Fife Health Charity

MAKING A DIFFERENCE in Fife

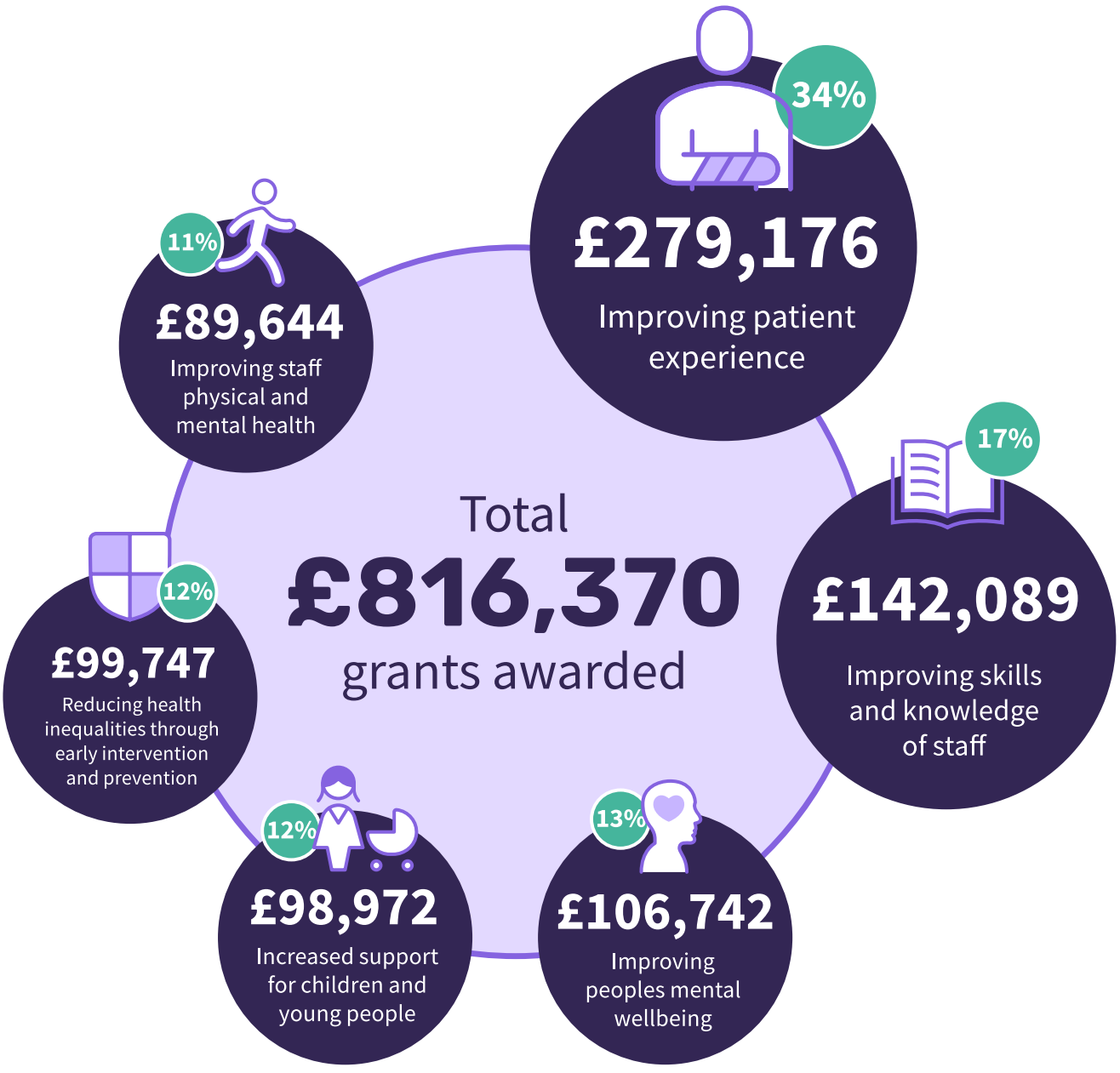
Our impact in 2025-26



OSCR Scottish Charity Regulator www.oscr.org.uk
Registered Charity SC011988


NHS
SCOTLAND

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.

The year at a glance

This year we funded more ideas than ever before.

£816,370
in **557** grants awarded
(increase of 65% on last year)

441
micro grants
totalling **£133,976**

56
small grants
totalling **£211,420**

6
large grants
totalling **£348,597**

14
community grants
totalling **£73,953**

40
training and
development grants
totalling **£48,064**



Message from the Charity Director

In 2025-26 we reached more people across Fife than ever before. More patients, families, NHS Fife staff and communities were supported. More lives benefitted thanks to our grants and the generosity of our donors and supporters.

Over the past year, our reach has grown but so has our determination to do even more. We awarded over 550 grants, an increase of 65% on the previous year, totalling more than £815,000. Every grant we make helps improve lives here in Fife. From providing a present to patients in hospital on Christmas Day; to supporting research which will help newborn babies to get the best start in life; or supporting NHS Fife staff to be able to deliver the best possible care and experience for you and your loved ones; the impact of our grants is felt every day across the Kingdom.

Thank you to everyone who has supported us in this past year, with every penny raised in Fife, staying in Fife. The stories in this impact report are not our successes – they belong to everyone who supports our charity and the people with the passion to make a difference who apply for funding to bring their ideas to life.

Together we are building a healthier, brighter future for everyone in Fife.

Mark McGeachie
Charity Director

"Thanks to your support we've funded more ideas than ever before."







Supporting families through bereavement

When support matters most

Our funding has helped Fife Specialist Palliative Care give more support to children and young people facing the death of a parent. The service offers advice, emotional support and counselling for patients, partners, children and young people during an intensely difficult time.

The grant has paid for memory boxes, bereavement books and paired cuddly toys. These simple items help families talk about death in a way children can understand. They also give children something lasting to hold onto when life feels uncertain.

This support improves the experience for families at end of life by helping children prepare, understand their feelings and stay connected to the person they love. It is a practical and deeply human example of the difference charity funding can make.

> "Both my children and my nephews have made use of the books that were provided, so that's four children helped through one of life's most difficult experiences. The presence of this service was also a big comfort to my husband, whose primary concern was always his children and the impact his death would have on them and me."


GUESS
HOW MUCH
I LOVE YOU
Sam McBratney
illustrated by
Anita Jeram
keeleco



Young people finding confidence and connection

Support that helps young people feel less alone

In 2024, the charity launched its first community grants programme to support children and young people across Fife. Funding went to 10 charities delivering activities such as holiday support, youth cafés, befriending, sports leadership, family play and help for young people with mental health or additional support needs.

This funding supported **more than 940 young people and 86 families**. Feedback showed gains in confidence, self-esteem, social skills and family support, while also helping reduce isolation.

This work is about more than activities. It is about belonging, trust and helping young people build a positive future.



"I have done more in the last few weeks than I have in my whole life with you guys"

"I feel like I have met people that understand me and I've never had that before"

"I love attending the youth Café; it has been nice to meet new friends"

A calm outdoor space for busy staff

A breath of fresh air at the front door

Staff working at the front door of the Victoria Hospital often work under pressure. Many areas have no windows and limited access to fresh air.

The ‘front door’ area of the Victoria Hospital includes the hospital’s accident and emergency (A&E) department, the admissions units, as well as radiology and the children’s ward. Staff in these ‘admissions areas’ tend to work in tremendously high-paced busy environments with precious little opportunity to access outdoor space during their shifts.

With support from the charity, an unused courtyard was turned into a peaceful outdoor space. It now includes plants, seating and shelter.

Staff can step outside, take a short break and reset before returning to their work. Even a few minutes outdoors can help reduce stress and support wellbeing. Small changes like this can make a real difference to staff and the care they provide.



"In our department there is no daylight, no natural light, so access to a space that is close by (especially that we don't have to change out of uniform to access) is hugely appreciated."



Bringing eye care closer to home

Earlier checks, better outcomes

Early detection is key to preventing serious eye problems, which is a significant risk for people with diabetes.

Funding from the charity to the Diabetic Eye Screening Service to enabled a new OCT scanner to be installed within the Diabetes Centre at Victoria Hospital. This scanner uses light waves to produce very detailed images of the eye which enables clinicians to detect fluid in the eye which causes damage to the blood vessels. Accessing this screening service enables this to be detected much earlier and allows clinicians to plan the right treatment which can significantly improve the chances of saving people's eyesight.

We know that people with sight problems often experience challenges travelling to access services. Having this additional scanner for the service within Victoria Hospital is delivering significant benefits for patients at risk as well as enabling many in the Kirkcaldy and Glenrothes areas to be seen closer to home.

By improving access and early diagnosis, this work helps protect people's sight and improve their experience of care.

> "The OCT scanner will improve the quality of patients' experience and is an example of how the charity is supporting approaches to increase prevention and early intervention across Fife"


Seafield Tower
Seafield Tower, built in the early sixteenth century, has been a scheduled monument since 1937. The south east corner of the tower has collapsed since the original photograph was taken. After Seafield Colliery closed, a modern housing estate was built bordering the tower site. Interestingly, the ground level that the houses are built on appears higher than in the original photo.

The impact of art

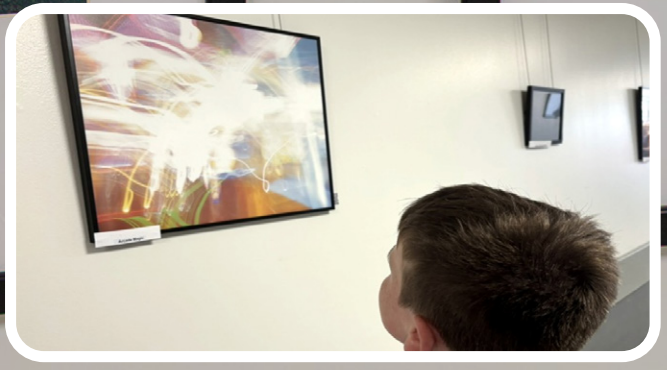
Community gallery spaces to inspire

The charity's community gallery spaces continue to bring inspiring new exhibitions of local artists work into the Queen Margaret and Victoria hospitals in Dunfermline and Kirkcaldy. We were delighted to host incredible exhibitions of art.

Rosita McKenzie, who is blind, provided an inspiring exhibition which offered visitors, patients and staff at Queen Margaret a powerful reimagining of how photography can be experienced. After losing her sight at the age of 11, Rosita uses sound, memory, and tactile engagement to create images that challenge conventional ideas of visual art. Her exhibition, titled 'Blind Woman with a Camera', invited audiences to explore the world through her unique sensory perspective.

Charlie Marshall, a local artist, whose work captures landmarks from across Dunfermline and the surrounding area. Visitors, patients and staff have recognised many of the local places featured, including Abbot House and Dunfermline Town Hall, both of which were previously exhibited at Carnegie Library and Galleries.
This exhibition was especially meaningful for Charlie. After a serious car crash in 2013, he lived with long-term pain and attended the NHS Fife Pain Management Service at Queen Margaret Hospital. Through art classes and creative groups offered as part of the service, he discovered not only a powerful coping mechanism, but a new direction in life.

Kirkcaldy Photographic Society, which has brought its 120th anniversary exhibition to the Victoria Hospital. This exhibition brings together historic and contemporary images of Kirkcaldy, showing how familiar places have changed over time. The photographs featured include well-known and much-loved local landmarks such as Beveridge Park, Ravenscraig Castle, Kirk Wynd, Seafield Tower and Sailors' Walk. Together, the images offer a powerful visual record of how the town's streets, coastline and public spaces have evolved over time, while retaining their strong sense of local identity.

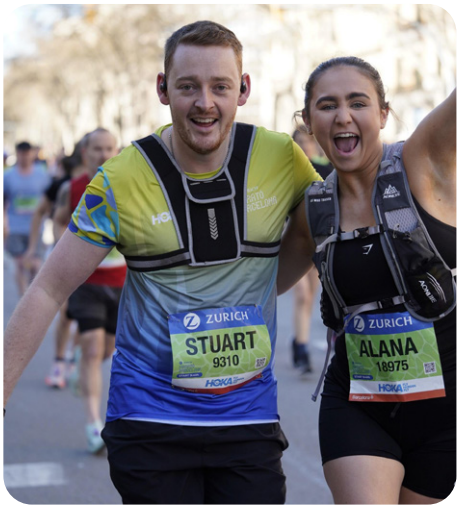





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Fife Health Charity
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13 April 2026
Fife Health Charity
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kilth
STA
Kirkcaldy
walk




VICTORIA HOSPICE
KIRKCALDY
IN MEMORY OF
GRANDAD FRANK


WCB

Your support changes lives here in Fife

Everything we do is made possible by the people of Fife.

Supporters raise money in many ways. Some take part in events like Kiltwalks and marathons. Others organise local fundraisers or give in memory of a loved one.

Every donation, no matter how big or small, is benefitting the people and communities of Fife and the NHS Fife staff who support them. Whether that is funding specialist equipment, activities for patients in wards, or community-based projects, your support brings comfort, joy and hope where it is needed most.

These stories show the strength of community spirit and the difference we can make together.



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

fifehealthcharity.org

There, you can read our full Annual Report and Accounts 2025-2026 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**

We would love to hear from you!



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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