



Welcome

I am delighted to introduce the first ever Impact Report of the Edinburgh and Lothians Health Foundation. Thanks to the generosity of supporters past and present, the Foundation is having a positive impact on the health of the people of Scotland, and in particular making a difference to the lives of the patients of NHS Lothian. This inaugural report is intended to highlight some of the most innovative and diverse programmes supported over the last year.

During the year the trustees funded £5.2 million of charitable grants in patient and carer welfare, staff development and training, improvements to the environment and clinical research and new technologies. This funding is for projects and improvements above and beyond that which the NHS can provide.

Taking the advice of the Charity Regulator, over the last year the trustees have worked hard to make improvements to the charity's governance structure. The Foundation can now position itself as an influential charity with the capacity to make a big impact in the improvement of health of the people of Scotland.

During the year the trustees launched the first Grants Programme with a fund of £1.9 million, which is hoped will become an annual event. However, the demand for such funding is high: even in its first year, the bids were more than eight times the funds available. This gives the Foundation the opportunity of working in partnership with other charities and funders: there is clearly a lot more that can be done.

We are hugely grateful to the many hundreds of supporters who donate, collect and fundraise for us throughout the year. We are also indebted to those individuals who have left a gift in their will. We know that for many, this is a way of acknowledging the care people have received in NHS Lothian, and for this we want to take this opportunity to say:

Thank you!



Jane Ferguson
Foundation Director

The funds we receive improve the health of the people of Scotland through:

- Supporting the welfare of patients and their carers
- Supporting research & innovation
- Enhancement of the NHS Service
- Contributing to arts & heritage
- Developing NHS staff through education and training

Financial Overview

During 2011/12, our income again exceeded £5 million, thanks largely to our many generous supporters. We also greatly increased the level of grantmaking: for every pound spent during the year, 96p was spent on charitable objectives.

Income

As you can see from the charts, nearly two thirds of our income came from donations, grants and legacies, and the vast majority of that was directed to our many Specific Funds. There were nine gifts in excess of £50,000, and 45 individual legacies. Investment income went up 12.4% despite volatile financial markets which adversely affected the market value of our investment portfolio by £1.3 million.

Expenditure

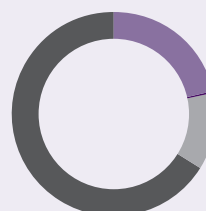
* The 60% increase in grantmaking during 2011/12 includes a £1.5m upgrade of the cancer ward facilities at the Western General Hospital, made possible thanks to ongoing grant support from Walk the Walk.

INCOME		
	11/12 £000s	10/11 £000s
Donations & Grants	2,406	2,202
Legacies	882	1,038
Investment Income	1,892	1,684
Other	354	361
Total	5,534	5,285

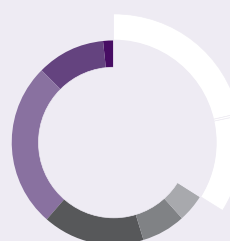
CHARITABLE GRANTS		
	11/12 £000s	10/11 £000s
Environment & Equipment	1,885*	781
Research & Education	823	1,363
Patient & Staff Amenities	2,525	1,098
Total	5,233	3,242

Non Charitable Expenditure	201	284
Total Outgoings	5,434	3,526

FUNDS HELD	
	11/12 £000s
Lothian Health Board	13,675
Community Health	305
Primary Care	7,774
Hospital Care	42,050
Total	63,804



HOSPITAL CARE (BREAKDOWN)		42,050
St John's Hospital	903	
Western General Hospital	6,930	
Royal Hospital for Sick Children	16,749	
Royal Infirmary of Edinburgh	10,269	
Liberton Hospital	4,447	
Other	2,752	





1 Supporting the welfare of patients and their carers

For NHS Lothian, having a patient-centred approach is vital to developing integrated healthcare services. This is why supporting the welfare of patients and their carers is a key objective of the Foundation. This year we awarded £2.5 million to support patient, carer and staff welfare.

Complementary therapies are used by specialist therapists at the St John's Hospital Oncology Unit and Macmillan Centre to help patients relax when they are feeling anxious about their treatment.

When Sheila had a recurrence of her breast cancer in 2007, her oncology team agreed that her surgery and extensive regular drug therapies were leaving her stressed and exhausted and that she needed support. The complementary therapists, funded by the Foundation, apply reflexology to Sheila's feet and hands during her weekly chemotherapy sessions.

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I wasn't keen on the idea to start with, but the therapists gently persuaded me to try it. Now I'm nearly at the end of my chemo, and the reflexology has helped enormously with the stress and makes the whole thing a lot easier to bear. I'm so relaxed I quite often fall asleep!

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2 Supporting research & innovation

Edinburgh's life sciences are world-leading. Together with NHS Lothian, the University of Edinburgh and other academic partners, the Foundation funds pioneering clinical and public health research. In 2011/12 we awarded £438k in grants towards innovative research projects.

Ophthalmic Regenerative Medicine is one of the most exciting and fast moving areas of clinical research. Stem cell treatments allow for the replacement of lost or damaged cells and have the potential to restore sight to many people currently living in blindness.

Edinburgh's Princess Alexandra Eye Pavilion is at the forefront of ground-breaking stem cell therapies, having recently been the location of Scotland's first corneal stem cell transplant in the treatment of corneal disease.

The latest stem cell technologies allow for personalised medicine which can be used to help develop treatments for specific diseases of the retina.

Creating retinal cells from a patient's skin is a tricky process. Dr Shyamanga Borooah is one of the first researchers in the UK to use this technique, following training in the USA funded through the Foundation.

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Diseases like macular degeneration are the biggest cause of blindness in the developed world but research is limited by difficulty in obtaining retinal cells. A key point is that the DNA in cells of patients is the same whether it is in the eye or the skin. With the help of my training at the University of Wisconsin, I am now able to transform skin cells, which can be easily obtained, into retinal cells. These cells can then be used to test potential new treatments.

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3 Enhancement of the NHS Service

The Foundation's charitable purpose is the advancement of health and our emerging vision is of "a healthier future for the people of Scotland." Key to our approach to grantmaking is to support projects which are above and beyond that which the state can provide. We do not replace core funding, but go to lengths to ensure that 100 % of our funding enhances what is already available.

The support of our donors in helping us make a difference to people's lives is fundamental and nearly two thirds of our income last year was from supporters who want to be part of that difference.

The Child and Adolescent Mental Health Service (CAMHS) received around 3,300 new referrals in 2011, and the improvements made in the CAMHS Inpatient Unit have been highlighted in the Scottish Government's Mental Health Strategy for Scotland 2012-2015.

Cathy Richards, Lead Clinician for CAMHS, is working with the CAMHS team on a significant redesign of eating

disorder services for young people and their families, after the Foundation received an anonymous donation of £500k. Part of this redesign will be to enhance the partnership working with schools and GPs across the region, raising awareness of eating disorders, helping in the identification of young people at risk and promoting a healthy body image. The team also plans to greatly improve access to family-based-treatment for young people with anorexia.

We would like to thank our most generous benefactor for their astonishing support





4 Contributing to Arts & Heritage

Our considerable collection of art, donated over generations, is complemented by a large and varied programme of performing and participatory arts. Growing evidence indicates the value of the arts in improving health and wellbeing, and during 2011/12 we awarded £229k in grants towards arts & heritage projects.

The Glasshouses at the Royal Edinburgh Hospital were built in the 1960s for horticulture therapy for inpatients. Today, the Glasshouses have become a hive of activity, providing a huge range of therapeutic, art and creative activities for patients, involving occupational therapists, artists and volunteers.

Anne's stay in hospital was greatly enhanced by Artlink's activities in the Glasshouses and Community Gardens, and by the support of the Volunteer's Centre, Edinburgh, both funded by the Foundation.

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All the activities, meeting new people and having a weekly routine gave me confidence and greatly aided my recovery. Now in my new home, art and creativity has become an important part of my life.

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A generous legacy received in 2010 is to be directed towards an extensive refurbishment of the Glasshouses to increase the number and variety of therapies and activities that can be offered to patients.

5 Developing NHS staff through education and training

NHS Lothian has a staff base of around 24,000 across acute hospital sites, primary care and community health. During 2011/12 we contributed to the development of those staff by awarding £267k in grants to support education and training.

Dr Robin Mitchell was a Scottish-born emergency medicine specialist with an international reputation as an outstanding clinician and inspirational educator. He died in 2010 from pancreatic cancer and is remembered fondly through the establishment of the Robin Mitchell Memorial Fellowship.

The bursary was the brainchild of Mr David Steedman (A&E Consultant). In partnership with the Medic 1 Trust, the Foundation is funding a biennial travel fellowship, enabling a Scottish Emergency Medicine Trainee to pursue a placement in a clinical centre of excellence that will advance their clinical knowledge and experience.

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The Annual Report & Accounts for 2011/12 and Impact Report 2011/12 are available from our registered offices or at:

www.nhslothian.scot.nhs.uk/OurOrganisation/KeyDocuments/Pages/Financial.aspx

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