,382	1,733	629,115	609,666
Donations and legacies				
-general donations	19,551	287,542	307,093	12,623
-society membership	11,218	-	11,218	12,119
-legacies	1,270	-	1,270	600
Other trading activities	100	-	100	5
Total income	659,521	289,275	948,796	635,013
Expenditure on:				
Charitable activities				
-health policy initiative	163,078	-	163,078	143,313
-bursaries	110,820	-	110,820	84,498
-scholarships	22,767	-	22,767	20,771
-direct health care projects	62,183	-	62,183	53,761
-education grants	18,247	-	18,247	24,217
-student nurse application process	40,781	-	40,781	36,138
-healthcare advancement fund	157,524	-	157,524	189,915
	575,400	-	575,400	552,613
-expenditure from funds raised in prior years	-	16,066	16,066	220
	575,400	16,066	591,466	553,833
Raising funds				
-investment managers fees	81,907	-	81,907	77,559
Other				
-archive project	1,778	-	1,778	3,021
Total expenditure	659,085	16,066	675,151	633,413
Net income from operating activities	436	273,209	273,645	1,600
Net gains/(losses) on investments	272,560	(3,955)	268,605	1,578,614
Total net income	272,996	269,254	542,250	1,580,214
Reconciliation of funds				
Total funds brought forward	21,707,423	83,614	21,791,037	20,210,823
Total funds carried forward	21,980,419	352,868	22,333,287	21,791,037

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure is deferred from continuing activities.

BALANCE SHEET

As at 31 December 2016

	2016 €	2015 €
Investments	21,861,109	21,690,050
Current assets		
Debtors	39,692	50,940
Cash and cash equivalents	1,203,474	710,530
	1,243,166	761,470
Liabilities		
Creditors - amounts falling due within one year	(155,644)	(155,100)
Net current assets	1,087,522	606,370
Provision for Healthcare Advancement Fund	(615,344)	(505,383)
Total net assets	22,333,287	21,791,037
Represented by:		
Funds of the charity		
-unrestricted	21,980,419	21,707,423
-restricted	352,868	83,614
Total charity funds	22,333,287	21,791,037

On behalf of the Board
Ian Graham
Peter Kemp
Niamh Gavin

Report of The Adelaide Hospital Nurses' League 2016

The A.G.M. of the Nurses League was held in The Tullamore Court Hotel on Saturday the 8th of October 2016.

Denise Pierpoint who had been president for six years retired and passed the chain of office over to Hazel Caird. Denise was thanked for the job she had done so well and was presented with a bouquet of flowers.

The elected members of committee are:

Sharon Glynne, Secretary

Nola Lambert, Treasurer.

Avril Carroll,

Anne Deane

Naomi Elliott

Ros Garrett

Avril Nason

Heather Taylor

Hilary Daly

Yvonne Seville

The meeting was followed by a very enjoyable lunch with great comradeship and many old Adelaide Hospital stories.

The London branch will host their lunch in the Sloane Club on the 4th May 2017.

The Benevolent Fund continues to support and assist our members in times of need. This work is undertaken in the strictest confidence and the Committee are to be thanked for their continuing good work in the distribution of this fund.

The A.G.M. for 2017 will be held at The Marine Hotel Sutton, Co Dublin on the 14th October 2017

Hazel Caird

President



Denise Pierpoint and Hazel Caird



Nurses League AGM

2016 in pictures



News

Tallaght Hospital

The year started with an event hosted as part of the Patient Survey Initiative, which was broadly attended by those from the community, hospital group, other hospitals, the Ombudsman, HIQA staff and volunteers. The event was a huge success, discussion was very lively with patient feedback being heard and taken on board.

The Tallaght Stroke Support Group was very active in 2016, with Hospital staff working in partnership with a community Primary Care Team, on an initiative for people affected by stroke.

The Health & Wellbeing Committee had an extremely active 2016, setting challenges for staff through the *Step Challenge* in May and the *Walk the Mile* in September. The Committee's efforts were recognised by the award by the Irish Heart Foundation of a Silver Active@Work Award for efforts to boost physical activity at work.



The Hospital's first Quality Report was launched in October 2016, highlighting some of the key services, initiatives and achievements by Tallaght Hospital staff, under the three pillars of Quality, Safety and Risk Management.

December brought the news that Tallaght Hospital had been selected as the lead research site in Ireland as part of

a global study for Alzheimer Disease. This is a significant milestone for Alzheimer's research at the Hospital and an acknowledgement of the excellent work undertaken by the Age Related team.

The National Centre for Arts & Health

The National Centre for Arts and Health (NCAH), exists to improve patient care and to promote the benefits of the arts in health. The Centre runs an Art programme which is free for everyone attending Tallaght Hospital. All art programmes are tailored to the needs of individual patients and clinical departments. The hospital arts programme features a number of national innovations and strives to promote best practice in arts and health, through professional development, evaluation and research. The centre also offers consultation and advice to services establishing arts and health programmes and regularly gives presentations on its work, within both medical and arts settings.

A particular 2016 highlight from the NCAH was the STAND Programme – focussed on "Support Through Art and Networking in Diabetes"

The STAND Programme is an intervention for teenagers living with type 1 diabetes. Type 1 diabetes is a challenging condition to manage on a daily basis and places an additional burden and stress on the teenager. The STAND programme combines art therapy and clinical psychology in a group format.

Social media is also used to offer participants ongoing support outside of the group. A support group for parents is facilitated alongside by the medical social worker on the team. The STAND group programme has received very positive feedback and is just one of a number of ways that art therapy is utilised as part of the diabetes team psychosocial model of care.

Centre for Learning & Development

The Centre for Learning and Development [CLD] were very active in 2016, with a number of key projects delivered.

In conjunction with HR, a **Working in Tallaght Hospital** information booklet was developed. The overarching objective of this information booklet is to welcome new employees to the Hospital and to answer the most frequently asked questions.

The CLD also devised the **First 100 Days** programme for all new employees, with the aim of facilitating them to settle into their new roles as efficiently as possible. The programme is divided into two aspects:

1. New employees are invited to participate in an online survey ninety days post attending corporate induction programme. This survey is completely anonymous and enables new employees the opportunity to provide their thoughts and views on the corporate induction programme.
2. All new employees are also invited to an informal coffee morning, which provides the induction co-ordinators an ideal opportunity to feedback the results of the survey and to provide an extended welcome to new employees.

In response to demand, a new programme, **Report Writing**, was introduced. The first programme was delivered in October 2016. It was 2.5 hours in duration and covered a number of topics. Based on evaluation feedback, one element was removed and 'writing a Business Case' was proposed for inclusion. The course will be delivered 3 times annually.

A project team was developed to review the current process for **evaluation of programmes** within the Centre

for Learning and Development and within the organisation as a whole.

It was identified that many different evaluation templates were utilised and that they did not necessarily adhere to a particular model or theory of evaluation. The Kirkpatrick model of evaluation was chosen as it offers a range of evaluation options. A generic level one evaluation form was designed, piloted and has now been released for use.

The popular **Employee Wellbeing Programme** continued in 2016 with 9 lunch time programmes delivered and in excess of 350 staff members attending.

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Rev Dr Mr Mrs Ms (please indicate) Use BLOCK CAPITALS please

Name

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Membership Subscription Rates (Please tick ✓)

Type of Membership	Euro €	
Individual Members	€40.00	<input type="checkbox"/>
Members of Adelaide Nurses League/Clergy	€25.00	<input type="checkbox"/>
Family Membership	€50.00	<input type="checkbox"/>
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I enclose Cheque Postal Order

Amount to be paid: €

made payable to "The Adelaide Health Foundation"

Option B - Direct Debit

Please complete instruction form attached and return to our office

Option C - Bank Transfer

Account Name: Adelaide Health Foundation
 Bank: AIB Tallaght Hospital Branch
 IBAN IE12 AIBK 9333 1720 2080 39
 BIC: AIBKIE2D

Please indicate your name clearly as the REFERENCE so we can tell who the payment is from.

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VISA Mastercard Debit Amount to be paid €

Card Number

Expiry Date

CCV last 3 digits at back of card

Card information will NOT be held by the Foundation.

The Information will be destroyed through confidential waste management system in line with AIB Bank guidelines

SEPA Direct Debit Mandate & Form of Bequest

For Official Use Only		Unique mandate Reference	
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By signing this mandate form, you authorise (A) The Adelaide Health Foundation to send instructions to your bank to debit your account and (B) your bank to debit your account in accordance with the instructions from The Adelaide Hospital Society.

As part of your rights, you are entitled to a refund from your bank under the terms and conditions of your agreement with your bank. A refund must be claimed within 8 weeks starting from the date on which your account was debited.

Please complete all the fields marked *

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Type of payment * Recurrent payment One off payment

Date *

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Note: Your rights regarding the above mandate are explained in a statement that you can obtain from your bank. Please send this mandate to The Adelaide Health Foundation, Tallaght Hospital, Dublin 24.

Form of Bequest

Form of Bequest to the Adelaide Health Foundation of Personal Property
All charitable bequests are free of inheritance tax

I bequeath to the Adelaide Health Foundation in Dublin, for its use, the sum of € to be paid out of my personal estate; and I declare that the receipt of the Director of such Foundation shall be a full discharge of my Executor for said legacy.

Of Land and Houses
 (To be accurately described)

I devise and bequest to the Adelaide Health Foundation in Dublin, for its use, all my estate and interest in the land of in the County or City of (or in all the houses and premises know as Nos and the rents and profits thereof, with all rents due to me thereout at my death).

No will is valid that is not executed in the presence of two witnesses, all signing in the presence of each other.

Witness 1 Witness 2





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