



Friends of the Royal Hospital Donnybrook



The Friends is a charity dedicated to supporting the Royal Hospital Donnybrook and its patients.

Our mission is to raise much needed funds to support research, equipment and capital projects which will enhance the facilities, comfort and care provided to the patients at the hospital.



**RAISING FUNDS FOR RESEARCH,
PATIENT CARE AND CAPITAL
PROJECTS FOR THE HOSPITAL**

About the Friends of The Royal Hospital Donnybrook

The Friends of the Royal Hospital Donnybrook, was founded by Mr. Dick Tennant in 1989. It is a registered Charitable Company with the objective of raising funds for research, patient care and capital projects for the Hospital.

Our Chairman, Oisín Quinn

The Board of the Friends ensures that the money we raise makes a real impact on the care and treatment received by the patients at the Hospital. Working closely with The Royal Hospital Donnybrook's excellent team of clinical staff we identify state of the art equipment and projects that can make a real difference to patient outcomes. This would not be possible without the generosity of our donors and supporters and everyone who contributes to our events and fundraising initiatives throughout the year.

Thank you.



FUNDRAISING ACTIVITIES

- Annual Golf Day held in Elm Park Golf Club
- Herbert Park Vintage Car Show
- Family Fun Day Held in conjunction with Beechwood Football Club
- Ladies Lunch in The Merrion Hotel, Miriam O'Callaghan is our popular MC for the day
- Memorial Walk in memory of Robin Simpson past Chairman of the RHD Board



Annual Golf Day



Herbert Park Vintage Car Show



Family Fun Day in the grounds of RHD



Annual Ladies Lunch, The Merrion Hotel

Conor Leonard, CEO

The Royal Hospital Donnybrook is a highly respected, voluntary charity that has been continuously operating for 279 years. It now provides HSE-funded hospital in-patient and day hospital care for adults and older people who need rehabilitation that can safely be provided outside an acute hospital, along with HIQA-registered residential care for 50 people. Service streams include orthopaedic, general frail elderly and stroke rehabilitation services. Set in 13.5 acres of lovely grounds in the heart of Dublin 4, the service is managed by an entirely voluntary Board of Management. There are no private beds, no private consultants and all patients are treated equally irrespective of means; the Hospital is effectively already operating to the 'Slaintecare' model being introduced by Government. The Board has ambitious plans to develop the grounds into an Integrated Care Campus, incorporating the rehabilitation services with primary care services, a new purpose-built residential unit and housing with supports, all closed linked to the community and integrated with our key referral service, St. Vincent's University Hospital.



Lisa Cogan, Medical Director

Thanks to the ongoing support by the Friends of the Royal Hospital Donnybrook, the quality of life of our residents and patients is enhanced. We are a publicly funded hospital and as a result are very restricted in our budget when it comes to the provision of equipment and enhancing the general surroundings .

The Friends have funded many pieces of clinically very effective rehabilitation equipment; The Andago, a Pressurised Mapping System, Powered Wheelchairs, redecorating the coffee shop and two family rooms. The two Hospital Transport Buses which the Friends have donated to the hospital allows us to safely and in a timely fashion transport our patients to St. Vincent's and other clinical hospital facilities for outpatient and diagnostic appointments. Without this transport, our patients and residents would be waiting for wheelchair taxi or reliant on often ageing carers and relatives. The positive impact of this cannot be measured from a patient experience perspective.

The environment in a rehabilitation setting is important to promote enablement and independence. As part of their therapy, patients are encouraged to walk our long corridors with distances marked. Along these corridors, beautiful Artwork is on display which is a welcome distraction as well as inspiration to our patients.

We continue to be grateful to the Friends for their contribution to the quality of life of our patients and residents who are often very frail and vulnerable during their time with us in the Royal Hospital Donnybrook.



Physiotherapy Department

Elaine Ross, Head of Physiotherapy Department

The physiotherapy department provides care to all the rehabilitation wards, residential and the Day Hospital units.

To advocate, enable and empower our patients to achieve their optimal well-being. To provide excellence in clinical care through education, training and innovation. To deliver a holistic patient centred approach through collaborative teamwork within our integrated care campus.



The Friends of Donnybrook have a long tradition of supporting the Physiotherapy Department with kindly approving various funding requests over the years

The over ground early ambulation Andago® machine in 2018, and the most noteworthy very generous recent contribution towards the transformation of our gym spaces into a centre of excellence in 2020. We also recently added more specialist bikes to our department funded by friends in 2022.

As a result, the current gym space is now centred on our patient's needs with state-of-the-art equipment in an enriched environment enabling Physiotherapists, to deliver high quality, holistic patient centred care.



Physiotherapy department testimonial(s)

"Excellent Physiotherapy care. I like the new specialised bikes- reminded me of when I used to cycle".

MW - rehabilitation service user (August 2022)

"Absolutely brilliant facilitates. Time well spent in the physiotherapy gym-all my goals for rehabilitation were tackled. Sometimes I'm sad when it's over, would like more of it. All the physiotherapists have really helped me! Lovely staff and equipment".

MD - rehabilitation service user (July 2022)

Occupational Therapy Department Jo Cannon Head of OT

Occupational Therapy (OT) is the use of assessment and treatment to develop, recover or maintain the daily living and work skills of people with physical, mental or cognitive disorders. Occupational Therapists focus on identifying and eliminating environmental barriers to independence and participation in daily activities by adapting the environment, modifying the task and teaching new skills.



Our patients continue to benefit from The Friends funded Bioness Integrated Therapy System (BITS). This is interactive modern therapeutic tool used in the treatment of neurological conditions. As a result, we are continuing to use the interactive digital touch screen rather than pen and paper when designing treatment programmes for our patient's undergoing rehabilitation.



This technology allows a visual screen to give patient's immediate results and feedback. The clinical treatment areas available to therapists include;

- **Visual Rehabilitation** – increase visual search and scanning abilities
- **Cognitive Rehabilitation** – attention, memory and problem-solving skills
- **Eye-hand Coordination**
- **Improve peripheral vision**
- **Boost confidence for completing daily living tasks.**

In addition, The Friends funded a new Pressure Mapping System for the detection and prevention of pressure areas in patients when sitting in specialised seating systems. There is a high level of disability within our resident / patient population and preventing pressure areas developing is a high priority for patient comfort and well-being.

The OT Department relies on transport to carry out some essential Community Integration work with patients getting them ready to engage back in daily life in the own community. This work would not be feasible without the new vehicles funded by The Friends. We are very grateful to be able to avail of this for the benefit of our patients.



John Lavelle Director of Nursing

High-quality, Person-centred care is the primary focus of care in RHD. The Department of Nursing, Quality and Risk plays a key role in this.

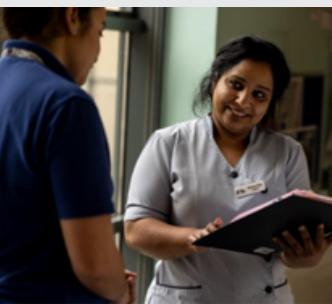
The department encompasses nursing, activities, volunteers, catering, and risk with a complement of over 200 staff. Each of these areas work together to enhance patient and resident care, to provide a positive experience and improve outcomes for patients and residents. Each member of the department plays an important role in quality improvement which enables us to improve and maintain RHD as a modern healthcare facility.



Key to improvements and ongoing development is our fundraising, the funds raised to support RHD have greatly enhanced the offering for patients and residents. Initiatives such as the resident bursary which provides funding for social outings and events each year greatly adds to the lived experience for residents here. This funding is key as no other funding stream is available for resident activities. Fundraising also allows us to improve and update communal spaces and provide transport.

It is also hoped in the coming months to upgrade the concert hall to a modern multi-functional space, allowing for more uses by patients and residents.

The Department is looking forward to the future collaborations with the Friends of the Royal in further developing and improving our services for all our patients and residents.





Rosanne Staveley **Speech and Language Therapy**

Speech & Language Therapy (SLT) provides support to adults who have difficulties with communication or with eating, drinking and swallowing. Alongside our multi-disciplinary colleagues, we are all about making a positive difference in people's everyday lives. SLTs support people to access to their work, recreational and social lives. We also enable people to make choices about their health care. To do this, we use both evidence-based and innovative therapy techniques and resources, with the support of both high and low tech equipment.



We are so grateful to the Friends for their wonderful support and very much look forward to future collaborations to further enhance our services to patients and residents.

Testimonials

- “When I came here, I speak a little, in fact yes/no. I have made a great improvements thanks to speech therapy. All because of hard work of SLT department.”
- “The big difference is the tricks you taught me, that allow me to engage with the computer and my subject matter. When I think back to the Royal Hospital, I think of the time I spent being encouraged by you – to persevere with the typing, to write about my experience, to give it a go, and I’m very grateful for that.”
- “For the 1st time in a long time, I’m able to get to the end of the rosary without losing my voice”.
- “I can get involved in group conversations again and I have my confidence back”.
- “I owe you a huge thank you for helping me in making my voice heard again.”

Aoife O'Neill, Medical Social Work Department

The Medical Social Work (MSW) department provides psychosocial and practical support to patients and residents, and their relatives/friends, during their stay. This can include emotional support with life changes or events, thinking about or planning for the future, assistance accessing services, advice on entitlements, support with decision making, addressing concerns about the person's welfare or safety. Central to our philosophy is to uphold the rights of each individual and to maximise his/her potential for independence and self-determination.

Members of the team also take lead or active roles in the Resident's Forum, Safeguarding, End of Life Care, LGBTQ multidisciplinary group, HSCP and Staff Wellness Groups, and other MDT initiatives.

Following application by the MSW department the Friends have funded the following

Music Therapy

The introduction of Music Therapy funded by the Friends has had an incredibly positive impact on the lives of both patients and residents. Rehabilitation gains are already evident and the Music Therapist has become a vital part of the MDT.



The purchase by the Friends of the Trishaw will not only greatly enhance people's quality of life in the hospital but their use has been shown to have a positive impact on communication and cognition due to the 'sharing stories' aspect of the experience.

It will also create an opportunity for a unique bonding experience for residents/patients and their family/friends.

Cycling without Age Trishaw

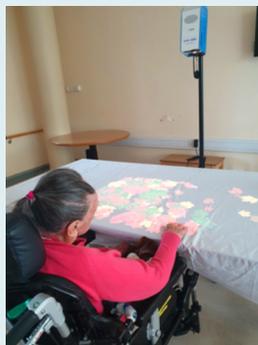


Orlaith McCaul, Volunteer Co-Ordinator

The activities team play a vital role in the fabric of the hospital and are working with our residents seven days a week. Made up of 8 people, the team are responsible for all the social and wellbeing activities throughout the hospital, focusing on vital interactions with individual residents and on very popular group events. The presence and energy of the activities team is fundamental to the wellbeing of all within and the support of Friends for this aspect of our work is integral to its ongoing success.

Magic Table

The Friends were very forward looking and generous in providing cutting edge technology to the hospital. **One of the greatest highlights in this regard is our Magic Table which was fully funded by Friends.** The Magic Table is an advanced technology projector which is used to create an atmosphere which stimulates the senses. Through the use of the Magic Table our Residents can experience a sense of hearing, touching and visualisation. This has been an incredible opportunity for residents to engage with such a phenomenal tool.



Monika Wolff, Activities Co-Ordinator

With the support of the Friends of the Royal Hospital the Volunteer Programme is thriving. Funding from The Friends has been put towards the digitisation of the programme which has provided much needed streamlining and monitoring of the very positive impact the volunteers have made to the lives of our residents and patients.

42 volunteers now attend the hospital on a weekly basis and play an active role in the social life and wellbeing of many. One to one visits are an important aspect of the work of volunteers, escorting residents and patients within and around the hospital and a multiplicity of group activities throughout the week. Volunteers support the Art Programme, Boccia, musical sessions and the ever crowd pleasing and very competitive weekly quiz night. Volunteers also provide an extra set of hands in the day hospital and are key contributors to religious services and concerts. Friends have supported a very successful recruitment campaign and volunteer recognition activities which has helped us move from strength to strength. We hope that by next year the volunteer programme will be back to full capacity with 70 regular volunteers working alongside us to the benefit of all in the hospital.



Recent items that have been funded by The Friends



Physio Department complete refurbishment in 2020



New Ambulance Bus funded by our Annual Golf Day



High Powered Wheelchairs



The Andago



Trishaw Bike



Tablets for residents



Tanita Dietary Scales



Motomeds



Music Therapy

Other Funding Initiatives included

Scholarship Funding • Refurbishment of the Coffee Shop and Concourse Area
• Installing a Digital TV System for all Patients and Residents • Bursary for Resident Activities • Volunteer Program Funding • Funding for a Visitation Co-Ordinator during COVID and a Marquee for safe visitation during Covid



Friends of the Royal Hospital **Donnybrook**

The Friends of the Royal Hospital Donnybrook

Our Address

Bloomfield Avenue
Morehampton Road
Donnybrook
Dublin 4
D04 HX4O

Email us

friends@rhd.ie

Call us

(01) 497 1921

Visit us at

www.friendsofrhd.ie

Charity Number

10000
CRA 20025199

All donations welcome
You can donate by post, by phone, debit card or on the website

www.friendsofrhd.ie