

Supporter Newsletter

SUMMER 2019



Did you know?

York Teaching Hospital Charity supports the family of hospitals and community services run by York Teaching Hospital NHS Foundation Trust

Registered Charity Number: 1054527

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Dear Friends and Supporters

Welcome to our Summer newsletter, we hope you enjoy reading it and finding out about some of the inspiring stories behind our supporters.

You may remember the Snowdrop Appeal which raised in excess of £180,000 back in 2015. With this money we funded a maternity bereavement facility in Scarborough Hospital. In February this year we were delighted to launch the Butterfly Appeal, raising funds to create a new maternity bereavement suite in York Hospital. You can read more about how you can get involved on pages 4 & 5.

With your help we can continue to fund the extras to improve your healthcare facilities, above and beyond the NHS. We support the staff to make the hospital experience the best it can be for all who visit or stay with us. It doesn't take much to make a huge difference to the patients and their families.

You can support our work with a donation online, www.york.nhs.uk/donate or complete the donation form on the back of this newsletter.

Many thanks for your continued support

The Fundraising Team

Get in touch

Email us: charity.fundraising@york.nhs.uk

Call us: 01904 724521

Write to us: York Teaching Hospital Charity,
Fundraising Office, Main Entrance,
York Hospital, Wigginton Road,
York, YO31 8HE

Connect with us online:

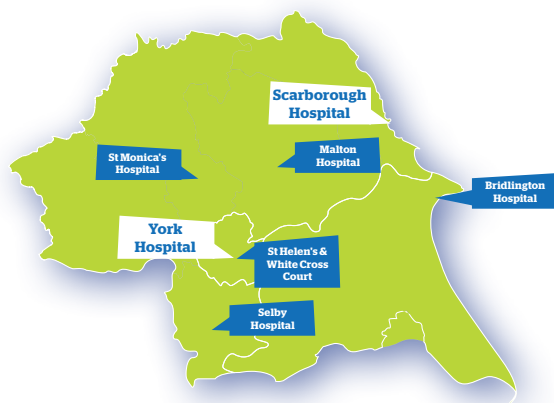
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or visit www.york.nhs.uk/fundraising



**York Teaching Hospital
Charity, caring for your local
hospitals from York to the
Yorkshire Coast.**

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Together we can change lives

Friends of Our Hospitals

Did you know? Each of our hospitals is supported by their own League of Friends Charity. These are independent charities that work to support their local communities through either providing volunteers or helping to fund equipment for patients and staff.



Thank you to Friends of York Hospital for their generous donation of £25,000 to the Butterfly Appeal.

Derek De Vere (*Chair*), Malou Lindholm (*Trustee*) and Jenny Hildyard (*Vice Chair*) came in to meet Bev Shelley, Bereavement Midwife to learn how the money will be used.

For information about supporting the League of Friends please contact **01904 724521** and you will be put in touch.



Could your local help us by taking a charity tin?

Fish and Chip Shops
Pubs
Newsagents
Butchers
Takeaways
Petrol Stations
Coffee Shops

Contact Fundraising on
01904 724521 or email
charity.fundraising@york.nhs.uk
to take a tin and make a
difference to your hospital.

Thanks to you...

Making the Emergency Department child friendly

Waiting in any setting with a child can be a difficult experience and no more so than in the hospital Emergency Department. At York Hospital, the Arts team worked with staff to create a child friendly area with fun décor, pictures and various toys. The area is a safe space for children to play whilst they wait to be seen.



Helen's study could help allergy waiting lists

Helen is a Dietitian specialising in allergy. She identified that there was an ever increasing demand for the allergy service in our Trust and that with some additional study and knowledge then she could contribute and ease pressures within the service. There is potential for her to see patients that would otherwise see the Consultant, thus reducing the demand on Consultant appointments. Helen applied to York Teaching Hospital Charity for funding towards her Masters (MSc) in Allergy from Southampton University. This is an internationally recognised postgraduate degree. Helen has done four years of a five year study plan. This has been completed in her own time but has only been possible due to being fully funded. By upskilling herself she will be able to work as a specialist in the area of allergy and will be well placed to offer enhanced patient support in this field.



A change of scenery for patients on Lilac Ward in Scarborough

Patients on Lilac Ward in Scarborough have benefitted from a pop-up reminiscent pod, which allows them to go back in time. Having seen the pod at another hospital, nursing staff felt this would be good for their patients to experience. The backdrop provides an old time feel to the space, there are 1960's newspapers to read, along with music from various eras and

also games to play. Ward Sister Carol Carrington said: "The elderly love to talk about the old days and the luxuries they didn't have. As we know, patients with dementia only remember the things in their past. We chose the vintage tea room as we have a majority of female patients and we could set the pod up in their ward bay".



James & Helen's story from the front cover

In May, CrossfitYO4 in Pocklington held a fundraising day to raise money for the Butterfly Appeal. They raised a huge £5,400 from donations, competitions, a BBQ and raffle. Their reason was a personal one after their friends Helen and James sadly lost their son Barney soon after he was born. Helen said: "Losing Barney has been the most awful experience of our lives and although we hope no other parents

will experience the loss of their child, sadly it is inevitable that some will. Whilst of course there isn't anything that can begin to make up for losing a baby, providing bereaved parents with a place to go to spend time with their precious little one will mean they can make memories like we were able to do with Barney". See page 4 for more information on the Butterfly Appeal.





Butterfly Appeal

Every week at York Hospital a family will learn that their baby is unlikely to survive birth. We know there is nothing that can take away the pain for these families following a late pregnancy loss, stillbirth or death of their baby soon after birth, but we also know how precious those few hours or days can be before they have to say their final goodbyes.

At York Hospital, staff are grateful to have a designated room for parents to use and stay in with their baby. However, it is just a room at present. It's quite small and functional and we know it has the potential to be much better.

We want to provide the 50 families a year who will sadly suffer a loss of their baby at our hospital somewhere they feel safe and cared for. With your help, we want to convert and furnish an existing room near the labour ward at York Hospital to create this safe haven for the families who will sadly need to use it.

We plan to create a spacious new en-suite bedroom, with somewhere comfortable and quiet to sleep, somewhere with space to walk and space to sit, somewhere with access to fresh air in a refurbished private garden space, somewhere they can have family visit. There will be space for the medical and bereavement teams to work without feeling intrusive to the family at their quiet time and a cot for baby to stay with them in the room. It will be a safe space where we can give them quality time to start to make memories and say goodbye to their baby to begin their journey of grief.



Improving maternity bereavement facilities at York Hospital

Freya Oliver, Interim Head of Midwifery and Bev Shelley, Bereavement Midwife at York Teaching Hospital NHS Foundation Trust:

"We know from talking to families who have used our existing space how important these facilities are. A new maternity bereavement suite will give our families the best possible experience at one of the worst times of their lives."

"We are very fortunate to have already received huge support from the local community to launch this appeal and the money raised which will make such a difference for everyone using the suite, both staff and families and help us to provide the best possible care. We are incredibly grateful to everyone who is helping to make it possible."

How can you help?

-  Make a donation today using the form at the back of this newsletter.
-  Take on one of our challenges – run, hike, jump out of a plane!
Visit www.york.nhs.uk/butterfly for more details.
-  Get your workplace or friends involved – hold a bake sale, a dress down day or a quiz night. Don't forget to ask your workplace if they can match your fundraising total.
-  Ask one of your local pubs, fish & chip shops or newsagents if they will take one of our collection tubs on the counter.
-  Consider holding your own fundraising event, we can support you to help make it a success.
-  Visit our website for more information and appeal updates www.york.nhs.uk/butterfly



New Park & Ride service from Rawcliffe Bar

In April, the new Park & Ride service from Rawcliffe Bar was launched in partnership with First York. This has been made possible by funding from York Teaching Hospital Charity. A new dedicated bus stop has been created on the grounds of York Hospital, meaning it's only a few short steps from the bus into the main hospital reception. With parking at the hospital a premium, it's a great way to avoid the stress of finding a space. If you are staying for a few hours, it's more cost efficient too.



Wellbeing choirs in York & Scarborough Hospitals

Studies show that singing can lift your mood, boost your immune system and is a great way to meet new people. Staff, patients and visitors have benefitted by attending the Wellbeing Choirs at both York and Scarborough hospitals. The choirs are informal, with singers welcome to pop-in when they can and stay for as little or as long as they like. The sessions provide opportunities for people to socialise, and most importantly, to feel good and have fun!



For more information about getting involved, please contact our Art & Design Project Co-ordinator, jessica.sharp@york.nhs.uk



Toy Like Me exhibition in Scarborough Hospital

The Arts Team are proud to present the Toy Like Me exhibition at Scarborough Hospital until November 2019. The collection, which is on loan from Paintings in Hospitals, includes skating, swimming, playing and flying; the fun is endless. But look closely, these toys have some differences. Some have cochlear implants or hearing aids to help them hear. Others have prosthetic legs or a wheelchair to help them get around. Some of the toys have machines helping them to breathe or monitor their diabetes. Journalist Rebecca Atkinson started adapting popular toys using modelling techniques. She then partnered with model maker Kate Read and Beth Moseley Photography to create this series of photographs with funding from Arts Council England. The photographs became popular through social media and were shared on news outlets around the world. Come along and see the exhibition if you have the chance.



Pop-up performances showcase students from local university

For nine years there have been close links between the hospital Arts Team and St John University's Music Department. Students are given the opportunity to provide musical interactions for patients, staff and visitors within York Hospital. The latest initiative is 'Pop-Up Performance' with the aim to improve the environment of York Hospital's public

spaces through musical performances. Students Aaron Soon and Beth Crosland say:

"As Pop-Up Performance volunteers we work with our fellow music students to provide performances in the main entrance of York Hospital. This opportunity compliments our Community Music module at university, providing the perfect platform for learning and experience within the community. Alongside this, we're also able to fundraise for York Teaching Hospital Charity, raising funds to support staff in making the hospital experience the best it can be for all who visit and stay there."



A big thank you to everyone...



Thank you to Ryedale Lions for donating
£600 towards the Dementia Appeal
for new reminiscent items.



Well done to Lloyds Pharmacy in York
Hospital who raised £191 for The
Butterfly Appeal from their birthday
bake sale.



Thank you to everyone who has donated
to the many collection tins in Marks &
Spencer on Parliament in York and to
their staff for their hard work in raising
£16,000 for Cystic Fibrosis
care at York Hospital.



Thank you to the Pavers Foundation
who donated £7,800 to
White Cross Court.



Thank you to Mitre Lodge of York Freemasons for donating £1,000 to the Renal Unit.



Thank you to everyone who took part in the National Elf Service and helped to raise £2,800.



Well done to Deanne and Annette for their fundraising efforts and for raising £3,000 for Cancer Services at Scarborough Hospital.



A massive thank you to the Grand Opera House York for their continued support and for raising £12,000 to date from after-show bucket collections.

Donation Form

**Thank you for your support,
together we can make
a huge difference.**



First Name:

Surname:

Home Address:

Postcode:

Email:

Telephone:

I would like to donate **£** to support **York Teaching Hospital Charity**

Please use my donation to support where the need is greatest, if possible I would like to support (department):

- ☐ **Cheque:** Payable to **York Teaching Hospital Charity**
- ☐ **Credit or Debit Card:** Please phone **01904 724521** for secure payment
- ☐ **Bank Transfer:** Account No. **10989649** Sort Code: **20-99-56** Reference: **Newsletter**
Please advise us of your bank transfer beforehand so we know it's from you!
- ☐ **Donate online:** **www.york.nhs.uk/donate**

We'd love to keep in touch

Please let us know if you would like to hear about where money raised is helping in our hospitals and future fundraising events and campaigns. ☐ By Post ☐ By Email ☐ By Phone
Please let us know if you would like to hear from us about volunteering opportunities when they arise. ☐ By Post ☐ By Email ☐ By Phone

You can read our full data protection policy on our website at www.york.nhs.uk/fundraising

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Increase your donation by 25p for every £1 you donate!

☐ I want to Gift Aid my above donation and any donations I make in the future or have made in the past 4 years to York Teaching Hospital Charity.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

**Please return your form by post or in person to:
York Teaching Hospital Charity, Fundraising Office, Main Entrance,
York Hospital, Wigginton Road, York, YO31 8HE**

I understand that York Teaching Hospital Charity will use the funds in the way that is most appropriate for the need of York Teaching Hospital NHS Foundation Trust, in line with our charitable aims and I cannot request purchase of specific items.

York Teaching Hospital Charity
Registered number: 1054527

