



**BON SECOURS HEALTH SYSTEM**  
Cork | Dublin | Galway | Limerick | Tralee



# Community Outreach | 2021



# Contents

(Click on links below)

	Page
<b>Welcome Message</b>	2
<b>Living Our Mission</b>	3
<b>‘Good Help Fund’ - Pilot Project: Rehabilitation Program for Adults with Physical Disabilities</b>	4
<b>Cobh Lions Club</b>	6
<b>Cork Mental Health Foundation</b>	6
<b>Ethiopia Deaf Project (EDP)</b>	7
<b>Good Shepherd – Edel House</b>	8
<b>Eating Disorders Centre Cork (EDCC)</b>	8
<b>Hip to Dip</b>	9
<b>Charitable Medical Devices &amp; Furniture Donations 2021</b>	10
<b>The Crann Centre – Ovens, County Cork</b>	11
<b>Bon Secours Health System Pastoral Care Bursary</b>	12
<b>Trócaire</b>	13
<b>Hope Foundation</b>	14
<b>Children’s Grief Centre Limerick</b>	14
<b>Irish Hospice Foundation</b>	15
<b>FOCUS Ireland</b>	15
<b>Merchant’s Quay Ireland (MQI)</b>	16
<b>Community Outreach - Mental Health First Aid Training</b>	17
<b>Family Carers Limerick</b>	18
<b>Novas (Approved Housing Body)</b>	18

	Page
<b>Mid West Simon Community</b>	19
<b>The CARI Foundation</b>	20
<b>Recovery Haven, Kerry</b>	21
<b>Inspired</b>	21
<b>Social Enterprise Migrant Integration Project</b>	22
<b>Tralee Red Cross</b>	23
<b>Tralee Soup Kitchen</b>	24
<b>Crosscare</b>	24
<b>Adapt Kerry</b>	25
<b>Capuchin Day Centre</b>	25
<b>Feed Our Homeless</b>	26
<b>Focus Ireland – Chéad Chéim Project</b>	26
<b>Pieta House – staff match-funding project</b>	27
<b>Scoil Chíarain, Donnycarney</b>	27
<b>St Oliver Plunkett JNS, Finglas</b>	27
<b>Helplink</b>	28
<b>Croí – Heartlink West</b>	28
<b>Cosán Nua</b>	29
<b>Woodford Secondary School: ASD Unit Sensory Garden</b>	30
<b>Galway Parkinsons</b>	30

Dear Friends

We welcome you to this Community Outreach Report which gives a snapshot of Bon Secours Health System's charitable outreach program during 2021.

Although in the midst of a severe pandemic, we take pride in the fact that BSHS remained committed to investing in and supporting projects that benefitted the poor and marginalised across the communities where we are privileged to serve. In a very difficult year for charities nationally, BSHS recognised that such support was even more important, and allocated €541,000 cash funding during 2021.

In 2021, the scope and scale of our outreach work can be summarised as follows:

- **Community Initiative Fund:** this is the annual funding program which provided cash grants to successful bids from charities.
- **Our Staff:** the report highlights an increase in our staff becoming involved in charitable work, and being supported in this through 'match-funding'.

- **Community Outreach Programs:** e.g. Mental Health First Aid delivered to the Irish Farmers Association (IFA).
- **Good Help Fund:** this project was a new approach for BSHS – an adult physical rehabilitation program was piloted by Bon Secours Hospital Tralee.
- **Education Bursary:** for the training of healthcare chaplains.

You will note a particular focus on homelessness alleviation and support for mental health initiatives – two areas of great need. Also included are some examples of international charitable initiatives that we funded, supporting charities working with people who on a daily basis experience extreme poverty and hardship e.g. vaccine equity project with Trocaire for the Gedo region in Somalia.

We want to particularly acknowledge and thank the fantastic charities that we have had the privilege of partnering with in 2021 and to commend them for the amazing work that they do throughout Ireland and internationally.

Our commitment to our communities under this community outreach initiative sits within Goal 5 of the Bon Secours Health System 2025 Strategic Plan – *Living our Mission*.

Our Community Outreach program is a collaborative effort. We take this opportunity to thank all of those involved in administering the funding, especially the Mission Leaders, the Hospital Management Teams and the Health System Steering Group members.

We hope you enjoy the read and get a sense of the impact that we seek to have through our Community Outreach Funding Program.

Kind regards



**Bill Maher**  
Group Chief Executive  
Officer



**Andrew McCarthy**  
Chief Sponsorship  
and Mission Officer

# Bon Secours Health System

As Ireland's largest independent hospital group, Bon Secours Health System is renowned for the quality of its service provision coupled with a rich tradition in healthcare.

Bon Secours Health System is a not-for-profit organisation with its mission centred on providing compassionate, world-class medical treatment to all those it serves.

With over 3,500 staff, 800 beds, 450 leading consultants, Bon Secours treats in excess of 300,000 patients per year.

In 2019 Bon Secours Health System became affiliated with Bon Secours Mercy Health; the United States' fifth largest Catholic health care ministry and one of the United States' 20 largest health care systems.

Our Mission is Caring for the Sick, the Dying and their families, within our Catholic Ethos. Our staff translate this care into action through our Core Values, through which we endeavour to make our care a reality at all levels of the organisation. We serve more than 300,000 patients each year across all our hospitals and our care village. We are committed to our patients and continually strive to improve the services and care we provide to them.

A central aspect of our 2025 Strategic Plan is to increase our engagement with those in our care, to ensure continued exceptional care but also to ensure their input and involvement in their own healthcare.

## LIVING OUR MISSION

Bon Secours Health System invests annually, through its Community Initiative Programme, in worthwhile projects that add value to the lives of the most vulnerable in society, and that bring about a social good.

Our care goes beyond the walls of our facilities through our Community Initiative Programme. The projects we support are a key way in which we translate our mission and values into action for our wider local communities.

## Our Mission

Founded by the Sisters of Bon Secours, our hospitals have as their mission, care for the sick, the dying and their families within a Catholic Ethos. Inspired by the Gospel and sharing in the healing mission of Jesus, we recognise the dignity and uniqueness of each person, seeking to provide high quality, holistic care which is characterised by compassion, respect, justice and hope.

## Our Vision

Inspired by God's hope for the world, we will be a ministry where staff want to work, clinicians want to practice, people seek wellness and communities thrive. Inspired by God's hope for the world, we will be a ministry where staff want to work, clinicians want to practice, people seek wellness and communities thrive.

## Our Core Values

**Human Dignity:** We commit to uphold the sacredness of life and to be respectful and inclusive of everyone.

**Integrity:** We commit to act ethically and to model right relationships in all of our individual and organisational encounters.

**Compassion:** We commit to accompany those we serve with mercy and tenderness, recognising that "being with" is as important as "doing for."

**Stewardship:** We commit to promote the responsible use of all human and financial resources, including Earth itself.

**Service:** We commit to provide the highest quality in every dimension of our ministry.

# 'Good Help Fund' - Pilot Project: Rehabilitation Program for Adults with Physical Disabilities



The team at Bon Secours Hospital Tralee were really pleased to have delivered this very exciting initiative. A Pilot Rehabilitation Project for Adults with Physical Disabilities commenced on August 30th, over a two week period, at Bon Secours Hospital Tralee. This service was delivered to sixteen adults, without charge, and at its core this initiative was about how we live our mission, beyond the excellent care that we already provide.

We congratulate TJ O'Connor, CEO BSHT, Dr Helena Moore, Clinical Director, Rosalie Stack Physiotherapy Services Manager & Service Co-ordinator, and the Tralee team on this fantastic initiative, which was delivered

by the team there in addition to 'the day job' along with some contracted services namely Senior Occupational Therapist and the Munster Technology University Hydrotherapy Pol, and some volunteers for quizzes, reflexology, music and hand therapy!

As you can imagine, significant planning went into making this intensive rehabilitation happen e.g. logistics, preparing rosters, pre-admission assessment arrangements, scope of care issues, etc.

We thank Bill Maher, Group CEO BSHS, for his support and for providing the funding necessary to ensure the success of this pilot.

## HOW THE PROJECT HAS COME ABOUT

Over the past year, there has been focused discussion around our mission and values and more specifically, how we translate our mission and values into real interventions helping those in need in our communities. A 'Mission Alignment Steering Group' (MASG) was established to consider the matter further and to provide recommendations for the Board and Executive. This Group is charged with considering how we translate the commitments in our mission and values into real life interventions that help those who need it most, in addition to the great care that we already provide. This structure has now evolved into the 'Good Help Fund Steering Group'.

## THE PROJECT

One cohort of people who were identified as an underserved population were adults with physical disabilities. Their access to services in their communities can very often be inconsistent and for a lot of these people, their quality of life is significantly impacted by their inability to access regular therapeutic interventions. Their families and carers are also similarly

stressed as they struggle to care for their loved ones. We probably all know of someone like this who would benefit significantly from a few days of intensive therapeutic inputs but it's not available to them currently.

Hence this pilot project, which ran for two weeks commencing on August the 30th 2021. Eight service users between the ages of 18 years and 65 years with physical disabilities were admitted from Monday to Friday of each week for intensive rehabilitation. Governance was provided by Dr Helena Moore Clinical Director, and Rosalie Stack Physiotherapy Services Manager acted as service co-ordinator. The overarching aim of the pilot rehabilitation service was to provide safe, high quality and patient centred care focused on achieving the best outcomes for patients with disabilities. There were two key philosophies of the





service patient enablement and patient empowerment. Sixteen service users benefitted from week-long intensive rehabilitation, without charge.

The principle service users' diagnoses included Multiple Sclerosis, Cerebral Palsy, Spastic Paraplegia, Post Arthroplasty Surgery and Spinal Decompression. The core therapies were physiotherapy, hydrotherapy, occupational therapy and dietetics. Therapies provided included Physiotherapy, Occupational Therapy, Hydrotherapy, Dietetics Pharmacy and Pastoral Care. OT services were contracted by the hospital for 3 days each week. Hydrotherapy services were

accessed in Kerry Sports Academy, Munster Technology Unit (MTU) for 3 days each week. A service level agreement was drawn up between BSHT and MTU with indemnity provided by the hospital insurers. Evening holistic activities, which included reflexology, chiropody and hand massage were provided by people in a voluntary capacity. Music and quiz nights were arranged to encourage social interaction between patients.

## FEEDBACK

Patient feedback and validated outcome measures were used to evaluate the success of the project. These combined results clearly show the huge success of the pilot. Narratives included; 'nothing

short of exceptional'; 'I think was brilliant'; 'Difficult to improve on'; 'patience, empathy and care have been second to none'; 'I found it very beneficial mentally'. This positive feedback provides strong evidence of the success of the project. Validated outcome were used to measure the impact and demonstrate the effectiveness of the week-long intensive rehabilitation programme. Six minute walk tests were performed on day one and again on day five. These results showed >20% distance walked and qualitative gait measures such as safety, perceived exertion and cadence all showed significant improvement. The prevention of falls is of particular relevance to this cohort and berg balance scores also improved for these service users resulting in functional gains and increased safety.

All of the service users who attended the hydrotherapy pool found it beneficial. Importantly, their confidence and knowledge of water-based exercises has increased to such a level that they can now attend their local pools independently. This example of empowerment to self-manage their conditions further substantiates the success of the programme.

The psychological and social activities included in the programme were music, holistic therapies of reflexology, massage and quiz nights. Once again the feedback received from the service users regarding these activities was excellent.

Combining all subjective, objective, qualitative and quantitative information is evidence that service users' quality of life, self-efficacy, confidence and safety improved significantly. Again, this provides strong evidence that the project aim of improving service user outcomes was achieved.



# Cobh Lions Club

Funding  
€3,300



Cobh Lions Club is a Not-for-Profit Organisation established in 1993. Under the Umbrella of Lions International, its members volunteer their time and skills to support people in the community in various types of need. Among the projects undertaken by Cobh Lions Club are health and education supports, diabetes screening and youth outreach.

## THE PROJECT

**Message in a Bottle (MIAB)** is an initiative which aims at providing easily accessed life-saving patient details for First Responders. In emergency situations, vital details about a patient's medical history, current medication, and next-of-kin can be quickly obtained, thus saving valuable time and potentially saving lives too.

In 2021, Bon Secours Hospital Cork donated €3,300 to the Cobh Lions Club **MIAB** campaign. This grant has provided 3000 bottles, together with inserts, stickers and promotional Literature.

# Cork Mental Health Foundation

Funding  
€15,761



Founded in 1962, Cork Mental Health Foundation is a voluntary organisation which aims at promoting positive mental health, supporting people with mental health difficulties and creating awareness and understanding of mental health. Under the auspices of the Foundation and after 7 years of hard work, the Clonakilty Resource Centre was officially opened in October 2021. The Centre provides a safe and comfortable environment where people can come and take part in a whole host of activities. All activities are centred on mental health and wellbeing and are open to everyone.

The Centre is a one-point access to an extensive range of individual, family and community supports,

services and information, based around improved mental health. It strives to empower families and individuals, improve their mental health and wellbeing in the community by offering information, support and resources to help them help themselves.

## THE PROJECT

In September 2021, Bon Secours Hospital Cork approved a grant of €15,761 which met the costs of a brand new kitchen for the Centre as well as the installation of a new fire, alarm and IT system. The centre officially opened its doors to the community on 8th October 2021.

# Ethiopia Deaf Project (EDP)

Funding  
**€3,056**



Under the auspices of VLM (Vincentian Lay Missionaries), The Ethiopia Deaf Project (EDP) is a voluntary organisation in Cork that is committed to raising funds for the education of deaf children at the Ambo Lazarist Deaf School (ALDS) in Ethiopia. They have a special concern for deaf children living in rural communities who are very marginalised and have no access to school.

The students attending ALDS are the poorest of the poor. They are often hidden away from the community. The children are unable to communicate with anyone and most do not even know their own name. Thankfully, EDP is changing that and is breaking down the cultural barriers caused by deafness. The children learn through both sign language and speech.

Sign language classes are provided for parents and for the wider community in an effort to enable children to better communicate with parents and neighbours.

## THE PROJECT

Bon Secours Hospital Cork was pleased to grant an application for €3,056 to the Ethiopia Deaf Project to provide sign language classes for children and their parents, 24 new classroom desks for the children together with a new and more sustainable roof for the school to protect against extreme weather conditions.

(Girl in photo provided wishes to communicate a huge “thank you so much to the Bons Secours and the people of Ireland for all your support. You have made us very happy. Huge Thank you!”



# Good Shepherd – Edel House

Funding  
**€20,000**



Good Shepherd Cork works with women, children and families who are homeless or vulnerable to homelessness. They provide emergency accommodation, long term supported housing and outreach services. They address the root causes of homelessness and social exclusion and aim to break the generational cycle of homelessness amongst families in Cork. Over the past decade Good Shepherd Cork has accommodated approximately 2000 women and children in Edel House.

They know providing residents with a clean, modern and dignified environment is crucial to their self-esteem and well-being. They can already see that women and children staying in the bright, modern rooms in the new extension are better able to cope with being in a shelter environment and, in feeling better about their surroundings, feel better about themselves (for example, are taking more care over their appearance and that of their children). These are crucial factors in building resilience and moving on well from homelessness.



## THE PROJECT

Good Shepherd Cork is part way through a major re-development of Edel House, an emergency shelter for women and children. With funding from the Department of Housing, through Cork City Council, and Bon Secours Hospital Cork they have completed a substantial extension and are undertaking a total refurbishment of the original shelter. Once completed the re-developed Edel House will provide Cork with a state-of-the-art facility, offering a safe space, dignified environment and dedicated space for therapeutic supports for women and children who are homeless. BSHC is delighted to have been able to provide a grant of €20,000 towards this deserving project from its Community Initiative Fund in 2021.



*First a Home, then Hope*

# Eating Disorders Centre Cork (EDCC)

Funding  
**€5,000**

Eating Disorders Centre Cork (EDCC) aims to provide compassionate, professional, evidence-based psychotherapy and support for people and their carers living with an eating disorder. The centre seeks to raise awareness of eating disorders, and work towards prevention and early intervention of the condition. This is achieved by working with each individual in an effort to help them gain full recovery from their eating disorder. The objective is not just to regain a peaceful relationship with food, but also to engage in a healing process that allows the person to develop their full mental, emotional, psychological, and spiritual potential.

## THE PROJECT

Thanks to a welcome donation of €5,000 in October 2021 from the Bon Secours Hospital Cork Community Initiative Fund, EDCC will now be able to provide subsidised therapy and support to individuals seeking recovery from an eating disorder as well as their loved ones who care for them.

# Hip to Dip

Funding  
**€5,000**



## It's Hip to Dip

**In aid of Crumlin & Temple Street Children's Hospital  
Saturday 20th November, 2021.  
Oysterhaven Bay Beach, Co Cork.**

On Saturday morning 20th November 32 Dippers gathered at Oysterhaven Bay Beach to fundraise in aid of Crumlin & Temple Street Children's Hospital. It was about to become Hip to Dip! This event was to show support to two long-serving nursing staff members of St Veronica's Day Ward who both had a niece and a nephew unwell and being treated in both Hospital's.

It was a cool morning for a dip but great fun was had and the feeling of goodwill warmed everyone's heart.

The morning was a huge success and raised €10,900 from fundraising and a further €5,000 was donated by Bon Secours Hospital Cork giving a total of €15,900.

Sincere thanks to all of our staff who raised and donated money.



Top left: Group Photo.  
Above (l-r): Aoife O'Shea with twins Donnacha & Odhran;  
Dr Paul Kelly & Audrey Callinan; St Veronica's Day Ward Staff; Erin & Roisin O'Sullivan.  
Left: St Veronica's Day Ward Staff with Mission Leader Mr Ken Joyce.

# Charitable Medical Devices & Furniture Donations 2021

At BSHC, donations of high quality medical devices and furniture is an important expression of our Mission to provide “Good help to the sick” and greatly benefits the poor and vulnerable both at home and abroad. Our key charity partner for 2021 in receipt of medical devices and furniture was Le Chèile Africa.



**“Le Cheile Twasonga Mbele - Together We Move Forward”**

Le Chèile Africa is an charitable organization in Kenya that aims to build healthier lives by enhancing the dignity and quality of life of individuals, families and communities, as well as creating a sustainable world through education, community services and empowerment programs. Le Cheile Africa was established as a non-profit organization. Together they are working towards a better tomorrow, a better place for the children of Kenya to call home, a place where people are supported despite their medical needs, a place where people are safe and able to provide for their families, a place where no child cries in hunger or pain. This organisation is working, learning together and moving forward with local communities.

Bon Secours Hospital, Cork donated a significant quantity of medical equipment, consumable devices and furniture to this charity during 2021. The following equipment was donated:

- Anaesthetic machines x 2
- Infant incubator
- Commodes
- Hospital manual beds and mattresses
- Patient armchairs
- Patient bedside lockers
- Visitor chairs
- Footstools
- Linen trolleys
- Hoist
- Examination couches/plints
- Suction machines and associated consumables
- Microwaves
- Respiratory consumables including masks and tubing



Many thanks to Valerie Nagle (above) for all her hard work and dedication as Coordinator of this project.



## Donation of Bi-Pap Machines to India

During 2021 the Indian subcontinent experienced a devastating wave of the Delta variant of COVID-19. Deeply moved by the plight of the Indian people, and in a show of solidarity and humanity, Bon Secours Hospital Cork were pleased to be in a position to send 12 Bi-Pap Machines to India to assist with this extreme humanitarian crisis.

We in Bon Secours Cork fought the good fight back in January and February 2021, during the third wave of COVID-19, when the number of infections soared throughout Ireland and we greatly empathised with the healthcare staff in India and all those who contracted the virus there during that time.



# The Crann Centre – Ovens, County Cork

Funding  
**€8,571**



The Crann Centre is a Cork-based charity serving children with disabilities. Their mission is to implement an evidence based, best practice Model of Care that delivers meaningful outcomes for children, adults, and families, living with neuro-physical disabilities, including spina bifida & cerebral palsy. They develop personalised solutions to deliver ground-breaking, seamless services that allow every member of the family to flourish.

In conjunction with the Department of Occupational Science and Occupational Therapy Team at UCC, they researched 200 children & families living with a neuro-physical disability & their experiences of play and leisure spaces. The research indicated that accessibility is one of the biggest barriers to playground use for children & families with disabilities.

## THE PROJECT

To address this, the Crann Centre decided to build a Fully-Accessible Playground & Leisure with an array of accessible play equipment including swings, seesaws, trampoline, roundabout and other facilities. At the centre will be a 15-meter pirate ship, where children in wheelchairs can reach the highest point of the playground. A grant of €8,571 from Bon Secours Hospital Cork enabled the Centre to complete this exciting new project.



Solutions for families with  
neuro-physical disabilities

Funding  
**€75,000**



**Pictured above:** John McPhillips, Fr John Kelly, Bill Maher, Andrew McCarthy.

During 2021, as Bill Maher and Andrew McCarthy met with the Catholic Bishops in the Diocese where we serve, it became clear that a primary concern was the training of Healthcare Chaplains. In Bon Secours Health System, as part of our holistic care offering, we aim to care for patients and residents physically, emotionally and spiritually, as required. Pastoral Care is a key resource for delivering emotional and spiritual care across our facilities.

In support of the challenges outlined by the Catholic Bishops, Bill Maher CEO made available a grant from BSHS of €75,000 to create a Bursary to support the training of Healthcare Chaplains. This Bursary will be managed by the 'Healthcare Chaplaincy Board' (HCB). The Healthcare Chaplaincy Board is a Sub Committee of the Council for Healthcare of the Irish Catholic Bishops. It is a committee of experts in the field of healthcare chaplaincy with agreed Terms and Reference and includes membership from BSHS, with a purpose of advancing the training of Healthcare Chaplains and providing governance on behalf of the Irish Catholic Bishops on Pastoral Care standards. It is also an accreditation body.

Bon Secours Health System 'Pastoral Care Bursary' - Key points:

- Provide financial support to those who may require assistance.
- Assist with the Education and Training of Healthcare Chaplains.
- Possible grant intervention: Studies in Theology with a view to undertake 'The Masters or Higher Diploma in Healthcare Chaplaincy' at the Pontifical University, Maynooth'.
- Bursary term - 3 years.

Funding awarded: €75,000.

In particular Archbishop Dermot Farrell of the Archdiocese of Dublin expressed his gratitude for the support of Bon Secours Health System.

Funding  
**€56,000**



**Pictured above:** Bill Maher, Niamh Dockery, Caoimhe De Barra, Paul Foley, Andrew McCarthy.

Trócaire was established in 1973 as a charity to express the concern of the Irish Catholic Church for the suffering of people living in the world's poorest regions. Today Trócaire works in partnership with local and church organisations, supporting communities in over 20 developing countries across Africa, Asia, Latin America and the Middle East to bring about lasting change.

## VACCINE EQUITY PROJECT

Bon Secours Health System is providing funding to support the administration of COVID-19 vaccines in Gedo, Somalia, where Trócaire oversees the health system.

In Ireland 90% of people over 16 years are fully vaccinated, but only 1.5% of the population of over 17 million people are vaccinated in Somalia. Ravaged by conflict, drought and hunger, Somalia is one of the poorest and most fragile countries in the world. Internal conflict has raged for almost 30 years, with areas governed by armed groups, leaving an estimated 2.6 million people internally displaced. A combination of conflict, climate change and extreme poverty has left millions of people living a daily reality of hunger.

Trócaire is the main vaccinator in the Gedo region, an area slightly bigger than Ireland, where the agency runs four district hospitals. Trócaire is overseeing the storage and administration of vaccines, as well as Covid and PCR testing. To date Trócaire has reached over 160,000 people with screening, treatment of cases and COVID-19 awareness messages.

The project - Funding awarded: €56,000.

The focus of this project is to support Trócaire as the main COVID-19 vaccinator in Gedo as well as overcoming vaccine hesitancy through building capacity of local staff as outreach community health workers according to the Primary Health Care model to a very poor and vulnerable population.

# Trócaire

# Hope Foundation

Funding  
€10,000



The Hope Foundation is a registered charity working with street and slum children in Kolkata (formerly Calcutta), India.

They work to free children and poor families from lives of pain, abuse, poverty and darkness. Living on the streets, children are exposed to horrendous physical and sexual abuse. Those who survive are left to fend for themselves, with no promise of a safe future. They are forced to work from as young as five years of age to earn money for food and so cannot go to school.

HOPE works to free them from child labour. HOPE funds and operates over 60 projects.



Funding awarded: €10,000.

This enables the purchase of a diathermy unit for their hospital in Calcutta, enabling them to treat more sick people, in an area of great poverty.

**Pictured above:** Andrew McCarthy, Maura Lennon, Bill Maher.

# Children's Grief Centre Limerick

Funding  
€60,000



The Children's Grief Centre was founded in 2009 by Sister Helen Culhane. As a Sister of Mercy, a qualified social worker and psychotherapist, Helen worked with people who were struggling with issues relating to death, bereavement and palliative care. She recognised that there was a lack of services and support for children and young people who were affected by the death of a loved one, or who suffer loss due to separation or divorce of parents.

The Mercy Sisters have significantly supported this project and have donated a very substantial property to the charity. Bon Secours Health System is supporting the renovation program, enabling service expansion.

Other project funders: Mercy Sisters, Dell, TOMAR Trust (JP McManus pending)

Currently there is a waiting list of over 320 children from the mid-west region.

Funding awarded: €60,000.

This enables the Children's Grief Centre to continue the gradual renovation of this property, to enable more meeting room space, expanding their service provision, which enables engagement with more families and children.

**Pictured above:** Andrew McCarthy, Mary Browne, Carol Fitzgough, Simon Moores.



# Irish Hospice Foundation

Funding  
€10,000



Irish Hospice Foundation (IHF) is a national charity that addresses dying, death and bereavement in Ireland. IHF has grown to develop programmes in education, research and bereavement services. They are bringing hospice principles into acute hospitals and residential care settings and are working to extend palliative care to non-malignant conditions.

## THE PROJECT

They provide an invaluable service 'Nurses for Night Care', which Bon Secours Health System is supporting. 'Nurses for Night Care' is a service for people dying with illnesses other than cancer. 'Nurses for Night Care' enable people with diseases like dementia, motor

neurone disease, advanced respiratory disease, heart failure and end stage kidney disease to receive expert nursing care and support at night in their own homes in their final days. It also provides reassurance and respite for families and loved ones caring for someone at home.

Funding Awarded: €10,000.

This funding will enable the provision of 30 nights of palliative care, which will be divided equally between Cork and Dublin.

**Pictured above:** Lynn Guthrie, Mireya Gines, Andrew McCarthy.



# FOCUS Ireland

Funding  
€50,000



Focus Ireland was originally founded by Sr. Stanislaus Kennedy. Since its foundation, Focus Ireland has continued to grow its research and advocacy work, ensuring that the rights of people who are homeless remain on the political agenda. In addition to its Dublin projects, it has also expanded its services, moving into housing projects across Ireland in Waterford, Kilkenny, Cork, Sligo and Limerick.

Bon Secours Health System is specifically funding a youth homelessness initiative called the 'Caretaker Project'. This service has just been approved by the HSE & Tusla and is ready to go but needed €102,000 to retrofit a building to make it suitable.

It is frontline intervention project, catching young people before they end up in chronic long-term homelessness, prison or a lifetime of addiction service usage.

Funding awarded: €50,000.

This will enable the opening of this new residential service called the 'caretaker project'. It targets homeless young people aged 16-18, and aims to reach a target of 80-100 kids per annum.

**Pictured above:** Lynn Guthrie, Aisling Nolan, Andrew McCarthy.



# Merchant's Quay Ireland (MQI)

Funding  
€10,000



**Pictured above:** John McPhillips, Emma Murphy, Paul Foley.

The Franciscans have lived and worked on the south side of Dublin's River Liffey since 1232. A presence of more than 780 years has seen many changes, particularly in the early 1980s, as the European drugs explosion hit Ireland. In 1989, following the rapid increase in heroin addiction as well as the arrival of HIV, the friars gave Father Sean Cassin two rooms at the front of the friary to set up a counselling and drop-in centre. Merchants Quay Project was born and demand was instant. It has continued to evolve over the years as it supports those addicted to drugs.

## THE PROJECT

### Why the need?

Currently 42% of the people experiencing homelessness in Ireland are women. However, over the last three years, on average just 18% of MQI clients have been women. In analysing this MQI highlight the need for a new type of approach because women don't feel comfortable asking for help. Some reasons:

- Shame and stigma
- Fear of losing children
- Economic factors
- Intimidation
- Domestic violence and coercive control

Funding awarded: €10,000.

This funding will enable the opening of this new 'women-only' service in a separate location from current services.



# Bon Secours Hospital Cork

## Community Outreach - Mental Health First Aid Training

Mental Health First Aid (MHFA) is a training course for mental health first-aiders which is being used in 24 countries worldwide. This service delivers mental health first aid training courses to individuals, community groups and workplaces nationwide – both face-to-face and online. Almost 12,500 people in Ireland have now received this training.

The aim of mental health first aid is for first aiders to spot people who are experiencing problems in their community or workplace early on and signpost them to services. Early intervention is so important because the earlier the intervention the quicker the recovery and, more than likely, the longer the recovery lasts, research has shown.

Ber Mulcahy, Director of Nursing at Bon Secours Hospital Cork, is a qualified MHFA trainer. As part of a team Ber trains staff across BSHS, passing on these invaluable skills to BSHS staff.

With outreach beyond the hospital in mind, Ber decided to bring the MHFA approach out into the wider community.

### COMMUNITY OUTREACH - IRISH FARMERS ASSOCIATION (IFA)

Ber recently delivered her first in-the-community mental health first aid course to 17 members of the Irish Farmers Association (IFA) Cork Central branch following a request from IFA's Farm Family and Social Affairs Committee chair Claire O'Keeffe. Claire has seen a real need

for this kind of training. When she heard that Ber could provide this mental health training, she contacted her straight away.

Mental health first aiders are people on the ground who pick up the person who is not coping, who is experiencing anxiety or depression or who is out of control.

Ber was very aware of the mental health challenges that farmers can face. Winter can be a difficult time for many farmers with many of them spending a lot of time on their own. Then there is seasonal affective disorder, dark evenings and dark morning, and many are not as active at this time of year because cows are dried off, perhaps. It can be a lonely time.

This outreach initiative was very well received by the 17 who attended to program. We need mental health first aiders in society the same way we need physical first aiders.

#### Feedback from Claire O'Keeffe – Chair Cork Central IFA Farm Family & Social Affairs Committee

"I found the MHFA course to be tough but very empowering. Mental health issues will touch us all at some stage in our lives, in one way or another, and in doing this course we have learned tools that will help us to recognise early signs of mental health issues and how to direct somebody towards the appropriate professional supports.

The course was intense at times and it is important to keep in mind that it is first aid

– we are not trained medics. Improving our knowledge of these issues will go a long way towards reducing the stigma attached to mental health illnesses."



**Pictured top:** Group of IFA Members attending Mental Health First Aid Training at Bon Secours Hospital Cork with Ber Mulcahy, Director of Nursing.

**Pictured above (l-r):** Claire O'Keeffe, Chair, Cork Central IFA Farm Family & Social Affairs Committee; Ber Mulcahy, Director of Nursing, Bon Secours Hospital Cork.

# Family Carers Limerick

Funding  
€1,200

**Pictured left:** Jean Ryan, Limerick Carer Supports Manager receiving funding support from Jason Kenny CEO and Owen McCarthy, Head of Mission on behalf of the BSHLaB community.



The team at Bon Secours Hospital Limerick at Barringtons were delighted to grant funding support to Family Carers Limerick, which is an organisation that provides in-home respite services that improve the quality of life for family carers by giving them a break from their caring role. Often this break is used to deal with their own personal and health issues. Family Carers Limerick facilitates the delivery of a wide variety of supports to Family Carers across the city and county, including practical skills courses (first aid, patient moving and handling), self-care courses and opportunities including Tai Chi, yoga, meditation and stress management.

## THE PROJECT

This funding of €1,200 was specifically used to fund an eight-week Happy Heart Healthy Mind “Self - Care & Meditation Course” for ten Family Carers. This course provided participants with self-care techniques, which they will be able to apply to their everyday lives and thereby reduce stress levels and prevent burnout. It also allowed family carers to continue their caring role, without becoming patients themselves and provided participants with a place to share their experiences, thus reducing isolation. Furthermore, it provided a “timeout” space for family carers to be able to reflect on their own journey and role as family carers.

# Novas (Approved Housing Body)

Funding  
€3,500

**Pictured right:** Una Burns, Head of Policy & Communications at Novas receiving funding support from Jason Kenny CEO and Owen McCarthy, Head of Mission on behalf of the BSHLaB community.



Novas was established in Limerick in 2002. Since then they have grown significantly with more than 30 services in counties Limerick, Clare, Tipperary, Dublin, Cork and Kerry. Novas is a voluntary organisation and Approved Housing Body working with families and single adults who are disadvantaged and socially excluded; primarily those who are homeless or at risk of being homeless. They provide a range of services and accommodation for marginalised households. They offer bespoke, client-centred services, based on empirical evidence of nineteen years' experience of working with people who are homeless

in Ireland. They recognise the complex issues that cause homelessness and endeavour to offer holistic, long-term solutions.

## THE PROJECT

This grant of €3,500 from Bon Secours Hospital Limerick is being used to specifically support the Novas Street Outreach Programme, which is a volunteer-lead initiative supporting vulnerable people on the streets of Limerick each evening. Annually there are over 7,500 presentations to its Street Outreach Teams and over 13,000 meals distributed.

Funding  
€1,000



**Pictured above:** Majella Murphy, Governance and Development Officer at Mid West Simon Community receiving funding support from Jason Kenny CEO and Owen McCarthy, Head of Mission on behalf of the BSHLaB community.

This is another of the organisations we were delighted to be in a position to support in 2021. In spite of not been able to run any Fundraising Events since March 2020, Mid West Simon Community continued to work every single day during the Pandemic and offer personalised support and plans tailored to each person that they help who is experiencing homelessness and food poverty.

When COVID-19 struck, homeless people were identified as a particularly vulnerable group due to their morbidity profile, living conditions, substance use and behaviour, and numerous underlining health conditions that are often associated with people living in disadvantaged circumstances and poverty. It was apparent that a huge reorganisation, restructure, and “out of the box” strategy was needed by Mid West Simon Community in order to protect vulnerable homeless people, and so action was taken immediately. All communication with clients was done through a glass window or via phone. These measures were all very challenging for

staff, some of whom have spent 20 years trying to achieve ‘close contact’ with people and were accustomed to face-to-face communication, a hand shake, and the occasional hug with a client in crisis.

## THE PROJECT

The grant of €1,000 from Bon Secours Hospital Limerick is being used to support the provision of services to men, women and children who are homeless or at risk of homelessness or suffering food poverty in Limerick, Clare and North Tipperary through a number of initiatives including Emergency Accommodation & Support – Providing people with a place of welcome, warmth & safety; Housing Provision, Tenancy Sustainment & Settlement Services, Housing Advice & Information Services - Helping people to make the move out of homelessness & working with households at risk of becoming homeless; and Foodbank - providing food to those who are in food poverty.

# The CARI Foundation

Funding  
€1,000



**Pictured above:** Emer O'Neill, National Head of Therapy and Colm O'Brien, General Manager at CARI receiving funding support from Jason Kenny CEO on behalf of the BSHLaB community. Also in photo is Owen McCarthy, Head of Mission.

We were delighted to financially support CARI, which has a full-time centre in Limerick. CARI is a leading voluntary organisation with a proven track record in providing child centred specialised therapy and support to children, families and groups affected by child sexual abuse, regardless of means. Children are referred to CARI when they have disclosed sexual abuse (or may be a confidant of the disclosure) and when they disclosure has been investigated by the appropriate authorities. Children are also referred to CARI if they have witnessed sexual assaults on a child or adult or if they are siblings of the above. CARI responds to and reaches out to those affected by abuse and supports them during the recovering process, endeavouring to ensure that the child sexual abuse is seen as an experience but not a defining event of the child's life.

## THE PROJECT

The grant of €1,000 from Bon Secours Hospital Limerick was used to provide therapy at CARI by trained and experienced psychotherapists where each client is offered an appropriate therapy/treatment plan to meet their specific needs. Through therapy CARI offers children a supportive ally and safe environment and instils hope, trust and confidence allowing these children return to the path of normal development and reach their potential. CARI also provides therapy to children, up to and including 12 years who are showing signs of Sexually Harmful behaviour. Children who have had therapy can come back at any time to CARI as they grow up for further therapy and support.

# Recovery Haven, Kerry

Funding  
€2,000



Bon Secours Hospital Tralee is very proud of its association with Recovery Haven in Kerry, which delivers caring and therapeutic services to those dealing with cancer, their families and carers to help them feel better think better and live a healthy life with their family and within their community. Its services are free and that allows those experiencing financial challenges that often accompany a cancer diagnosis to access support. Especially due the pandemic the majority of its service users would be in the high-risk group so its outdoor and online programmes were open to all individuals and family members dealing with cancer within our community and have a greater significance due to the recent restrictions at reducing the isolation people may feel due to their illness. Recovery Haven Kerry offers support services to those who would like to talk or seek advice. It offers a confidential listening service, emotional support, practical advice free to their service users.

## THE PROJECT

Our funding grant of €2,000 was used for the direct delivery of support programmes to the service users of Recovery Haven Kerry including outdoor wild swimming programme and walking programme in line with COVID-19 restrictions and online classes of Pilates, yoga, stretch and balance, mindfulness and stress management.

# Inspired

Funding  
€51,000

**Pictured right:**  
Liz Maher, Manager together with Rachel O'Connor and Alan Murphy of Inspired receiving funding from Owen McCarthy, Head of Mission on behalf of the BSHT community.



Our Community Initiative Programme is one way in which we in Bon Secours Hospital Tralee translate Bon Secours ("good help"), our ethos of care, into action in the community that we serve. We are very honoured to be associated with the wonderful work that Inspired are doing in our community. Inspired is a community project for young adults with Intellectual Disabilities based in Tralee, which we have been delighted to financially support in recent years. Participants attend Inspired 5 days a week to pursue a dedicated programme aimed at developing their continued education, employability and community participation.

## THE PROJECT

The total funding of €51,000 over the past three years is being used to cover Therapy Costs for three Therapists to provide three hours therapy a week for 48 weeks for clients. BSHT also committed to providing work placements, as agreed just before the COVID-19 crisis emerged. We would hope to be in a position to do this as soon as public health and infection prevention and control guidelines allow. We look forward to playing our part in assisting those in the *Inspired* community.

# Social Enterprise Migrant Integration Project

Funding  
€10,000



**Pictured above:** John Stack, Chairperson & Eamonn O'Reilly, CEO of NEWKD receiving funding from Owen McCarthy, Head of Mission on behalf of the BSHT community.

One of the projects, which Bon Secours Hospital Tralee were delighted to support in 2021, with the first of two annual funding grants of €10,000 each, was the Social Enterprise Migrant Integration Project, which works to ensure the integration of non-EU Nationals (including Refugees and Asylum Seekers) into local communities through the innovative approach of engagement in community-based social enterprises.

## THE PROJECT

There are three distinct elements in this project:

1. Securing volunteer and work placements within communities to provide opportunities for meaningful integration.
2. Recruiting and providing tailored individual career path supports to project participants, and
3. Overseeing the establishment of a sustainable social enterprise focussed primarily on migrant supports and integration.

Deposit initiative: Alongside this project a specific need has emerged through NEWKD (North East and West Kerry Development Company)'s ongoing engagement with the migrant community in relation to people in Direct Provision in trying to access independent accommodation. While the residents who have been awarded the right to stay / citizenship / etc. and therefore have the full right to rent and avail of state benefits in relation to rental allowances, the issue of affording the initial deposit to pay the relevant landlord is proving difficult to surmount, as the Department of Social Protection cannot pay this amount upfront – but can do so after the event. Therefore, it is proposed that an interest-free very short-term loan scheme would be made available to bridge the time between their securing the accommodation and Department of Social Protection refunding the deposit to them. NEWKD will manage this scheme, having managed a similar scheme in the past for an interest-free loan for enterprise start ups.

Funding  
€2,000



**Pictured above:** Maureen Milward, Branch Secretary of Tralee Branch of Irish Red Cross receiving funding from Owen McCarthy, Head of Mission on behalf of the BSHT community.

Tralee Red Cross is a voluntary organisation and has been in existence for over 80 years, which offers a range of community services and supports. Its focus is to develop and oversee quality health & social care services in order to promote healthy and safe living in our communities. By positioning sustainable health and social care programmes and services at the heart of our local communities, they endeavour to build more resilient communities around Kerry.

The aim of its Health & Social Care Community Support Team is to reach out and provide support to individuals within our communities who may be in need of assistance. Examples include those who may be living with illness, disability or loneliness, those who care for people within our communities who may be vulnerable and also those who may find themselves in crisis situations such as adverse/extreme weather conditions. Its members provide assistance to those who may be in times of acute vulnerability as well as long-term and these supports are directed through the official Health and Social Care contact. Its members provide countless hours of service every year carrying out first aid cover at various events throughout the county.

## THE PROJECT

The grant of €2,000 from Bon Secours Hospital Tralee is being used towards the upgrade of an ambulance as part of its fleet.

Funding  
€5,000



**Pictured above:** Aileen Lynch HDU and Owen McCarthy, Head of Mission presenting funding to Collette Price and Mary Dolan of Tralee Soup Kitchen on behalf of the BSHT community.

We in Bon Secours Hospital Tralee believe that, through our Community Initiative Fund, we can act as a catalyst in tackling social issues by assisting local not-for-profit groups in the outstanding work that they are doing in response to the healthcare and related social and economic needs of the community. In October 2012, at the height of the last recession, the Tralee Soup Kitchen opened its doors. Wholesome home-made soup was literally what was offered at the start but later they served a free three course meal and provided takeaway meals every Saturday for people in need in Tralee and beyond.

### THE PROJECT

The kitchen is funded entirely by business people in the Tralee area and staffed by volunteers. Our grant of €5,000 is financially supporting this discreet, off-street, soup kitchen in its Saturday service, which is run under the auspices of the Lions Club. Our staff here in Bon Secours Hospital Tralee gather foodstuffs for the Soup Kitchen, which are then given out to those in need.

Funding  
€2,500

The Bon Secours Hospital Dublin Community Initiative Fund donated €2,500 to Crosscare, an agency of the Catholic Archdiocese of Dublin. This organisation runs a number of services including assisting homeless persons with complex needs to find accommodation, school education programs, community cafes and advocacy.

### THE PROJECT

Our donation will be used to provide supports to migrants and refugees who are struggling to find accommodation and who are at risk of homelessness.



# Adapt Kerry

Funding  
€5,000



Adapt Kerry was established by a group of parents in Tralee, who in the early 1990's were supporting their own adult daughters through the issue of Domestic Violence and were concerned about the impact of this trauma and the absence of a dedicated domestic violence service in the county. This group of local people formed a committee to fundraise for the construction of a refuge in Tralee to provide a place

of safety for women and children in County Kerry whose lives were affected by Domestic Violence – with the group being officially incorporated in 1992 as ADAPT Kerry Limited, T/a Kerry Women's Refuge & Support Services, with the refuge opening its doors to its first families in 1996.

Today, Adapt Kerry is a specialist domestic violence service, who in partnership with TUSLA – the Child &

Family Agency – offer's a place of safety and a range of supports to women and children throughout Kerry whose lives are affected by Domestic Violence.

## THE PROJECT

The funding support from Bon Secours Hospital Tralee of €5,000 is specifically supporting Adapt to offer a non-directive and non-judgmental support service to female victims of domestic violence; to provide a referral and advocacy service for female victims of domestic violence and their children when required; to raise awareness of the issue of Domestic Violence; and to work in partnership with other agencies and professionals to promote the welfare and wellbeing of women and children who are affected by this crime.

**Pictured above:** Fionnbar Walsh, Catering Department and Owen McCarthy, Head of Mission presenting funding to Catherine Casey, Manager of Adapt on behalf of our hospital community.

# Capuchin Day Centre

Funding  
€2,500

In response to the needs of inner-city poverty, Br Kevin established the Day Centre which provides hot meals and food hampers to individuals and families.

Our hospital has a long association with the Day Centre, and this donation will be used to purchase supplies needed to provide meals in the Centre.

Amount donated by Bon Secours Hospital Dublin: €2,500



# Feed Our Homeless

Funding  
**€6,000**



In the run up to October, the traditional time of thanksgiving for the harvest, Bon Secours Hospital Dublin partnered with the Finglas-based, volunteer run charity “Feed our Homeless”. This organisation provides a number of services to homeless persons and to families in financial difficulty. They provide over 200 food hampers, two soup kitchens in Dublin city every night, an intervention service and education to schools on the topic of homelessness. They have seen a rise in the number of “new poor” seeking assistance – people who previously were able to support themselves and their family but, because of the rise in the cost of living, now find themselves struggling to provide food after paying household bills.

## THE PROJECT: FOOD COLLECTION

Bon Secours Hospital Dublin held a collection of food and personal hygiene products among the staff. The Sisters also contributed to the collection and Sr Eleanor and Sr Monica helped Geraldine and Tony to load their van. To ensure that Feed Our Homeless could meet the increased demand for the provision of Christmas Food Hampers, the Community Initiative Fund provided a donation of €6,000. It's our intention to repeat the food collection again next harvest time, in support of this organisation, using the opportunity to give thanks for our own blessings while supporting those who are less fortunate.

# Focus Ireland – Chéad Chéim Project

Funding  
**€10,000**



The Community Initiative Fund provided a donation of €10,000 to the Focus Ireland Chéad Chéim Project which provides support to young people (18-21 years) transitioning out of juvenile State care services. It can happen that young people fall into homelessness or cycles of dysfunctional behaviours without the wrap around support of State services available to under 18's.

## THE PROJECT

This donation from Bon Secours Hospital Dublin to the Chéad Chéim project will provide education in life skills

to young adults who have just left State services and help them transition into appropriate adult services, employment and accommodation. The purpose of our donation is to try to equip some young adults with the skills to successfully navigate this time of transition in their lives, with the ultimate aim of preventing them from falling into homelessness.



# Pieta House – staff match- funding project

Funding  
**€1,500**

Matching the amount raised by Bon Secours Dublin Hospital staff, in support of the Darkness into Light fundraising drive, €1,500 was donated to Pieta House.

Providing therapeutic services to people in suicidal distress, Pieta House provides its services free of charge.

Our donation will go towards the cost of providing those support services.



# Scoil Chíarain, Donnycarney

Funding  
**€2,310**

The Berry Street Model is a behaviour-based approach to education of children with autism. The Community Initiative Fund provided funding to Scoil Chiarain, Donnycarney so that 7 teachers could undertake training to equip themselves with strategies to support the emotional and social learning of children.

The teachers teach children from 3rd to 6th class and are positioned to make early interventions to support children with autism.

Amount received from Bon Secours Hospital Dublin: €2,310.



# St Oliver Plunkett JNS, Finglas

Funding  
**€10,000**



St Oliver Plunkett School, Finglas received a donation of €10,000 from Bon Secours Hospital Dublin, which equated to 50% of the total cost of repurposing an outdoor area as a therapeutic and educational space for children with autism.

The school caters for children with autism within mainstream education. This became challenging in light of the Covid pandemic and the school had to pivot to deliver its support services in a safe way for children and staff.

The enhanced space will provide an educational and therapeutic zone for children with complex needs.



Helplink Mental Health's mission is to provide accessible, free or low cost mental health services; locally, nationally and internationally, 7 days a week and out-of-hours. The three types of mental health services that Helplink provide are: Counselling, Information and Education.

## THE PROJECT

Due to, in part, the support of the Bons Secours Hospital Galway, Helplink have been able to increase the amount of mental health services (and adapt) that they provide to the people of Galway (children, young people and adults) throughout the pandemic and into the future.

Specifically, this funding support helped Helplink to keep providing their free counselling services for people who had lost their jobs due to the pandemic.

'The Voyage': Furthermore, it supported them to get their mental health workshop for 6th class children called 'The Voyage' available online so children could be supported with the emotional transition from primary to secondary school, which was all the more important in this past year or so.

Helplink extend heartfelt thanks to all at Bons Secours Galway for their support over the years and especially during 2021.



Funding  
**€5,000**

Heartlink West is Croí's free support service for people living with, or affected by, heart disease and stroke. This new service was launched following an increase in support requests as a result of the pandemic. To date, this initiative has been made possible thanks to the very generous support of multiple organisations, including the Bon Secours Hospital Galway.

## THE PROJECT

Through Heartlink West, the Croí Health Team offer weekly virtual chats on a range of topics with expert presenters, or the public can call the free support line for 1:1 advice with one of our cardiac nurse specialists.

Funding awarded by Bon Secours Hospital Galway: €5,000.

The Croí team is available Monday to Friday from 9:00am – 5:30pm by phone on 091 544310 or email [healthteam@croi.ie](mailto:healthteam@croi.ie)

For more, please visit:  
<https://croi.ie/heartlinkwest/>

Funding  
**€5,000**



**Pictured above:** Depaul Cosán Nua service users in the Galway area, Monika and her son Desmond. The family were in Direct Provision in Galway and have now resettled in the Galway area. Desmond has ADHD and is doing well. The family are very grateful for the support they have been given and are thriving in their new home.

In 2019 Depaul, in partnership with the Department of Justice, began working with asylum seekers who had been granted legal status to remain in Ireland. Cosán Nua is the bespoke Depaul service that was borne out of the need to help new arrivals to Ireland with securing accommodation and establishing roots in the community.

Support with accommodation searches is first provided when people are still living within Direct Provision. When housing is secured Cosán Nua then provides a support package for up to 6 months' supporting people with:

- Tenancy sustainment
- Community integration
- Access to employment, education and training
- Self-advocacy

Towards the end of 2020 Cosán Nua expanded its reach from seven to nine counties in Ireland. In total in 2020, 442 people of which 246 were adults and 196 were children were supported to move from Direct Provision, representing a 34% increase on the previous year.

## IMPACT IN GALWAY

Locally in Galway Cosán Nua supports asylum seekers residing in two Direct Provision centres, Great Western in the city and Eglinton Hotel in Salthill.

People receive no financial support when leaving direct provision and generally move into their new homes with very few personal possessions. In 2020, 47 households including 12 families with children and 35 single people were supported to move from the Galway centres and resettle in local communities within the city and the wider county.

To support people at this critical point in their journey the Community Initiative Programme within the Bon Secours Hospital Galway has generously donated €5,000 to support asylum seekers with moving costs and costs associated with setting up new homes and beginning new lives in Co. Galway.



# Woodford Secondary School: ASD Unit Sensory Garden

Funding  
€2,500



We are a small Secondary School in Woodford with 150 students which incorporates an ASD unit. Secondary school can be a busy place and students in our ASD Unit, other students with additional needs in the school can become over stimulated in the hustle and bustle of school life, so this garden would be a go-to location for them to calm and de-stress.

## THE PROJECT

To get maximum use from a sensory garden in our school needed funding to purchase elements that will appeal to all five senses and stimulate them for example; edible plants , raised beds for our short course on Eat, Cook and Grow, artificial grass (touch), wind chimes , foot chimes, bird table ( can be used in a variety of ways to provide experiences involving seeing, smelling, hearing, touching, space to sit down, picnic, watch wildlife and a water feature for the calming sound. We got a local artist to paint a mural on an old bike shed as this is what the students see when they look out the window and it also forms the backdrop of our space.

Grant received from Bon Secours Hospital Galway: €2,500.

# Galway Parkinsons

Funding  
€1,200

Galway Parkinsons Association are a voluntary group who support people, their families with Parkinsons in Galway City and County. We have membership of over 250 members. All the committee members are volunteers who have or had a family member with Parkinson's. We endeavour to provide practical support ie information services, Physiotherapy, Speech and Yoga classes to the members. We also liaise with the Neurology Team at GUH and help link the bridge between Neurology and the members.

## THE PROJECT

Since COVID-19 we have been unable to provide Speech and Language classes to our members. Through this funding we will be able to provide Voice Exercise and Breathing classes to our members and this is wonderful news to get. Speech and Swallow are huge issues for people with Parkinsons. We will provide these classes weekly on Zoom to our members.

Grant received from Bon Secours Hospital Galway: €1,200.



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