



FROM STRATEGY TO IMPACT

It has been a productive and inspiring year for the Adelaide Health Foundation as we mark the culmination of 2022-2025 strategy and commence looking ahead to the next four years!

In keeping with our Mission and Values our financial support has been given to Educational opportunities for Healthcare Staff and Students, to Patients and to Healthcare Research.

Our support also extends into Tallaght/Dublin 24, investing in projects that promote health & wellbeing and foster connection, through mainly modest projects which have real impact.

As you read through this year's newsletter, we hope

you feel the same gratitude we do for the collective efforts that have brought us to this point. The support of the Adelaide Health Foundation Board, members and staff underline our commitment to excellence, communication, and collaboration as we continue to drive our mission forward.

To all our supporters – thank you. Together we are making a real difference.

STRATEGY 2022-2025 HIGHLIGHTS



- €198k funding for 43 local Health & Wellbeing projects over 3 years.
- €164k funding for 21 innovation projects in TUH.
- €2m funding for TUH Simulation Suite equipment.
- An enhanced profile in the Tallaght/D24 community.
- Development of stakeholder relationships within TUH and local community.



Genetics

- Research Project delivered, report published.
- €1.5m committed to support projects which improve the patient experience, commencing with Education.
- Introduction to Genetics program in development for TUH staff, in conjunction with TCD School of Medicine.

HANA#3

- Co-funded TCD Health Assets & Needs Assessment of Tallaght with HSE.
- Through membership of project Steering Group contributed to high response rate.
- Member of HANA Collaborative with HSE and other stakeholders.



- TR093 Nursing Degree - Increased Mature and QQI quotas.
- AHF Nursing Bursary scheme – full review completed.
- Introduction of Mature Bursary Scheme - 118 awards 2022-2025.
- Review of all AHF Scholarships & Awards.
- Funded and promoted Dementia Champion training for TUH staff.



**Innovate
Health**
Tallaght
University
Hospital

**In collaboration
with Innovate
Health at TUH,
10 projects
totalling €83k
were funded
under AHF
New Initiatives
Scheme.**

New Initiatives Fund

VIRTUAL TOUR OF ICU TO SUPPORT RECOVERY

Each year, hundreds of patients are admitted to TUH Critical Care Service with many experiencing fragmented memories or distressing hallucinations due to ICU delirium.

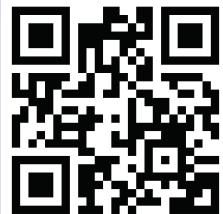
The Virtual ICU Tour (available on TUH YouTube channel) offers survivors of critical illness and their families a guided walkthrough of the unit, explaining the sights, sounds, and equipment patients may have encountered.

The resource aims to support psychological recovery and reduce anxiety for families, especially those unable to be present during a loved one's ICU stay.

The patient voice played a central role in shaping the content, with ICU survivors providing valuable feedback throughout development.

We were delighted to support this project as it reflects both our and TUH's commitment to innovation, compassion, and patient centred care.

The tour can be accessed by scanning the QR code here.



Pictured from left to right at the official launch of the education resource were Lisa Dunne, CNMIII ICU; Emma Forde & Mark Vergara, CNMII's ICU; Niamh Gavin, CEO of the Adelaide Health Foundation; Dr. Melanie Ryberg, Clinical Psychologist, Critical Care; Dr. Arabella Fahy, ICU Consultant. Absent from picture Joanne Coffey, Head of Communications

RENAL DENERVATION @TUH



Hypertension affects over 1.28 billion adults globally, yet only one in five achieve adequate control. AHF New Initiatives funding supported the initial set-up of the pilot phase of Dr. Armstrong's Renal Denervation (RDN) project at TUH.

RDN focuses on reducing systolic blood pressure, thus reducing the damaging risks to patients suffering from this condition. For those who struggle despite medication and lifestyle changes, RDN offers a promising alternative. The blood pressure procedure is a minimally invasive treatment that targets overactive nerves near the kidneys, which contribute to high blood pressure.

The first of the pilot treatments were carried out successfully in September 2025, marking a major milestone for patients with uncontrolled hypertension.

Community Health & Wellbeing Grant Scheme



Project Themes

Child Development



Mental Health



Chronic Illness



Youth Services



Senior Activities



Addiction Services



17

11 fully funded,
6 part-funded



36

Sing Strong sessions
for Tallaght COPD
Group to improve
breathing
for Chronic
COPD sufferers



1000

Talk to Your baby
Cubes distributed in
Tallaght Community



415

Seniors attended at
least one Social
Tea-Party
in their
community



Emotional Health Mornings are designed to teach coping strategies, mindfulness and emotional recovery techniques. Each time you see a client you can see the change in their body language and the stress leaving their bodies.'

CEO WASP (Whitechurch Addiction Services)

'The AHF grant has facilitated the largest increase in new parents we've had with this group in any one year. We are so hopeful to see new families connecting in for supports.'

CEO Anam Cara Bereavement Support

TALLAGHT COMMUNITY HEALTH PROJECT

A lovely project funded under the CHWG scheme was for a local community group, who used the funds to support Seniors living in the Tallaght area. The Tea-party Project helped strengthen social inclusion and promote wellbeing among older residents. In total 415 seniors attended one of three lively tea parties held throughout the year, where they enjoyed singing, dancing, and sharing refreshments together. These events create a warm and welcoming space for connection, especially for those who no longer have family nearby or other social outlets in the area. The project not only brought joy and companionship but also helped reduce isolation and foster a strong sense of belonging within the community. "Participants have shared that attending the tea parties has helped them reconnect with old neighbours, build meaningful relationships, and feel more included

in their community. They describe the events as a joyful way to reduce isolation while having fun together." **Samantha Griffin, Local Coordinator, Tallaght Community Health Project**



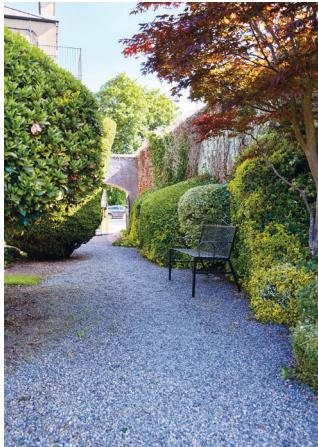
Community members enjoying the Kingswood Tea party in June of this year.



COMMUNITY SPOTLIGHT - THE RUTLAND CENTRE

“The purpose of the Rutland Centre is to help transform lives away from the relentless destruction of addiction, if not in fact to save them.”

Gerry Kearney, Chairman



Over 2024 and 2025, The Rutland Centre received AHF Community Health & Wellbeing funding for two significant projects - **Suicide Prevention Program** and **Family Intervention and Access Program** (FIA).

Suicide Prevention Program

Addiction and the risk of suicide unfortunately often go hand in hand as addiction impacts mental health, psychological wellbeing, and emotional regulation. Those with addiction are at higher risk of suicide than the general population, with social stigma relating to addiction compounding this.

Gambling Addiction has a high correlation with suicidality, with a recent study estimating that individuals who had been diagnosed with a Gambling Addiction were 15 times more likely to attempt suicide.

The Rutland Centre treats Gambling Addiction across all core programs and received Department of Health funding to deliver the first fully funded in-patient primary treatment program for Gambling and Gaming Addiction.

As direct result of the AHF funding, The Rutland Centre has **now extended** this program to their outpatient program which has a higher percentage of gambling presentations. Each service user receives a half day suicide prevention psycho-education seminar on every ten-week program.

“We are particularly pleased to now also be extending this vital support not only to the outpatient clients, but to their loved ones. We recognise that this is especially important given the additional supports families need to give their loved one during their outpatient treatment program.”

Maebh Mullany, CEO The Rutland Centre

Family Intervention and Access Program (FIA)

Also funded under AHF Community Health & Wellbeing scheme, The Rutland Centre has developed a Family Intervention and Access (FIA) program, to equip families with the necessary skills and strategies to intervene with a loved one should they believe there is an addiction present.

It provides families with a framework of the addiction cycle and the recovery process so they can understand realistic recovery timelines.

The FIA program also serves as an opportunity for families to meet others going through a similar journey, which serves a vital role in reducing feelings of shame and isolation, feelings that we know can often prevent families from seeking help.

In most cases multiple members of the family attended the session, and some attend more than once. Several families have now progressed to a more formal engagement whereby their loved one has attended for an assessment, has attended pre-admission preparation groups, and has progressed to admission for treatment.

In many cases, these families have been trapped in a cycle of denial and chaos for long periods, even years, before attending the FIA session.

“The AHF-funded FIA program has become a vital part of our family support system, one which helps us support families at an early stage. It helps us build connection and trust with individuals and families before treatment. We are confident that this program is now embedded in our service and it will be offered on a permanent basis.” **Maebh Mullany, CEO The Rutland Centre**

SUPPORTING ACCESS TO EDUCATION FOR HEALTHCARE STUDENTS AND STAFF

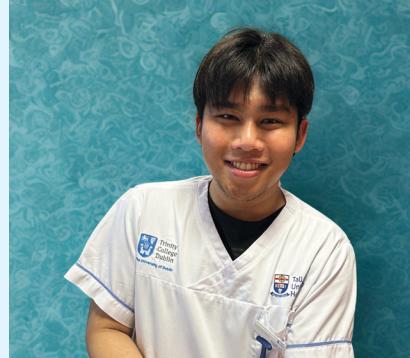
AHF SCHOLARSHIPS AND AWARDS



Hannah McDowall Scholarship

The Hannah McDowall Scholarship is awarded to the student nurse who achieves the highest mark at distinction level in the first-year annual examinations conducted by Trinity College, Dublin. The purpose of this is to promote excellence in nursing studies and is open to all nursing students attached to Tallaght University Hospital. It is named in honour of the late Staff Nurse Hannah McDowall (1976-2001).

The 2024/2025 recipient of the Hannah McDowall award is TR093 Student Rojelle Rodriguez.



The Mansfield Scholarship

A fund of €10,000 was provided for TUH Staff Nurses to undertake a course or program to assist in the development of nursing practice and patient care in the Hospital and/or associated community services.

Yvonne Seville Award

In April 2025, we introduced the Yvonne Seville Award. The objective of the award is to recognise that the role of nursing is at the heart of Patient Care. 4th Year General Nursing Internship students at Tallaght University Hospital (TUH) are eligible for this award. Nominees are assessed on their commitment and excellence in compassionate care for the patient and their family. This award highlights the importance of listening, empathy and respect in nursing care, keeping the patient and their families at the heart of nursing. The 2025 inaugural Seville Award was awarded to TR093 Student Elena Prendergast.

Elena was also a 2024 Student Nurse Ambassador with the NMBI and played a role in promoting the profession of nursing, as well as participating in NMBI events throughout the year.

Congratulations to all nominees for the Seville Award; Emily Bolster, Kate Cribben, Farida Miguel, Orla O'Boyle, Katrine Sanchez, Kate Stephens.



Elena Prendergast –
Recipient of 2025 Seville
Award

Dorothy & David Mitchell Award

The purpose of the revised Dorothy & David Mitchell Award is to highlight the vital role nursing plays at the heart of patient care. Similar, to the Yvonne Seville Award it highlights the importance of listening, empathy and respect in nursing care, keeping the patient and their families at the heart of nursing.

Staff Nurses in TUH who are deemed to have displayed commitment and excellence in compassionate care for the patient and their family are eligible to be nominated for this award. The nomination window is currently open, and we anticipate selecting up to four nurses for this award in January 2026.

Bursary Scheme Review

Due to increased demand for AHF nursing bursary, combined with the Mature Bursary completing three-year pilot phase, a comprehensive review of the scheme took place early 2025. We have revised certain criteria/amounts to ensure the scheme can continue to provide meaningful support to the most deserving applicants. These changes will be applied to the 2025/2026 Scheme currently being processed.



Additional Educational Supports

For the last number of years we have funded TUH Staff attendance at the Person Centred Dementia Care Module, delivered by Dublin City University. To date, 18 staff have completed this course, with a further 9 members of staff registered this year.

Staff Nurses, Clinical Nurse Managers, Health Care Assistants, Social Work and Speech and Language Therapy staff completing the training have a greater

knowledge and understanding of dementia care, disease progression, symptoms and impact.

Staff who have completed this program have become Dementia Champions in the clinical setting as they have enhanced knowledge in caring for patients with dementia, utilising responsive behaviours, engaging in meaningful activities and early interventions.

GENETICS PROJECT

The most recent publication arising from **AHF Study of Genetic Testing and Counselling Services in Ireland** is on the topic of Risk in Clinical Genetics in the **European Journal of Human Genetics**.

Led by **UCD's** Debby Lambert and Dr Sally Ann Lynch and co-authored by the **State Claims Agency's** Natasha Coen and the late Sheila King, the work introduces a pioneering approach to systematically assess and manage risk in clinical genetics, using tools like process mapping and Failure Modes and Effects Analysis (FMEA) to improve patient safety and service quality across Europe.

The paper was accessed over 5000 times in the week following publication and is attracting interest far and wide. It can be accessed by scanning this qr code:



Genetics Education Program



We are collaborating with the School of Medicine at Trinity College Dublin (TCD) to develop a two-phase education program. Phase 1 (in development) is an accredited "Introduction to Genetics" program for healthcare staff. Scoping exercise has been agreed and we are currently gathering information on training needs from target audiences which will contribute to the development of the material and the structure of the course.

The program is being piloted to TUH staff and following evaluation will be made available nationwide.

CHANGES IN THE RESEARCH LANDSCAPE

We know that healthcare research is becoming increasingly collaborative. The patient voice is now recognised as an essential part of shaping meaningful studies and academic teams are engaging more widely than ever to ensure research reflects real-world needs and leads to outcomes that matter.

Patient and Public involvement (PPI) is now so embedded in AHF thinking that we have adapted some of what we do under our Education and Community pillars to include the

voice of the student, patient or user who will ultimately benefit from our programmes.

Through our membership of Health Research Charities Ireland [HRCI], on whose board our CEO sits, we are continually learning about the changing landscape and the opportunities to collaborate through the likes of HRCI/HRB Joint Funding Scheme and Research Ireland New Foundations Scheme.

Research funding models available to the AHF include;

- direct commissioning/fully funding projects
- co-funding projects with steering group membership
- joint-funding projects, where a broad AHF research theme can be explored.

Niamh recently presented at Maynooth University Research Together 2025 event – on Research Needs: *What a good partnership and meaningful involvement looks like/What works and doesn't work.*

TUH CEO WELCOME

Barbara Keogh Dunne joined TUH as Chief Executive Officer at the end of June 2025. Barbara started her career in healthcare as a Registered General Nurse and has held a series of senior clinical and executive roles,

most recently as General Manager of Connolly Hospital, Blanchardstown. All in the Adelaide Health Foundation extend a warm welcome to Barbara in her new role.



THE TEAM WHO DELIVERED STRATEGY 2022-2025 ...

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Williams

... OUTGOING BOARD MEMBERS



Marie Louise Delahunty

Marie Louise is an Accountant and Chief Risk Officer with 20 years' experience in the Financial Services Industry. She joined AHF Board in 2016 and in her role as Treasurer she empowered the foundation to balance risk with growth. With a keen interest in supporting Tallaght University Hospital and its community, Marie Louise looks forward to joining TUH Board as AHF nominee.



Stephen Franck

Stephen was a long standing member of AHF Board, who served as Company Secretary and Chair of the Investment committee. Stephen's early years working in the pharmaceutical industry engendered a lifelong interest in medicine and healthcare. Such is Stephen's commitment to the AHF that he will remain on the Investment Committee as an external member.



Dr. David Moore

In a milestone retirement, AHF President and Director, David recently signed off after his 30th Adelaide Health Foundation AGM. Having recently retired from clinical practice as TUH Consultant Cardiologist, David's personal association with the Adelaide Hospital dates back to 1979. He promises to remain an ardent supporter of the Foundation and its guiding principles.

... AND OUR STAFF TEAM

L to R; Victoria Boughton (Project Manager), Niamh Gavin (CEO/ Company Secretary), Esther Nyambura (Administration Officer)





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Waterford	Rossmore Church of Lismore Union of Parishes in Waterford
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Legacies and Bequests Received

Legacies & Bequests

In Memory of Fanny & Wally Winn
 In Memory of Dr Ron Burry
 In Memory of Meg Jackson
 The Estate of Malcolm B McCarthy

Name

Sweetnam, Hazel Ms
 Burry, Mrs June
 Jackson, Mrs Heidi

Registered Charity Number 20029869

CRO Number 224404

CHY (Revenue) Number 11153

Tallaght University Hospital, Tallaght, Ireland. D24 NR0A

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