



2020 REPORT

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Mayo Roscommon Hospice Foundation is a registered charity.
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INDEX

- [Letter from the Chairperson](#)
- [Letter from the CEO](#)
- [Meet our Board of Voluntary Directors](#)
- [Our Hospices](#)
- [Hear from the Palliative Care Staff](#)
- [A Letter from the White House](#)
- [The McDonnell Family](#)
- [Roscommon Football Fundraiser](#)
- [Why I Volunteer - Carmel Grady](#)
- [Our shops](#)
- [2020 Stats](#)
- [Legacy Piece](#)
- [Virtual Fundraisers](#)
- [Effects of Covid-19](#)

LETTER FROM THE CHAIRPERSON



To all our Patrons, Support Groups, Volunteers, Palliative Care Teams, Board Members, I extend my warmest welcome to you through our report. I am honoured to have taken over the role of Chairperson of this Foundation, even during these unprecedented times. However, it has still been an exciting and fulfilling year and 2021/2022 seems to be no different.

The Mayo Hospice building in Castlebar is now up and running and accepting patients and our Roscommon Hospice building is on track to be open later this year. I wish to thank our building team for their expertise and efficiency for providing us with a modern, state of the art hospice building.

Our Palliative Care Teams have consistency delivered the highest care to our most vulnerable despite the challenges of Covid-19. Their care, dedication and sensitivity has been an inspiration to everyone. We are currently putting together a 5-year strategy plan to enable us to continue the funding of our Palliative Care Teams and maintenance of our Hospice buildings.

Our major sources of income have been our shops, coffee mornings and various fundraisers. These have been hugely affected by Covid-19. I wish to thank all our virtual/online and personal donators for their generosity throughout the year and have helped greatly to continue to provide a quality of care and service to both patients and their families.

Finally, may I take this opportunity to thank all involved in Mayo Roscommon Hospice Foundation, and in particular our shop managers and our administration staff led by our CEO Martina Jennings. To our incredible Volunteers and fundraisers, who are the heartbeat of the Foundation – a sincere thank you.

It is my wish to visit all the Volunteers groups and shops once the restrictions have been lifted. To my fellow Directors a sincere thank you for your loyalty and support, and for all the work you do behind the scenes. Let's continue to support the physical and emotional needs of our patients and families living with life-threatening illness.

Mike Smith

Chairperson Mayo Roscommon Hospice Foundation

LETTER FROM THE CEO



2020 began for Mayo Roscommon Hospice Foundation with the turning of the Sod for our Roscommon Hospice. There was a charged atmosphere that day of pure emotion and pride as our support groups, fundraisers, volunteers, major donors, past and present board members saw the beginning of their dream come true, to have their Hospice in Roscommon. We had promised the people of Roscommon that we would begin work on this hospice as soon as we completed our Mayo Hospice.

Little did we know that day that within a few short weeks our shops would be closed, all events cancelled and the world would be facing a Global Pandemic.

We continued to fund the service despite facing a real fundraising crisis, and we continued with the build of the Roscommon Hospice. This would not have been possible without the incredible support of so many people throughout both counties and beyond. Everyone really adapted to the new world of virtual fundraising and online donations. We were overwhelmed and are truly grateful to all of you.

Despite the pandemic our Palliative Care Teams continued to provide this vital service, and showed such resilience and compassion throughout the year, always ensuring patients and their families received dignity and respect on every step of their difficult journey. I would like to say a special thanks to our doctors, nurses, social workers and care workers, whose courage was incredible over the last year, and despite the enormous challenges they faced, patient care was never compromised.

2021 will see the completion of the Roscommon Hospice, and we are working closely with the

HSE, Department of Health and Roscommon University Hospital to ensure it is opened as soon as possible. I am so grateful to the Saolta Group, the management of RUH, the Department of Health and our Public Representatives for collaborating together so effortlessly to ensure the people of Roscommon receive the service this wonderful building will bring to them.

I would like to thank all staff for their commitment and hard work. Everyone has had to adapt to a new way of working, and I am grateful to them all for ensuring we fulfill the mission of Mayo Roscommon Hospice Foundation. Nobody could have foreseen that our shops would have been closed for 18 weeks in 2020, and for the first few months of 2021. It was so great to welcome back our staff, volunteers, and customers in May 2021. Hopefully as the country begins to re-open we will get to reconnect with our support groups, whose fundraising and volunteerism have been integral to the delivery of our Hospices.

We are incredibly well governed by our board of directors, under the chairmanship of Mike Smith. They give their time voluntarily and selflessly, and I am so grateful to them all for their support and advice always. Every decision they make has the wellbeing of the patient and their families at the forefront of their minds. They each bring their own expertise to the board, and it is my honour to implement the vision they have for the development of palliative care services in Mayo & Roscommon now and into the future.

We will continue to fund this vital service in the community, and in both our Hospices with your help, and we thank you all for placing your faith and trust in us.

Martina Jennings

Chief Executive

MEET OUR BOARD OF VOLUNTARY DIRECTORS

Mayo Roscommon Hospice Foundation is governed by a Voluntary Board of Directors. The Directors meet a minimum of 6 times per year, and ensure the patients and families' needs are kept at the forefront of every decision, while also ensuring the Foundation is operated to the highest of Compliance Standards. Within the board, there are four sub-committees, which are as follows

- Audit & Governance
- Compliance
- Strategy
- Capital Build Development & Commissioning

The core goal of funding, providing and supporting palliative care services always remains the focus of the Foundation, and these services include the following

- Palliative Care services in the community
- Capital Build of the Hospices
- Funding services/equipment within the Mayo Hospice and Roscommon Hospice when it opens.
- Family Therapist Services
- Family Support Services
- Support Services for the Palliative Care Teams
- Night Nursing, in conjunction with ICS and the IHF

To read more about how we are governed, click [here](#):

GOVERNANCE



Mike Smith

Townland: Boyle, Co Roscommon
Occupation: Auctioneer

Mike has been a member of the Board for the last 9 years and is the current Chairperson.

"It started that I just wanted to give something back, now I see the difference the Hospice teams make in people's lives. I am very proud to be a part of the Board and I am looking forward to seeing our second Hospice Building completed this Summer in Roscommon."



Joanne Hynes

Townland: Ballinrobe
Occupation: Pharmacist

Joanne has been on the board of the MRHF since 2012. She was chairperson from 2017 to 2020. A pharmacist from Ballinrobe for the last 26 years, Joanne is very passionate about the need of having palliative care services available to all in the community, and has seen the benefits of the great work done by the hospice teams personally and to her customers. The opening of the Mayo Hospice and the soon to be completed Roscommon Hospice Unit, both of which have been built entirely using money fundraised by the community over 25 years was a real highlight of her time on the board.



Seamus Moran

Townland: Westport, Co. Mayo
Occupation: Retired Company Executive

"I have been involved with Cancer Charities since approx. 2001, when my late wife was undergoing treatment for cancer. During her seven-year battle, she remained extremely positive and she provided support to others going through a similar challenge. When there was very little support available, she would have met with people for a coffee to talk with them and to provide emotional support etc. This motivated me to give some of my time to organisations that supported people living and coping with a cancer diagnosis. When I retired in late 2014, I decided to devote more of my time to supporting additional cancer charities. In early 2015, the late Dr. Bert Farrell, a friend and neighbour, asked me to consider joining the Board of MRHF. I am now actively involved with three cancer charities, including MRHF."

Having modern Hospice services and a state-of-the art facility in our community is a wonderful asset. Unfortunately, with the incident rates of cancer and other life limiting illnesses on the increase, most families will probably interact with such services at some stage. And as a friend of mine once commented, "It's terrible that we need such facilities, BUT it's great that we have them". To be involved in such an organisation that works for such a goal is a privilege. I am happy to be able to give something back to my community, for as long as I can."



Dolores Burke

Townland: Castlebar
Occupation: Business Person

"I am a Board member since 2012 as a result of the wonderful care received by friends. Hospice to me means giving Grace, Peace and Dignity towards end of life, to all the patients. I give thanks to the wonderful team involved in Mayo Roscommon Hospice Foundation."



Frank Mulvihill

Townland: Foxford Co Mayo
Occupation: Manager, An Post

"I currently work for An Post as the area Manager for our Central Address Database Operations. I Joined the board of Mayo Roscommon Hospice 4 years ago. I was very aware & admired greatly the magnificent work MRHF was involved in & the many specialist palliative supports it provides in the wider community. I was extremely proud & happy to volunteer my time & effort when asked to help such a worthy cause. It is personally very satisfying to know that my efforts in assisting with fundraising & Board decisions are contributing to raise the palliative & end of life care for patients & their families less fortunate than myself."



Damian Slater

Townland: Ballina Co. Mayo
Occupation: Photo Journalist and professional Photographer

"I have been involved with MRHF since its initiation over 28 years ago and I am with the Hospice Movement for over 30 years in the role of fundraiser, fundraising events organiser, Chairman of our local Support Group, longest serving member of the Board of Directors and have served two terms as Chairman. I am involved because I care about people who suffer from life-threatening illnesses and if I can help in any way to ease the patients' pain and the heartbreak of their families I am happy to do so. Seeing that I have given so many years to Hospice and am still prepared to do so should indicate the passion I have for Hospice."



Oliver Mc Guinness

Townland: Roscommon Town, Roscommon
Occupation: Pharmacist

Oliver is a Third Generation Pharmacist with a Family Pharmacy in Roscommon Town. Married to Arlene, with four Children - John, Aoife, Michael and Cormac, Oliver also serves on the Board of Totalhealth Pharmacy and on the Executive Board of the IPU.

"I have been on the Board of the Hospice since 2002 serving as Chairperson in 2007/08. On returning home after qualifying, I saw the work the Mayo/Roscommon Hospice were doing. Hospice will touch every family at some stage and it is a Charity that is close to my heart."



Tom Connolly

Townland: Hollymount Co. Mayo
Occupation: Corrib Oil Company

"I am involved with the Foundation the last 3 years, with the aim to build two hospice care centres both in Mayo and Roscommon and to provide care and support to patients and families.

And that people will always enjoy their stay as a patient or visitor in these centres."



Ivan Moran

Townland: Castlerea Co Roscommon
Occupation: Solicitor from Castlerea Co Roscommon

"I was approached to join the Board by John Murphy. I had no experience of Palliative Care and thought it would be a good board to be involved with. The years have flown by and I am very proud that we have seen the opening of The Mayo Hospice and that we are now on the cusp of opening the Roscommon Hospice. Palliative Care supports so many vulnerable people in our communities and I am delighted to be part of the Board."



John Murphy

Townland: Creggaslin, Castlerea, Co. Roscommon
Occupation: Self Employed

"Married to Lily, for 3 years I sponsored the Roscommon Footballers and had the sponsorship placed as Hospice Foundation. I was invited by the then secretary of the Board, John Tully, to join the Board 18 years ago. As I was self employed, I wanted to give something back to my community and county. I have been Chairperson of the board for 7 years, for 18 years I have worked with the Board towards the dream of having a Hospice Unit in each county and this summer that will finally become a reality. Hospice is close to my heart and I believe it is a very worthy cause to support."



Sean Walsh

Townland: Westport
Occupation: Director of Poplar Linens

"A Director of Poplar Linens Trading Company in Westport, I have travelled extensively around the World sourcing Textiles and other fast moving consumer goods and currently have sourcing offices in China, Pakistan, Vietnam and India. I was also on the board of the Small Firms Association (SFA) for over 8 years (departed 2020), this organisation represents 98% of all business in Ireland and lobbies the Government on strategy and policy for business with under 50 employees.

I have been a passionate Supporter and Fundraiser of MRHF for over 20 years as was my late Dad Liam Walsh before me, and it is organisation that I am very proud to work with."



Joanne Grehan

Townland: Swinford, County Mayo

Occupation: Director of Services, Mayo County Council

Living in Swinford with her family and named as one of the top Women of Influence in Ireland by The Irish Technology Leadership Group 2017/18, Joanne has studied Management, Marketing and Leadership at TU Dublin, Hibernia College, Harvard University and Boston College. As an Executive and Leadership Coach, Joanne is well recognised as a strong strategic thinker and intuitively sees the threads of opportunity within organisations and communities and has the passion, creativity and commitment to develop and deliver them. She is a strong advocate of strengthening links with the extensive Mayo Diaspora and of forging strategic partnerships which have resulted in initiatives such as the County Mayo Foundation in the U.S. and Mayo Day. A regular participant at conferences, Joanne is a member of the Association for Coaching and The Ireland U.S. Council.

"Mayo Roscommon Hospice Foundation holds a very special place in my heart and encompasses all that is best in our community combining Care, Compassion and constant Generosity. When my Dad was nearing end of life, I experienced first-hand how the Hospice holds a family in a safe place at their most vulnerable moment. The work they do is fuelled by love, respect and deep empathy for the patients and their families. It is a priceless gift to those who receive it, and it is a privilege to be able to support the work and the future development of this amazing institution as a member of the Board."



Paul Foxe

Townland: Munsboro, Co. Roscommon

Occupation: Chartered Accountant and Chartered Tax Advisor

Paul is married with 3 children and has his Accountancy Practice in Roscommon. On the Board since 2012, Paul was invited to join the Board by another Director just as his practice was establishing.

"I had decided to get involved with a Charity when I began my Accountancy Practice and had little previous knowledge of the Foundation and the work it carried out. It was a way to give back to the community and to build up relationships locally. I decided to commit my time and skills to one charity and when I learned of the services the Foundation provides, I became fully ingrained in it. The Foundation is a fantastic cause, the services it provides in both Mayo and Roscommon allow dignity and respect to be given to all patients and to have one Hospice Unit now receiving patients in Mayo and the Roscommon Build near completion, it is a cause I am extremely proud to be associated with on the Board."



OUR HOSPICES

The dream of the original Board Members of Mayo Roscommon Hospice was to one day have a Hospice Unit in each county. 28 years after the establishment of the Foundation, that dream is now nearly a reality.

With The Roscommon Hospice Unit due for completion in Summer 2021, we are delighted to say The Mayo Hospice is now receiving patients.

Both Hospices encompass everything the Foundation set out to achieve. Built with Patient and Family First vision, they are both a warm and welcoming setting where a family can receive the care and dignity the Mayo Roscommon Hospice Foundation believes every person has the right to.

The Mayo Roscommon Hospice Foundation purchased both sites and built the hospices purely from fundraised income, which is a phenomenal achievement, and it is down to all the fundraisers, support groups and volunteers over the last 28 years and their amazing perseverance.

The foundation are very grateful to the HSE for funding the running costs of the Mayo Hospice, and to Galway Hospice for providing Clinical Governance. Mayo Roscommon Hospice Foundation continue to fund Supplies, Equipment and selected salaries associated with The Mayo Hospice. We are also incredibly grateful to the Saolta, Roscommon University Hospital and the Department of Health with their support for the Roscommon Hospice.

The Roscommon Hospice will come under the governance of RUH, and this would not have been possible without so many people working together across all organisations, along with the support of our Public Representatives.

It is a testament to every fundraiser and donor that the dreams of two Hospice Units will be realised in 2021, through a global pandemic. With your continued support. Mayo Roscommon Hospice Foundation will continue to fund and develop Palliative Care Services across both counties.



The Mayo Hospice
Catslebar Co Mayo
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HEAR FROM THE PALLIATIVE CARE STAFF



MARY MC DERMOTT

CLINICAL NURSE MANAGER III
ROSCOMMON TEAM

For those who are not aware, the Roscommon team comprises of one clinical manager, 5 CNS, 1 Social worker and a clerical officer. We also have had the services of a clinical therapist which has been invaluable. The hospice also funds supervision for the nurses because of the challenges that this work brings. Unfortunately, it was not possible to avail of it to the same degree as other years because of the social distancing but when the opportunity arose, it was funded for us and we are truly grateful for that.

COVID 19 affected the very heart of our bereavement service as we could not have the wonderful remembrance evening, but the candle lighting in memory of loved ones was truly special as was the Shine a Light Campaign. We continue to touch base with families in bereavement, and counselling is provided where it is needed.

There is great anticipation in Roscommon with the building of a Hospice unit and one can feel the energy from the public regarding this. Christmas brought the selling of Christmas cards and I was so aware of the enthusiasm from staff in the HSE and local community with their willingness to sell and to purchase these along with the candles.

Just some notes from memory about the year that has just passed. Firstly, I would like to outline that there were 222 new referrals in 2020, of these non-malignant accounted for 96 and malignant 126. Total Deaths 187, and total discharges 51.

For all healthcare workers throughout the country, it was extremely challenging and stressful.

Thankfully in Roscommon, the rate of Covid in the first wave was relatively low but the uncertainty added to the pressure. It is fair to mention at this stage Martina Jennings ensured that we were not without adequate PPE and we are very grateful for that. We have not been immune to the prolonged lockdowns and are conscious of the toll it took on grieving families, the isolation, not being able to see loved ones and for us the need to keep distance for everyone's safety - it hit at the very heart of what we are about. For many families, getting loved ones home to our service was very special because they could be with the family member. It was special when it happened and a sense of fulfilment for us to be able to provide some degree of a normal service.

On a lighter note, Marie Crehan, one of the Clinical Nurse Specialists had a baby boy and we want to congratulate her on that. I wish on behalf of the team to thank our medical colleagues, especially Dr Eileen Mannion who was so supportive in helping us do the job.

I would also like to thank all the Health Care Professionals that we work with through this difficult time and to the Public Health Service, especially Jan Flanagan, Director of Public Health Services. I would especially like to thank Martina and the hospice staff for minding us financially and ensuring we were well looked after.

Regards

MARY MC DERMOTT

Clinical Nurse Manager III
Roscommon team

To help us continue to fund this service, please click here:

[DONATE HERE](#)

ELAINE MC CARRON

CLINICAL NURSE MANAGER III
MAYO TEAM

Report of the Mayo Palliative Homecare

Team 2020-2021

I am humbled to represent the Mayo homecare team at this forum and it gives me great pleasure to present this report on behalf of my colleagues.

We are fortunate to be Consultant led in the community by Dr Ita Harnett and with the support of a Registrar in Palliative Medicine, Dr Amjed at Mayo University Hospital to guide and advise our practice. We meet via eir conferencing weekly as a Multi-Disciplinary Team to assess and plan the necessary patient care.

During the year from Jan 2020- Dec 2020 our team has consisted of 10 Clinical Nurse Specialist, (8 whole time equivalents) 1 agency nurse, Miriam, 1 Social Worker Loretta, our clerical officer Helen and our 2 hospice care workers Denis and Diane.

2020 was one of our most difficult years to date with the exponential increase in positive tests and cases of COVID-19, reflecting accelerating and widespread community transmission. The way we worked changed dramatically with emphasis on telephone contact and virtual meetings with patients. Due to the fact that we are a team of 10 Clinical Nurse Specialists and not prescribers, emails were sent to all GPs and Pharmacists in the community of Mayo regarding Anticipatory prescribing and stock of medications to facilitate efficacy of care.

Most of the nursing homes requested telephone/ remote assistance from the palliative team, as they were trying to minimise the number of "outside" professionals coming into nursing homes, and we remain available for actual visits when advice does not suffice.

National palliative guidelines for nursing home staff and the GPs providing medical cover to them, were drafted especially for this crisis. This plan of

care was put in place for all residents in nursing homes and district hospitals around the county of Mayo which gave us the chance to concentrate on palliative patients in their own homes during this terrible time.

During the year despite the many pressures and challenges Covid-19 presented, the aim at all times remained to ensure that we delivered high quality care to our many patients throughout Co Mayo.

This is only possible with the dedicated service, commitment, and professionalism of the wonderful staff I work with and I would like to express my sincere thanks to all of them.

Activity in our team

The service treated a total of 539 individual patients, and we have carried out a total of 3022 homecare visits across the geographical spread of the county. There were 435 new referrals during the year.

53% of the referrals presented with a malignant diagnosis and 47% had non-malignant conditions (232 and 201 respectively).

The top four malignant diagnoses were cancers of the lung, breast, colon, and prostate, which is in keeping with national statistics.

530 nights nursing care was provided for patients in Mayo. This service was also reduced when transmission of Covid-19 was at its highest from the usual 11pm-7am, to a settling service provided from 11pm-11.30pm to ensure safety of the night nurses. Historically once referred to Palliative care, patients remained under the homecare team until end-of-life care. Because of increasing numbers patients are now discharged when symptomatically stable and we had a total of 84 discharges from our service in 2020.

348 patients who were in receipt of care, died during the year and (71%) of these died at home. The work involved in ensuring a good death in the home is huge and you get one chance to get this right. Many families opted to bring their loved one

home to die as visitation to the acute setting was not an option. This involved huge work with strict regulations in the home around PPE gear and 15minute visits from the Clinical Nurse Specialist with very distressed families.

Changes in our team

I would like to welcome Siobhan Delaney who joined our Team October 14th 2019 and welcome the return of Grainne McManamon who worked with our team on a temporary capacity and had now returned as a permanent Clinical Nurse Specialist, I wish them both success and happiness in their new roles into the future.

I would like to acknowledge the resignation of Noreen Tunney Hospice Care Worker and I would like to wish her every success for the future in the new Mayo Hospice.

The value and importance of strong partnership between the HSE and Mayo Roscommon Hospice is long recognised, and this is particularly so in our working relationship with PHNs, RGNs, Home Helps, OTs, Physiotherapists and the stores department all of which provide a more holistic approach to patient care.

Homecare Team is indeed fortunate to work in association with such a dedicated and committed Board of Directors from Mayo Roscommon Hospice, who gives so freely of their time and expertise on a voluntary basis. In particular, I would like to acknowledge the significant level

of support received throughout this difficult year from the CEO, Martina Jennings. On that note, I have had numerous opportunities to be in contact with Martina over the last year and when PPE gear was unattainable, she travelled far and wide to ensure the safety of our team and I must acknowledge her level of assistance and support in our endeavours of Covid 19. Without this level of co-operation our quality of service would not be of the high standard we deem necessary.

Knock office staff, shop staff, volunteers and supporters in Mayo Roscommon Hospice have long worked together to provide and enhance our services to patients with specialist palliative care needs. These financial supports are essential in enabling us to do what we do on a daily basis. Finance from you provides for part payment of 5 Clinical Nurse Specialists, night nursing and urgent financial assistance required at short notice for families in distress. Our requests for same have never been declined and the gratitude shown to us by families on a daily basis sum up what your efforts really achieve.

We will endeavour to provide this high-quality care in Mayo

Thank you again to all involved with Mayo Homecare Team in whatever capacity, without whose invaluable help we could not achieve what we do in the day-to-day delivery of the services to the people of the West.

ELAINE MC CARRON

Clinical Nurse Manager III
Mayo team

To help further develop palliative care services, click here:

[DONATE HERE](#)

DR ITA HARTNETT

HONORARY BOARD MEMBER AND PALLIATIVE CARE
CONSULTANT

At any time, facing the prospect of a life-limiting illness is daunting for people. For many, it is completely unknown territory that brings with it worry about what lies ahead - worries about pain, about loss of independence, and worries for how they and their families will cope emotionally. People rely heavily on their personal resources and strengths that have helped them through life. In addition, family and friends and community supports can be of huge benefit e.g. the sister who is the listener, the practical person in the family who organises the appointments, the friend who brings you out for the cup of coffee or helps with the school runs, the neighbour who helps with the cattle, the adult children who come home to help out with care etc.

Palliative care services offer an additional layer of support to people, offering guidance on managing pain and symptoms, being available as a professional listening ear for people's concerns, and arranging other services e.g. social work. This intention was described by a patient in a medical journal: "One's guides in this world have a dual role: to read the map and direct you accordingly, but also to be with you on the terrain, a place of great uncertainty".

The Covid pandemic of the past year made the experience of illness so much more difficult

for patients and their families. It was no longer possible for adult children to automatically hop on a plane to come home, for neighbours to drop in for a chat, for patients to visit their relatives and friends in other counties, or for elderly patients to receive visits from their grandchildren. Many worried about dying without seeing close relatives again. In addition, many patients who contracted Covid infection, especially the frailelderly, became suddenly unwell, often in a way that was deeply shocking for themselves and family.

It made it particularly important for palliative care services to continue to offer their services at home and in nursing homes (as well as in hospital services) through this time. Mayo Roscommon Hospice Foundation were of great assistance during this period. In the first months of the pandemic, supplies of the PPE and face masks were in short supply internationally and locally. MRHF stepped in immediately to source and buy stocks of PPE to ensure that the palliative home care teams in Mayo and Roscommon could continue to provide essential face-to-face visits for patients at home who were very symptomatic or receiving end-of-life care, including those with Covid infection. This was deeply appreciated by patients and their families. Much telephone advice was offered to nursing home staff during

this period, but in addition, the supplies of PPE allowed palliative team to do face-to-face visits to affected nursing homes when this was required, to support nursing home staff to ensure comfort to their patients.

Sadly the pandemic, in combination with illness, also results in some patients struggling with finances. Over the years Mayo Roscommon Hospice Foundation has provided funding, on a case-by-case basis from its “comfort fund” for patient necessities.

In the past year, a “comfort fund” grant allowed a dying young man to return to his native country for end-of-life care. He would otherwise have died away from home, as he simply could not afford the cost of travel. He rang the home care team in Mayo from his hospital bed on arrival to his home country to let them know he had reached home and was among family, and to express his deep gratitude for getting him there. This desire for a return home is one to which many Irish people, an emigrant people, can relate.

And finally, Mayo Hospice, for which MRHF worked so tirelessly over almost thirty years, and which was achieved through the enormous generosity of the people of Mayo, began receiving its patients. It has been a delight to be able to offer such a beautiful peaceful place of care and amazing team of staff to very vulnerable patients.

They have been thrilled by the peacefulness and spaciousness of the rooms which are so family-friendly. And several commented immediately on views of nature outside: The beech hedge and trees, having come, in some cases, from the middle of 4 and 6 bedded hospital wards. They have been equally delighted with the kindness and thoroughness of the staff caring for them, who pay attention to all the little details. It is being managed by Galway Hospice which has many years’ experience in providing quality hospice care and who recruited highly motivated local staff.

It has also attracted huge goodwill. When staff rang the local garda station at night to make enquiries about a reliable taxi service to drive home a tired woman whose husband had died, the gardai themselves arrived to bring her home and drive home her car. It is another example of the great kindness that exists in our community. We appreciate deeply every kindness and every support that the local people offer to our hospice services - it would not be possible without you.

DR ITA HARNETT

Honorary Board member and Palliative Care Consultant

We fund these services through charitable giving - please support here:

[DONATE HERE](#)

LAURA COLEMAN

MRHF FAMILY THERAPIST



"We are all just walking each other home, let me hold your hand, someday someone will be holding mine" (Hospice Nurse)

My name is Laura Coleman, I'm the Family Therapist with The Mayo Roscommon Hospice Foundation and have been for the past seventeen years. I am a clinical Psychotherapist with a degree in Psychology, and a qualified play therapist. My work involves a range of therapies including support for the patient and their families.

We have all experienced unprecedented change throughout the Covid-19 pandemic. Our service and the supports we offer have had to adapt quickly so that the vital care we provide to our community was uninterrupted. We have had to come up with virtual alternatives, and find a way to work together while staying apart. I have been amazed at how quickly we have all adapted. I am certain that the pandemic has brought challenges for everyone, some challenges we share as a community, and some are particular to the care we provide in the hospice. To say that the past year has been challenging would be an understatement. I can honestly say I personally have never worked harder in my life. Fortunately, I have been able to provide online sessions and thankfully the families and individuals I have worked with have been able to adjust with true resilience in such a trying time. Thankfully when more specialised support was needed, I have been able to see some patients face to face, with safety measures in place and in line with government guidelines.

The response I have received from people who have been able to access this level of support during a global pandemic has been humbling. Covid 19 has changed the way we grieve, and it has certainly made the 'normal' grieving process much more difficult. On a daily basis I am working with those who are struggling to process their grief, because our normal bereavement and grieving rituals have become so different. Families are struggling with the new way of grieving, missing the support from family and friends that they would have had under usual bereavement circumstances. Their grieving process in many cases has been paused, not being able to share the funeral ceremony with friends and family has been a major loss to many. There has been much sadness and hurt at not being able to spend the final days with loved ones. These are emotions that will need to be addressed and dealt with at some stage in their grieving process. My sense as a professional working in the field, is that we will at some stage need to revisit the way we said goodbye to our loved ones during the pandemic. I have said this on many occasions but now more so than ever I feel privileged to do the work I do.

Ann Richardson, author of *Life in a Hospice* said:
"We cannot change the outcome, but we can affect the journey"

The work my colleagues in the Mayo Roscommon Foundation and the Palliative Care teams in both counties do is incredibly special. We see so clearly that being part of end-of-life care is about making sure a person's last wishes are met, and I can say with hand on heart we go above and

beyond to make sure that this ethos is met when at all possible. The teams in Roscommon and Mayo do not think twice about going the extra mile and the wishes of the individual are of paramount importance.

Personally, my workload steadily increased throughout the year. I am supporting a number of families who have been affected by Covid 19. Also, many people I had worked with in the past, in pre pandemic times, felt their grief was triggered again by the isolation of lockdown. The feelings they had experienced after the initial loss of their loved one was brought up again which magnified the loneliness that accompanied lockdown and led them back to me for further support. Unfortunately, there are many people out there who have been living alone since the death of their loved one and are really struggling to cope. I am pleased that I am able to provide the support they so badly need.

'Everyone wants to be the sun to brighten up someone's life, but why not be the moon to brighten up their darkest hours'.

At times our service has been a life-line for patients who may not have any immediate family or friends to support them through their journey. I worked recently with a gentleman in his late 80's and one of his fears was that he may, when his time comes, die on his own. For him, the knowledge that we have a safe haven for him in our new hospice unit in Roscommon has definitely allayed that fear. Being supported through the pandemic has made a major difference in his life.

Another family that I worked with was a young mother who needed to be in Dublin for surgery and treatment. The necessary restrictions within the hospital was another challenge for this young mother. She had restricted access to her husband and missed her young children so much. Being able to offer online therapeutic sessions to them meant that I was able to support them both from my office and provide tools to help each of them individually, and to support their children in getting through what was a very worrying few weeks for them all. Whilst online communication

has become normalised for families, bridging the physical gap between loved ones is a new challenge for me and thinking creatively has made this work.

One very simple activity that the children enjoyed was when they made Valentine Cards for their mum and sent them to the hospital, they were special valentine cards because all the love hearts were made from their fingerprints, when mum got the card, she was very emotional but delighted to have something so personal. This family have really appreciated the holistic approach the hospice foundation offers, and I know this traumatic journey was made a little easier by the work we did.

I could relay to you many stories of the people I have worked with this year, all of them heart-breaking and many of them heart-warming, but I am very conscious of their confidentiality and the sensitivity needed. What I really want to say is thank you for allowing me to accompany you on this part of your journey.

Looking to the future our referral numbers continue to rise, we will continue to offer counselling support to family members, carers and close friends who are affected by their loved one's illness. When restrictions are lifted, we will also be providing bereavement support groups in Mayo and Roscommon for children, young people and adults.

We, in the Mayo Roscommon Hospice Foundation with your help have worked tirelessly to support as many people as possible during these exceptional times. We have been able to provide a flexible and individual service for patients and their families. Your fundraising and support have resulted in the opening of the hospice unit in Castlebar and the opening of the Roscommon unit this Summer. Thank you.

"For most of us working in hospice, it is much more than a job. It's a commitment to making an impact on the lives of the patients we care for and their families" - Dan Schumacher (former President of the National Hospice USA).

LAURA COLEMAN

MRHF Family Therapist

To help us continue to fund this service, please click here:

DONATE HERE

LORETTA SHERIDAN

SOCIAL WORKER MANAGER

Social Work in Palliative Care Mayo Home Care Team

I work as a Senior Social Worker with the Palliative Home Care team in Mayo and I have been working with the team since 2013. I have witnessed many changes and developments within the health service during this time but none so much as the changes that we have all seen and experienced over the past 14 months. It is hard to believe that we are still in the midst of this global pandemic. My work was affected very significantly in the early stages of the pandemic but like everyone else I had to figure out a new way of working that would meet the needs of the service and more importantly the needs of those patients and families referred to me.

For many people Social Work is seen as a practical support service however it is so much more than this. The main areas of Social Work focus are as follows:

- Emotional support for the patient and/ or family members. Talking things through can help to explore options and plan accordingly.
- Managing difficult conversations e.g. breaking bad news, making a will, planning a funeral, talking with children etc
- Advice and support to carers.
- Support and advice to parents in recognising the specific needs of their children and how these might best be met.
- Individual support for children and young people dealing with the serious illness of a parent or family member.
- Individual support for children and young people in dealing with the death of a parent or family member.
- Information, advice and guidance on a broad range of practical issues such as benefits, entitlements and community resources.
- Social Work is open to providing support and advice to other professionals such as teachers,

health care workers, nurses, social workers where requested. This can often be on the issue of supporting children.

Many areas of my work were impacted by the Covid restrictions but unfortunately the bi annual Remembrance Event has not been able to happen at all. This event has been an integral part of our bereavement support service since 2003 and the feedback from those who attended was always very positive.

Bereavement support is a key service offered by Social Work and considering the loss of the Remembrance Event I wanted to ensure that families were aware of the service that I offer. I developed an information leaflet entitled Understanding Grief and this is sent to every family 8 weeks after the death of their loved one. This informs families that they can contact me for support or advice on any aspect of bereavement care.

I have noticed that the types of cases being referred to Social Work are getting more complex year on year. The issues being presented are more challenging. This situation has been further compounded by the global Covid 19 pandemic. I am now finding that I am providing support to multiple members of the one family. I will give some examples of the work I have done over the past year with reference to the impact of the pandemic however I am very conscious of confidentiality so these will be very general. Mayo is a large county geographically but a very small one when it comes to sharing sensitive information.

I have worked with a young family over the last year and I provide individual support to the patient, the spouse and one child. The need for support within this family unit has been impacted greatly by the pandemic restrictions. The spouse of the patient no longer has the access to the support network that they once did. The impact of caring for their spouse who has a terminal illness, coupled with the home schooling of the children, the worries of contracting covid 19, the reduction in income due to illness and covid restrictions and the reduction in social contact and self care opportunities has been immense. In fact I find it hard to truly express the stress this family has experienced but they are still managing with the ongoing support of the Social Work service.

Pre covid this spouse would have been well supported by their own family, friends and also used physical activity as a stress reliever- all of these sources of support stopped due to restrictions.

The patient in this situation struggled with feelings of being a burden and felt their spouse was shouldering an unfair work load. Meeting the needs of different family members who live with the same situation can be very difficult but the very unique skill of Social Work in meeting each person just where they are, with no judgement just gentle encouragement and support I have found that I have been able to adapt to meet these needs in a creative and focused manner.

One of the skills of social work is working with people at their pace, on the issues they identify all the time acknowledging that each person/ family has their own way of coping with their illness. I am very aware of the many ways that serious illness can impact on a person and their family- some of these being what you might expect others can be unusual and challenging. It is our role to support all of these scenarios and to offer options on healthy coping strategies. This skill has been very evident in assisting families and patients to cope with the very many new challenges they have faced resulting from the pandemic.

Supporting children at a time of serious illness in the family can be something that families struggle with. In my experience families are trying to protect their children from the reality of what is happening while also trying to keep them informed in a manner that is sensitive to their age and stage of development. This is an area that can cause patients and/ or their families

very significant worry. Social Work plays a vital role supporting families on issues involving their children. This can be done by providing individual support and advice to parents/ care givers or by individual work with children. The closure of schools and after school activities that were available to children there has meant that families in very difficult situations have had to navigate the care of their children and meeting their needs. One piece of advice that I regularly give to parents is to maintain a routine for children as much as possible as it helps children to feel safe and secure. Over the past year the loss of routine has proven to be another stressor for the families I work with.

I have also noticed a significant impact on the bereavement issues that people are presenting with. I have seen an increase in people presenting with difficult feelings and these appear to be linked to their inability to visit their loved ones in a place of care until the very end. This has left many questioning themselves and whether they could or should have done more, feelings of guilt for not spending more time with their loved one and also feelings of anger. The fact that these decisions were out of their control hasn't been any consolation for many and as a result bereavement support referrals have increased

In conclusion this year has been hugely challenging both personally and professionally. However I have found many new and creative ways of working that will remain part of my 'tool box' into the future. The support from Mayo Roscommon Foundation has been invaluable both to the team and to those patients and families who have availed of the service.

I look forward to continued developments in the area of Palliative Care in Co Mayo.

LORETTA SHERIDAN

Social Worker Manager

To help further develop palliative care services, click here:

[DONATE HERE](#)

A LETTER FROM THE WHITE HOUSE

There was a great sense of joy worldwide in November 2020 when Joe Biden was elected President of the United States. This joy was felt right throughout Mayo Roscommon Hospice Foundation, as President Biden is a true friend of the Foundation.

Our ethos at Hospice is that everyone at the end of life, or on the difficult journey of a terminal illness, deserves dignity and respect.

This is what our palliative care teams bring to all patients and families in their care. President Biden and his family have experienced hospice care first hand, and it was a very emotional moment when he turned the soil on the Mayo Hospice in 2017, in memory of his beloved son Beau.

His cousin Laurita Blewitt has worked so hard with us to ensure we completed both Mayo & Roscommon Hospices and it is thanks to the close

bond she shares with President Biden that he has become a true supporter of all we do.

He sent a beautiful, heartfelt video message to be played at the opening of the Mayo Hospice in October 2019, fulfilling another promise he made to Laurita.

We look forward to welcoming him back to visit the Mayo Hospice as President. When he was elected, like the rest of the world, we felt an enormous sense of relief and pride. We wish him and Dr. Biden, and their family, health and success on the journey ahead.

We were delighted to receive a Letter from President Biden earlier this year, and it is testament to the work of all our fundraisers, support groups, and volunteers that their work has been recognised by the President of the United States of America.



THE WHITE HOUSE
WASHINGTON

Martina Jennings and Mike Smith
Mayo Roscommon Hospice Foundation
Main St. Knock, Claremorris
County Mayo, Ireland

March 26, 2021

Dear Martina and Mike,

Thank you for your kind note of support and encouragement. I am humbled by the faith that you have placed in Vice President Kamala Harris and me. And that respect is equally strong coming from me to you at Mayo Roscommon Hospice.

Hospice care is about dignity, support, and respect. Because of your empathy and care, I know the people of Mayo you help will be treated with the utmost decency and humanity during their time of greatest need. You understand what it means to love and care for your neighbor as yourself. I knew this was true when I turned the sod in 2017 for the groundbreaking of Mayo Roscommon – created as an act of love by the community, for the community. I also know my cousin, Laurita, dedicated herself to realize the vision of the Mayo Roscommon Hospice, and I am grateful for all of your efforts.

It is an honor that my son Beau's soul lives in the fabric of this special facility. God bless you and those whom you care for with love and dignity at Mayo Roscommon Hospice.

All my best,

As on behalf of the whole
family - Thom Ryan -

THE MCDONNELL FAMILY



On May 2nd 2020, eight year old Eloise McDonnell had planned to make her First Holy Communion alongside her classmates in Ballyfeeney NS, Co Roscommon. However, due to Covid 19 and our first lockdown in Ireland, similar to many other occasions, it too was cancelled.

As a family, we decided we needed to mark this day in a special way and turn it into something positive. We were tired of home schooling and definitely needed a distraction. By running, jogging and walking, Eloise aimed to complete her first 10K in her parish of Kilmovee wearing her sister's communion dress. We had thought at the time that a new date for the Communion may have been scheduled a short few weeks later, so Eloise chose to keep the labels on her new dress and save it for her special day and wear her sister Lucia's instead, to the agreement of Lucia!

The girls aimed to raise some funds for Mayo Roscommon Hospice in memory of their Dad Michael.

Michael was diagnosed with a brain tumour in November 2011 and passed away in September 2012. Eloise was seven months old and her sister Lucia was two. During his illness, Michael showed great courage and determination and always maintained hope. Those who knew Michael knew him as a kind, loyal, genuine, gentleman who enjoyed life and had so much to give. He was meticulous in all his endeavours. He had a great sense of humour and had great respect for all he encountered. It was very important for us to give something back to the Hospice in memory of such a special person. The girls had presented the Michael McDonnell Memorial Shield annually at the Kilmovee 10K since their Dad's passing. We

knew this too had been cancelled and we wanted to give back something directly to Hospice from the three of us.

Lucia means light and Eloise means strength and we hoped to bring light and strength to families like ours who needed that same care, compassion & support which our young family were given by Hospice while Michael was ill and after his passing.

Our target was €1000 which we thought would be a steep climb but we wanted people to know how serious we were about raising such funds for a truly amazing cause.

On Tuesday morning after discussing our plan, we set up the GoFundMe page & Lucia set about planning the route which we would take four days later. Observing all guidelines, we decided to take a route which would pass the homes of many of our beautiful neighbours and friends who have also lost loved ones to cancer in recent years. Our last kilometre allowed us to pass Naomh Moibhí cemetery where Eloise and Lucia placed three beautiful lilies on their Dad's grave.

In the short few days prior to the run, we were absolutely astounded each time we checked the gofundme page. The generous & kind donations, the beautiful messages of support from family, friends, neighbours & the wider community gave us such a boost and the support from the media in highlighting the fundraiser was also phenomenal.

On May 2nd, Eloise left our home Radharc na Coille, in Co. Mayo, a day which became our highlight of 2020 and one of the most precious days in our lives. Our neighbours were out to cheer us on with an abundance of refreshments, amazing banners, balloons and bonfires. The Fire Brigade and Gardaí even escorted us to the village.

While it was difficult for family and friends not being able to join us in person on the day, we are grateful they were able to follow us on Facebook Live whenever coverage was possible! Thank you to the Dillon Family for organising this at such short notice.

A massive thank you to our wonderful friends, family, neighbours & wider community who supported Eloise with her fundraiser raising over

€31,000 for Mayo Roscommon Hospice.
Their kindness and generosity is much
appreciated & will never be forgotten.

I have created a special photo book with beautiful
photographs captured by our parish priest Fr
Sherlock, photographer Mick McCormack and
other photos sent on by the many local people
who came out to support us. It truly encapsulates
the amazing experience it was, a treasured
memory of our First Lockdown for sure dedicated
to Michael's memory.

In November, Eloise was announced Inspirational
Hero in Mayo. What started as a small idea
over breakfast during lockdown, has become a
beautiful chapter in our lives and we are most
grateful to all.

Eloise now celebrated her communion in June
2021, third time lucky!



Mayo Roscommon Hospice do

Incredible work

Caring compassionately and supporting families,
they

Helped our young family for which we are grateful

And so with the support of her sister and
everyone

Eloise ran her first 10K in her sister Lucia's
communion dress in

Loving memory of Dad Michael

To get involved or to organise your own fundraiser, please click here:

FUNDRAISING

ROSCOMMON FOOTBALLERS FUNDRAISER



March 2020 and the first lockdown hit, which meant Mayo Roscommon Hospice Shops, all 12, had to shut with no notice. We did not know how long this would last or how the Foundation could recoup these huge losses. We were approached by Colm Lavin, a member of the Roscommon Senior Football Team who had an idea...

Colm said, "At this time, Mayo Roscommon Hospice were down a lot of money due to Covid-19. The Roscommon Senior Football Panel, along with backroom team and management decided to do a shave or dye fundraiser aiming to raise €30,000 for the Hospice.

A number of important restrictions had been put in place in order to stop the spread of Covid-19 but this had had a knock-on effect for Mayo Roscommon Hospice and other charities. All 12 Hospice shops had to close until further notice and public fundraising events had to be postponed or cancelled. This resulted in a drop of income of €30,000 a week for Mayo Roscommon Hospice. However, despite this and despite the increase in their costs due to additional PPE requirements, they were still providing the same services to patients.

As a team we wanted to do something to support a good cause during this difficult time and Mayo Roscommon Hospice is an organisation which has helped so many families that we know. In addition, there has been a close association between Roscommon GAA and the Hospice in the past with the Hospice logo appearing on Senior Football Team jersey for a number of years and Roscommon GAA raising funds for the Hospice on a number of occasions, including a donation of €10,000 from Club Rossie during the Win a House in Dublin campaign.

We decided to host a "Shave or Dye" event to raise awareness and funds for Mayo Roscommon Hospice. Over two weeks, over 40 of us, between players, management and backroom team would either shave or dye our hair. We ran polls across the Roscommon GAA Facebook, Twitter and Instagram accounts and we asked people to vote on whether people should shave or dye their hair!

The response was phenomenal, people engaged online with us and the atmosphere it brought was amazing. At a time of such darkness, the pride we had as a team and a county to be able to hand over in excess of €55,000 to The Hospice was an indescribable feeling. The power of people in a community to be able to keep nurses going into the homes of those most vulnerable in our communities really restores your faith in humanity, and that is why we chose to fundraise."

To get involved or to organise your own fundraiser, please click here:

FUNDRAISING



The Ultra Cyclists completed a huge challenge for us in 2020 where they completed a 1900km cycle over 6 days, their dedication and strength was inspirational to us all.

3 Bucks Left also known as Peter Cassidy and Stephen Kelly completed a 3 day 350 km ultra endurance run along the coast of Mayo in September 2020, they kept spirits high entertaining us via social media while also raising much needed funds.



The Ronan Clarke Memorial Run had to go virtual in 2020 and became a 24 Runathon, Killala GAA and the wider community got behind the event and raised over €20,000, an amazing fundraiser.

These are just some of the phenomenal fundraisers that allowed us to continue funding Palliative Care Services in both Mayo and Roscommon counties.

WHY I VOLUNTEER - CARMEL GRADY



My name is Carmel Grady, I am a native of Lisacul, Castlerea, Co. Roscommon, married to Michael, mum to 3 and nanny to 5 granddaughters.

Before 1998 I had no idea what Palliative Care was or what services were available to people with life limiting illnesses.

My father Vincent was diagnosed with Oesophagus Cancer in February 1998. He was admitted to Roscommon Hospital several times. Dr Waldron visited dad in the family home and explained to him what Palliative Care was, and soon after that, we were introduced to the Palliative Care nurse Ursula. Over the next while, Ursula, the Public Health Nurse and GP called on Dad at home. These were crucial times where their support was invaluable. Dad passed away soon afterwards on June 8th at home.

In 2012 we had a similar journey when our dear mum Kitty was diagnosed with cancer. She had 6 weeks of treatment planned for her at UCHG. She got through 4 of them but had to be admitted into hospital for the last two weeks.

Sadly, she passed away on June 29th 2012.

My 7 sisters and I as well as our extended family were in a ward with 7 other patients as there was no other room available at that time. This was a different experience to what we had with dad's passing as he died at home receiving the wonderful care of the Palliative Care Team.

Our entire family is behind and supports the Hospice and the work they do. I have always donated clothes to the Swinford Hospice Shop and admired the work the volunteers did in that shop. 10 years ago, a Hospice Shop opened in Castlerea. I went in and there I met Kathy Grogan, Shop Manager, and Una McNeill. The rest they say is history. I have been volunteering every week since, some weeks one day, some weeks more, depending on what they need and what time I have. We have a great camaraderie in the shops, I get to meet local people, we organise other fundraising events and I am supporting a very worthy cause. My family and I are so grateful to those in Roscommon and Galway hospitals for all they did for our parents.

Thankfully, now there is a dedicated Hospice Unit in Castlebar and one soon to be completed in Roscommon, so families can spend time with their loved ones at the most difficult of times.

VOLUNTEER HERE

OUR SHOPS



Mayo Roscommon Hospice Foundation has 12 retail shops throughout counties Mayo and Roscommon. The shops are the lifeline of the Foundation and play a huge part in the communities they're located in.

The 9 Mayo Shops and 3 Roscommon Shops have spent 7 of the last 12 months closed.

This has had a huge impact on our revenue stream, and also on the health and wellbeing of the fantastic staff and volunteers that make these shops such special places. The shops are a hive of activity from the moment they open each day, from sorting out donations that come in throughout the day, to interacting with customers and creating displays. Each shop evokes a lovely

atmosphere and has its own niche of customers who pop in daily to say hello and see what treasures may have come in overnight.

The volunteers give their time so willingly and they are the heartbeat of the shops. Each shop takes great pride in its appearance and the displays are always colorful and eye-catching. All stock put onto the floor is in excellent condition and if a customer is looking for a particular item, shops contact one another to see if others may have something suitable.

You can support your local shops in several ways, by donating items for sale, by volunteering some time each week, or by being a customer.

Please contact us on
094 93 88666 if you would like to start
volunteering with us and you will see
how rewarding it can be.

VOLUNTEER HERE

COUNTIES

VISITS

IN 2020,
THANKS TO YOUR HELP,
WE LOOKED AFTER

DONATE HERE





Cathal Hughes, Mayo Roscommon Hospice Foundation Patron and Mayo Person of The Year 2019 presenting to the 2020 Mayo Person of the Year 2020, Martina Jennings, Our CEO

Martina Jennings CEO attending a coffee morning hosted by The Movement Gym Castlebar



Martina Jennings CEO attending a coffee morning hosted by Penny's Shop Staff Castlebar

Pictured are Shane, Michael and Martin Glennon who organised the 'Drive for Cathy' in memory of their wife and mother Cathy in December 2020, a short time after she passed away. An event that raised over €80,000 for several charities!



CARING WITH A LEGACY

What is a Legacy? Does it conjure up images of large will bequeaths and is something only the immensely wealthy do?

Caring with a Legacy is something that any person can do, after your family and close ones have been looked after. A Legacy can be a token amount or item that you can leave to support the Foundation and its work.

Legacy giving is for everyone.

It does not have to be large estates or vast donations of money, leaving a legacy or part legacy to Mayo Roscommon Hospice Foundation will ensure those who require our services will be looked after. It will ensure our Palliative Care Teams are able to focus on providing care and support at end of life to the people in Mayo and Roscommon.

Making a Will is straight forward and it is not expensive. A Will is very important and if you do not make one, your wishes may not be carried out after your day. If you have already made a Will but would like to leave a gift to support the

Foundation's Palliative Care Service, you can do so by making a simple addition to your Will. Your solicitor will help you with any changes you wish to make

To remember Mayo Roscommon Hospice in your Will, there are three types of legacy that you can leave:

You may choose to leave a share, or the whole of what is left in your estate once you have provided for your loved ones.

You may choose to give a legacy of a fixed amount of money.

You may choose to leave a particular item of value e.g. stocks and shares, proceeds of life assurance, jewellery etc.

Legacies to charity are free from inheritance tax, therefore, if you leave a legacy to a charity, not only are you making a huge difference to that organisation, you are also reducing the amount of tax payable on your estate.

For advice on making a Will - please contact your solicitor.

For more information about
Mayo Roscommon Hospice:
Please contact
Mayo Roscommon Hospice,
Main Street, Knock, Co. Mayo;
T: 0949388666
E: admin@hospice.ie



VIRTUAL FUNDRAISERS - HOW TO

COVID-19 changes many things, and it changed the way we do things here at Mayo Roscommon Hospice Foundation.

With our 12 retail shops closed and strict restrictions in place, it was hard to know what was to happen to our fundraising events. Gone were the large gatherings, Sunflower Days, Coffee mornings, and all the amazing fundraisers our supporters held every year, where the very essence of the event was people gathering together to raise funds for Mayo Roscommon Hospice Foundation. But yet again the people of Mayo and Roscommon provided, and we were blown away by the ingenious ideas people came up with to fundraise safely within their restrictions.

We found more and more Mayo and Roscommon Natives from across the globe reaching out to us, challenges and virtual events have been held across all continents and they have inspired us all!

Virtual Fundraising is a simple and swift way anyone can fundraise. And we are here to help. Our Fundraising Team will talk you through how to set up your online event or challenge, we will guide you on how best to promote the event and we will support you through every step. And it is so simple, you can call us on 094 93 88666, email on info@hospice.ie or contact us through social media. You are only a click away from starting your fundraiser and donating funds towards Palliative care Services in Mayo and Roscommon.

To get involved or to organise your own fundraiser, please click here:

FUNDRAISING



EFFECTS OF COVID-19 ON INCOME

35% DEFICIT IN 2020

2019

2020

€ 138,935



COFFEE

€ 50,041

To register to host a 2021 coffee morning, please click here:

COFFEE MORNING

€ 81,608



SUNFLOWERS

€ 2,654

€ 1,550,107



SHOP

€ 966,737

To donate to our shops, please click here to find more details:

SHOPS

To read our 2020 annual, audited accounts and director's report, please [click here](#).

Mayo Roscommon

Hospice

Foundation



[VOLUNTEER HERE](#)

[DONATE HERE](#)

www.hospice.ie
info@hospice.ie
094 93 88666
Main Street, Knock, Co.Mayo
F12 FX66

Mayo Roscommon Hospice Foundation is a registered charity.
Charitable Status No: 10980
CRA: 20029098