

# MAKING A DIFFERENCE IN FIFE

Our impact in 2024-2025



# The year at a glance

Fife Health Charity's goal is to support a brighter, healthier future for everyone in Fife by providing funding for projects and activities that improve people's health and wellbeing.

Over the last year we've increased the number of grants we awarded by over 20% compared to the previous year to benefit more people, NHS staff and communities across the Kingdom who are supported by NHS Fife.



**£534,227**  
in grants awarded



**337**  
grants awarded  
(increase of 20% on 23/24)



**259**  
micro grants  
totalling **£73,880**



**74**  
small grants  
totalling **£245,211**



**4**  
large grants  
totalling **£165,920**



**10**  
community grants  
totalling **£49,216**



# Message from the Charity Director

The year 2024-2025 was an important year for our charity in many ways. It was the first year of our new strategy, and this gave us a clear focus on the impact we wanted to make.

Coming into the year, we knew we wanted to reach more people across Fife, and I'm really pleased to share that we increased our number of grants compared to 2023–2024. This was only possible by working together: the charity, our supporters and the people who come forward with their ideas on how we can build a brighter, healthier future for everyone in Fife.

I want to thank each and every person who has supported and worked with our charity this past year. Each and every penny donated here in Fife stays in Fife. Over the coming years, we want more people, NHS Fife staff and communities across the Kingdom to benefit from our grants. This report is only a snapshot of how grants from Fife Health Charity have made an impact. You can find out more about this by visiting our website at [www.nhsfife.org/fife-health-charity](http://www.nhsfife.org/fife-health-charity). Take a few minutes to read these stories, and I hope they will inspire you to support and work with us to achieve even more in the years to come.

**Mark McGeachie**  
Charity Director

“Together, our small efforts can create lasting change, fostering a healthier and brighter future for everyone in Fife.”



Waiting Area

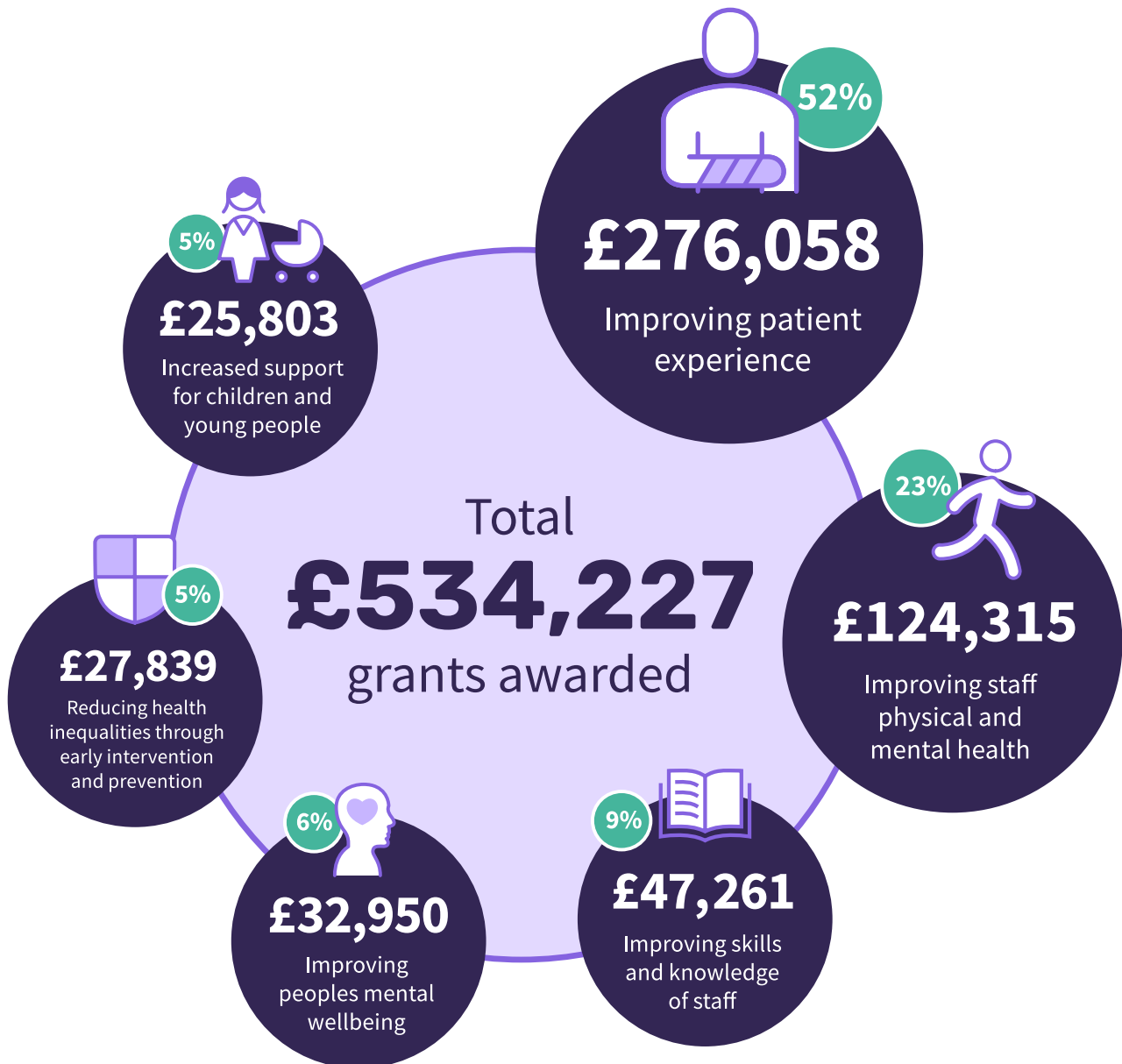
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Waiting Area

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# The impact of our grants



**Our grant-making is about making a difference in people's lives. We're pleased to be able to share some examples of the difference that our grants have made in the past year.**



# Held in our Hearts

**Our grant to NHS Fife Maternity service helped develop a partnership with the charity Held in our Hearts. Held in our Hearts is a specialist baby loss and counselling charity, which supports families who have experienced the tragedy of a pregnancy, baby or infant loss. 6 visits at home at times that suits the family.**

A Small Grant from Fife Health Charity enabled the Maternity Service and Held in our Hearts to pilot the Hospital to Home service for families in Fife. Hospital to Home provides an opt out approach to families whose baby has died after 12 weeks of pregnancy and under school age. The services fill a gap in the transfer of bereaved families between hospital and home by providing bespoke and targeted short term support to bereaved families.

This allows the H2H support workers to reach in so families do not have to reach out for support. H2H provides a range of support for grieving families including:

- Physical and emotional support in the early days and weeks.
- Assistance with planning funeral/memorial arrangements.
- Support to prepare for and attend follow up hospital appointments.
- Providing information on grief to family and extended family and friends.
- Talking to siblings and provide books for home and school.
- Providing advice and support to families returning to work.
- Continuity of care and long-term support through peer support or specialist baby loss counselling

In 2024, Held in our Hearts supported 36 families in Fife, supporting them through this incredibly traumatic period in their lives. Feedback from families indicates how important this support was.



“It was a real crutch for me whilst going through the most difficult time in my life. Getting much needed advice, support and just someone to talk to.”

“We could speak to someone who understood how we are feeling without judgement, without any other motive but to help us process how we are feeling and process grief, it was an incredible amount of comfort and support for us having to speak our minds and having someone other than friends and family listen to us.”



# Young people's resilience project

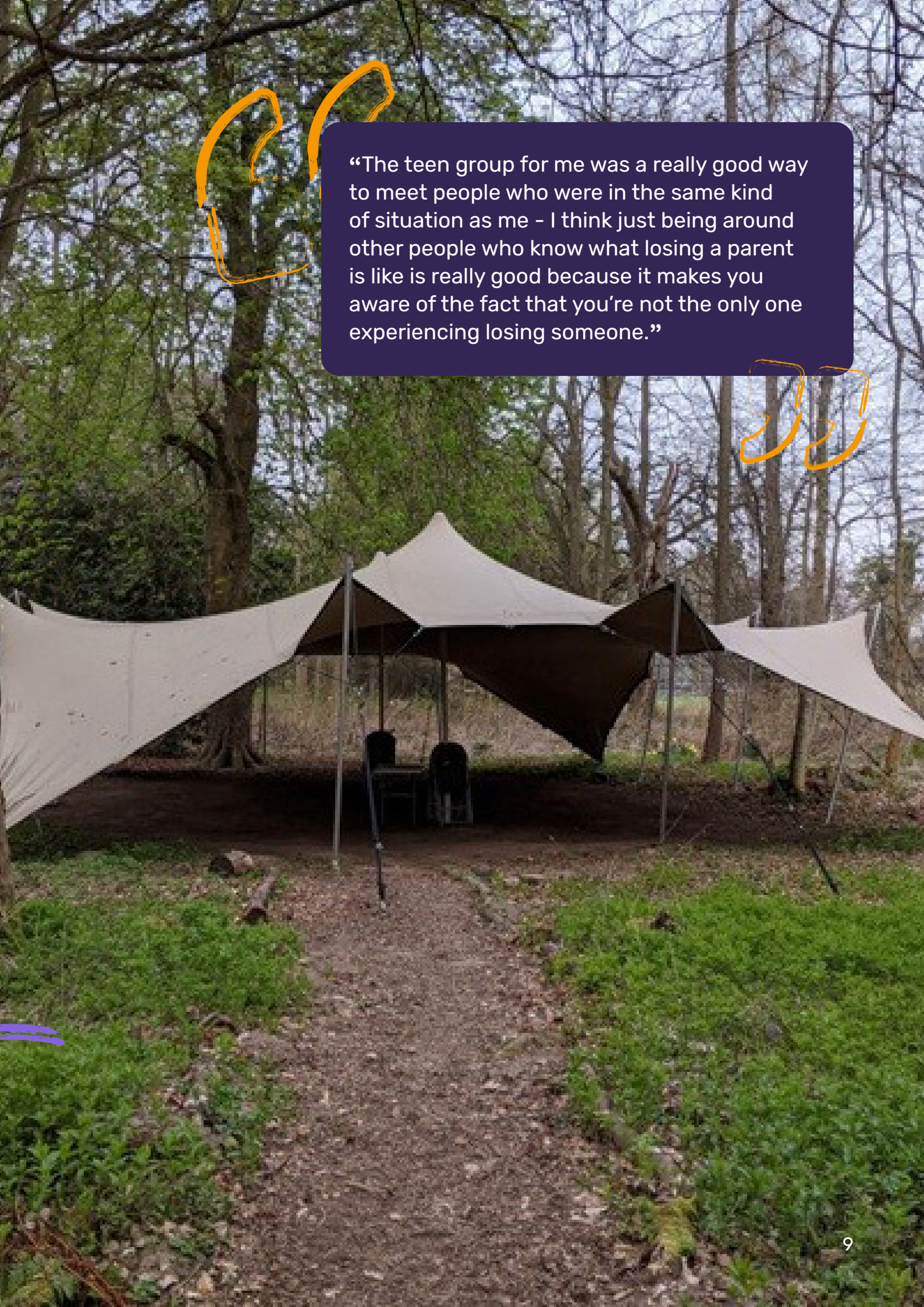
**Our grant to the NHS Fife Specialist Palliative Care Service continues to support a bereavement group for children and young people. The loss of a family member or someone close to us is just about as difficult as it gets. For children and young people who are adjusting to impending adulthood and the responsibilities that come with it, losing a parent or close relative is often devastating.**

The Fife Specialist Palliative Care Service provides care for many people in their final months and weeks of life. However, the care the team provides isn't simply limited to the patient but also provides wraparound support for their loved ones too, helping them prepare for the loss and providing ongoing care in the days and weeks afterwards.

This is a project with roots back in the years of the Covid pandemic. The Children and Families team within the Fife Palliative Care Service realised that because of the Covid-related restrictions in place, they needed to find a new way of supporting teenagers and young people. In response to these challenges, the service developed an outdoor support group designed to help teenagers cope with the loss of a parent or close relative due to advanced disease.

Delivered in Falkland Estate in Fife, the project aims to provide a therapeutic space for young people to build resilience, understand their emotions, and create social connections with other young people coping with similar experiences. This pioneering initiative has proved a great success with the young people involved really benefiting from the peer support and simply being outdoors in nature.

The Children and Young people's team aim with the project is to provide its young participants with the tools and the support to navigate their way through the loss and become more resilient in the process. The outdoor setting provides a unique opportunity to connect with peers who have experienced a similar loss, fostering a sense of community and support. Feedback from young people who have been supported shows how this is making a difference in their lives.



“The teen group for me was a really good way to meet people who were in the same kind of situation as me - I think just being around other people who know what losing a parent is like is really good because it makes you aware of the fact that you’re not the only one experiencing losing someone.”

# Simulation and training centre

Originally funded with a grant of over £200,000 in 2020 and opened in January 2022, the Simulation and Training Centre at Queen Margaret Hospital is evidence of the value and long-term benefit of the charity's investment in staff training and development for the people of Fife.

The centre has made significant progress since first opening as shown in highlights from 2024:

- An innovative collaboration with the Army was featured on STV News, highlighting the centre's role in Army Medical Training Days and boosting visibility of the centre in Fife and Scotland.
- A new NES Southeast Scotland ICU Transfer Training Course has been developed and is running twice a year, enhancing the centre's reputation across Scotland.
- Through collaborating with Clinical Fellows, a range of new simulation opportunities for Year 2 and 3 ScotGEM students have been developed to support their training and development needs.
- A range of simulation training programmes have been created for colleagues from various NHS Fife departments and wider partners, including: Emergency nurses, Physiotherapy, HAZMAT & CBRN multi-disciplinary Training (A&E, NHS Resilience, Babcock in Rosyth) and Sudden Unexpected Death of an Infant (SUDI) multi-disciplinary Sim with the Scottish Infant Cot Death Society. This included, Police, SAS, A&E staff and Paediatrics.
- The centre is now hosting a number of carousel events for high school students in Fife which has helped promote career opportunities within NHS Fife in both medicine and nursing.
- The development of Virtual Reality Medical Simulation to enhance training for both staff and students. This innovation has supported a new medical placement for our Year 2 St. Andrews medical students which started in January 2025.
- An increase in participants learning at the centre, from 1,500 in 2023 to 2,600 in 2024 – an impressive increase of 1,100 people. This significant rise in footfall underscores the centre's enhanced reputation and the value of the training programs supported.



# Refurbished parents facilities in neonates

**Our grant to the NHS Fife Neonatal Unit funded the upgrade of parent facilities with the needs of the parents of the most vulnerable babies born in Fife in mind.**

These tiny newborns, some born up to 12 weeks early, require constant care and monitoring. Often their parents stay in the unit in order to care for them and make those important early bonds and it was clear to all that the facilities for overnight stays were tired at best.

The newly renovated rooms are unrecognisable from before. They have been equipped with comfortable double beds, high-quality bedroom furniture, premium reclining breastfeeding chairs, and wall-mounted televisions. Additionally, lighting and a mural has been thoughtfully installed to provide a warm and comforting ambiance, a far cry from a clinical ward space. Fold down camp beds have been replaced with double fold down beds which not only allow both parents to stay with their baby, but importantly also save space.

The premium reclining breastfeeding chairs have been equally well received. Mothers use these for important skin-to-skin contact cuddles between breastfeeding and can be reclined for optimum comfort, allowing baby to relax and stay close to mum for as long as they want.

The calming wall mural created by a local artist completes the peaceful retreat for parents and family members away from the activity and alarms of the busy ward. The rooms have been aptly named Blossom and Sunflower and feedback from parents shows just how much of difference this upgrade has made.



“The room had a shower, and there was another room nearby with a kettle and microwave. We appreciated these luxuries, and they helped to keep us sane.”

# Peer support training


Funding from the charity has enabled more staff from across NHS Fife to become trained Peer Supporters. Peer Supporters are a group of multi-professional staff members from across NHS Fife who are trained and volunteer to provide a non-judgemental listening ear to any colleague seeking short-term emotional social support.

Our Small Grant has helped develop the knowledge and skills of Peer Supporters to complete courses in 'Assisting the Individual in Crisis' and 'Critical Incident Stress Management' Courses. As a result NHS Fife staff can now benefit from Peer Supporters who can provide one-to-one peer support as well as group peer support sessions after significant events. Feedback from one-to-one peer support shows that people appreciate their trained colleagues who provide their time and space to listen without judgement, which makes them feel heard and valued. Evaluation of the group peer support sessions has been universally positive with all respondents finding these Staff Support Debriefs helpful. Participants have found it helpful to:


- talk openly through their feelings around the incident;
- share and hear different perspectives and reflections; and
- visualise the healing process colleagues were going through

Participants often report that they felt better following the staff support debrief and are often relieved realising that they are not the only ones who have been impacted by a certain event.

In the words of an ED Consultant Peer Supporter:



“It is encouraging to see how supportive and empathic teams are following significant events. Truly the best peer support generally occurs within the team and the staff support debriefs simply help facilitate this by providing time and space to reflect together, empowering team cohesion, encouraging effective coping and recovery”





# The impact of art

Over and above our grant-making, Fife Health Charity is also responsible for the NHS Fife Art Collection. However, in line with our new strategy, we wanted to see how we could use Art to help deliver on our outcomes for Improving the Patient Experience within Fife.

Following the successful trial of our first ever Community Gallery at Queen Margaret Hospital in 2023, we have hosted two further exhibitions this year including the 'Old Dunfermline' exhibition which tracked the development of the city over the last 100 years, and 'Rhythm of the Seasons' showcasing the work of local artist Pauline McGee. These exhibitions have met with great success and on walking through this corridor, which connects Phases 1 and 2 of the hospital, you will often see visitors and staff looking at artworks and discussing them.

2024 also saw the charity work with Fife College Visual Arts students to create an exhibition for a new Community Gallery space at Victoria Hospital.

Part of this project also saw ten vinyls of images produced by the students installed, with one in each hospital site across Fife. Each image has been inspired by the built and natural environment around Fife or participants' experience of healthcare in their lives.





Fife  
Health  
Charity  
Victoria Hospital  
Community Activity

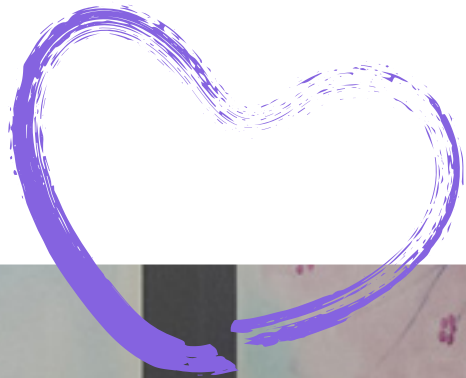
You can find out more about Fife Health Charity and the difference we make by visiting our website.

**[www.nhsfife.org/fife-health-charity](http://www.nhsfife.org/fife-health-charity)**

There, you can read our full Annual Report and Accounts 2024-2025 and find ways to support our work towards building a healthier, brighter future for everyone in Fife.

Or you can get in touch with us at **[fife.healthcharity@nhs.scot](mailto:fife.healthcharity@nhs.scot)**

We would love to hear from you!



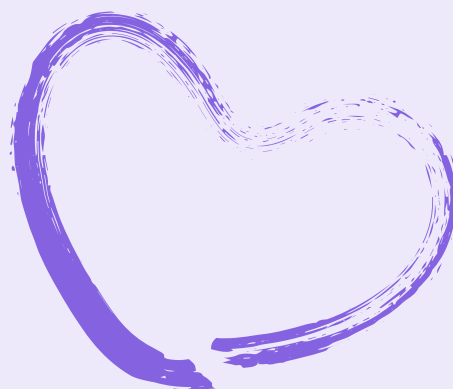


Fife Health  
Charity

We provide accessible communication in a variety of formats on request including for people who are speakers of community languages, who require Easy Read versions, who use BSL, read Braille or use Audio formats.

Our SMS text service number 07805800005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:  
fife.EqualityandHumanRights@nhs.scot  
or phone 01592 729130.



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