



For the communities of  
York, Selby, Hambleton  
and district

# YorkTalk

December 2010 Issue 15

## Chairman's greetings

IN THIS issue of YorkTalk, Chairman of York Teaching Hospital NHS Foundation Trust Alan Rose (pictured below) talks about the changes facing the Trust and the key issues we will need to address in the coming year.

"I would like to wish you all a happy Christmas and festive season.

The hospital has had a very successful year in progressing our mission of providing safe and effective healthcare to the community.

This has meant meeting or exceeding virtually every measure of access, care and financial management. All staff are to be congratulated and we continue to appreciate the consistent support we receive from you as members and the population at large in and around the York and Selby area.

The year ahead brings us a number of significant challenges. As you are aware, the NHS is undergoing some important changes. The most immediate is the addition of the management of community health services in the York and Selby area to this Trust. This means the community hospitals of St. Monica's in Easingwold and Selby War Memorial, which transfers to its new building next summer. In addition, there are a number of teams of nurses, therapists and others working in a variety of important



healthcare roles in the community who we are delighted to welcome as part of our broader team.

You may also be aware that the Trust is embarking upon partnership discussions with Scarborough and North East Yorkshire NHS Trust regarding the future of services. This is part of exploring the role we can play in enhancing the delivery of healthcare across the North and East Yorkshire area. We are keeping the governors of the hospital abreast of these discussions.

GPs will be taking a key role in the commissioning of local care services as the Primary Care Trust is disbanded over the next year or so. We are working closely with them to ensure that the vital relationship between the GPs and the hospital is as open and integrated as possible.

You may have already noticed the improved signage inside the hospital, which has partly been in response to and consultation with members of the community. The spring will bring the long-awaited and welcome opening of our new car park for visitors.

We are examining the frequency and format of our communications to you, our members, and this may result in some changes in 2011, but we are committed to keeping in regular contact with you.

On behalf of the Governors and Directors of the Trust, I hope 2011 is a good year for you all. Thank you for your continued support of our hospital."

Alan Rose, Chairman

**IF YOU** would like to receive YorkTalk in a more accessible format, for example large print, please contact the Chairman and Chief Executive's office on 01904 631313

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## News in brief

# Hovingham Market

ON SATURDAY 5 February we will have a membership stand at Hovingham Market, where a number of our governors will be available to meet members of the public and talk about the work of the Trust.

If you are in the area on the day please come along to find out more about the Trust and its governors.

# Annual report and accounts

THE HOSPITAL'S annual report and accounts for 2009/10 have been published. An annual review summarising the report is also available.

You can access all of these documents on our website:

[www.yorkhospitals.nhs.uk](http://www.yorkhospitals.nhs.uk).

If you would like hard copies of the documents please write to the Foundation Trust Secretary, The York Hospital, Wigginton Road, York, YO31 8HE.

# Governor update

THERE HAVE been several recent changes to our Council of Governors.

John Savage, appointed governor for North Yorkshire County Council, has stood down, and has been replaced by John Batt. David Blayney, appointed governor for Hull York Medical School, and Alex Morton-Roberts, appointed governor for the PCT, have also stood down. Diana Appleby, public governor for Hambleton District, sadly resigned due to ill health. We will be seeking nominations for her replacement in the new year.

# Choose well in winter

WINTER is a busy time for the hospital. By thinking about which option to take when needing medical attention and by following simple guidelines when visiting the hospital, patients and visitors can help us to deal with the additional pressures we face in winter.



Visiting the emergency department may be the first action that spring to mind, but depending on the severity of your condition, it may be more appropriate to seek advice or treatment from an alternative source. This might mean contacting your GP, or attending pharmacies and walk-in

centres which now offer a range of services to help tackle some of the more common complaints associated with winter.

Mike Proctor, Deputy Chief Executive, said: "Our emergency department is put under additional pressure by people who should be seeking help from more appropriate places. Better use of all these services will help to ensure that only patients with a real emergency come to hospital, giving us more time to dedicate to those patients who really need us."

Libby McManus, Chief Nurse, said: "The hospital was significantly affected by last year's outbreak of winter vomiting. This is a virus that exists in the community and can easily be brought into hospital, therefore we are asking patients and visitors to follow some simple rules to help keep the spread of infection to a minimum and keep both themselves and their loved ones safe."

Visitors are asked to:

- Stay away if they have signs or symptoms of the virus (i.e. vomiting or diarrhoea) and not visit until they have been clear of symptoms for at least 48 hours
- Avoid bringing children into the hospital where possible
- Keep their hands clean and be vigilant about hand washing
- Respect the fact that if a ward is closed due to the virus, this also applies to visitors.

You can find out more by visiting the infection prevention and control section of our website:

[www.yorkhospitals.nhs.uk](http://www.yorkhospitals.nhs.uk)



# Exhibition in praise of hospital staff

AN INTERNATIONALLY known Yorkshire-based artist has lent sculptures for an exhibition at York Hospital as a thank you for the high level of care he received.

Sculptor Michael Lyons has exhibited widely since the 1960s and gained an international reputation as a sculptor and lecturer.

Michael, who lives in Cawood, has loaned the sculptures to York Hospital for an exhibition showcasing four decades of his work as a thank you for the care he received at the hospital over the past year.

The exhibition, titled 'Continuity', will be at the hospital for most of 2011.

Michael Lyons said: "This exhibition is a heartfelt, if inadequate, expression of gratitude to the nursing staff at York, and especially the medical team, under Mr. Wingzou Wong, without whose skill and dedication I doubt if I should have been here to celebrate Christmas 2010."



Shepherd of the Sun, one of the sculptures on display

# Open day winners

THANK YOU to all our members who attended our open day in September.

There were several prize draws on the day, the winners were:

Estates stand - Richard Etherington won a Miele vacuum cleaner.

Dietetics stand - Eloise Perry won a basket of fruit.

Corporate programme project management stand - Abi Mastin won a teddy bear.

Clinical development team stand - the winner of the "Name the SimMan" was Mary Wellings. The winning name was Wallace.

The evaluation form prize draw winners were:

Jill Farrant - gift voucher for £20 from Plonkers wine bar.

Amanda Crossley and Abbie Brown - tenpin bowling voucher for a family of four.

## Dates for your diary

23 March 2011 (4:15pm-6:00pm)  
Council of Governors: public meeting  
York Hospital Social Club,  
White Cross Road

15 June 2011 (4:15pm-6:00pm)  
Council of Governors: public meeting  
York Hospital Social Club,  
White Cross Road

12 October 2011 (4:15pm-6:00pm)  
Council of Governors: public meeting  
York Hospital Social Club,  
White Cross Road

21 December 2011 (4:15pm-6:00pm)  
Council of Governors: public meeting  
York Hospital Social Club,  
White Cross Road

(please note dates and times may change)

## YorkTalk presentations

AS MANY of you will be aware, we hold regular presentations for Foundation Trust members on a range of healthcare topics.

We are reviewing these presentations and would welcome feedback from members to help us tailor these events to better suit our members' interests.

If you have any comments you would like to share, for example about future topics, the format of the event, or the time of day they are held, please contact Penny Goff, membership development manager: penny.goff@york.nhs.uk

## Join us and make a difference

It's easy to become a member of the Trust:

- Call the members' helpline: 0870 7030151
- Email the membership office: york@nhs-membership.co.uk
- Join online: www.yorkhospitals.nhs.uk



# Support your hospital!



YORK TEACHING Hospital Charity recently welcomed its new Fundraising Manager, Lucy Watson.

The charity plays a vital role in raising funds for York Teaching Hospital NHS Foundation Trust to help to ensure the best quality of care is provided. It funds:

- Life-saving and up-to-date equipment
- Patient and carer support
- Additional staff and staff training and development
- Research and development
- Improving and enhancing the hospital environment

Lucy can give fundraising advice, help with promoting fundraising events and make sure that fundraising is being run in accordance with charity law.

## Fundraising website

The charity now has a fundraising section on the Trust website which we hope you will visit - [www.york.nhs.uk/fundraising](http://www.york.nhs.uk/fundraising). The website has lots of information on fundraising for the charity including information on making a donation, taking part in an event (such as the York 10k, trekking Peru or a skydive!), shopping via Hospital Gift and supporter pages. The charity also has a justgiving page. Please visit [www.justgiving.com/yorkteachinghospital](http://www.justgiving.com/yorkteachinghospital) if you would like to set up your own justgiving page to raise money for the charity.

## Fundraising forms

There are useful downloads available on the website such as a registration form for supporters to complete and a gift aid form. Other forms available include a sponsorship form, risk assessment form, in-memoriam form, letter of authority to fundraise for the hospital and certificate of achievement. Please contact Lucy if you would like any of these.

## Organising an event

A booklet is available for anyone wanting to fundraise for the charity, called 'Jump into Action for York Hospitals'. This provides lots of useful information such as event ideas, organising the event, keeping it legal and ways to raise the money. This can also be downloaded from the website, or contact Lucy if you would like one to be sent to you.

## Payroll Giving

Payroll giving is available if anyone would like to make a contribution to the charity. Your donations will be deducted from your salary before tax, which ensures the charity gets the full amount you have chosen to donate at no extra cost to you. Choosing to donate through your payroll provides the charity with a regular, reliable income stream that enables us to plan and budget for the future. Please contact your company payroll department if you would like to donate via your payroll.

## Hospital Gift

The new Hospital Gift is your passport to mega savings when you shop! After completing a free and secure registration on the Hospital Gift website choosing the York Teaching Hospital Charity to receive donations, you can shop in store at 13 high street chains with over 2,000 outlets nationwide and online with 2,400 retailers, service providers and utility companies. Every purchase earns you cashback which is split 50/50 between you and our charity. The money is paid out when you have earned £25 or over in your cashback account. Hospital Gift's registration process enjoys the same level of security as online banking. It's a simple way to support the charity without it costing you a penny - indeed, you get paid to shop! Please use this link [www.hospitalgiftcashback.co.uk/r/836735](http://www.hospitalgiftcashback.co.uk/r/836735) and the York Teaching Hospital Charity gets a bonus of £2 when you register, and you also get £2.50 cashback. Alternatively visit [www.hospitalgift.co.uk](http://www.hospitalgift.co.uk).

## The Lots of Cots Appeal for the labour ward

The charity has launched an appeal to raise £13,500 for ten new cots for York Hospital's labour ward.

The maternity unit has 3,400 deliveries a year and all babies will use a cot on the unit during their stay. The existing cots are 30 years old and not only will the cots look fresh and new they have the added benefit of being electronic variable height cots. This is a particular benefit to women who have had caesarean sections as they will no longer need to bend down to the cot height as it can be adjusted to the bed height.

Liz Ross, Matron for the maternity unit, said: "Over the last 30 years we have had over 90,000 babies use our cots at York Hospital and Fulford Maternity. Three generations of our local community have used these cots and we are looking forward to having new ones that will meet the needs of our future generations."

No matter how big or small, a donation to the Lots of Cots Appeal really will make a significant difference.

If you would like more information or you are interested in fundraising for the charity, please don't hesitate to contact Lucy Watson.

Email: [lucy.watson@york.nhs.uk](mailto:lucy.watson@york.nhs.uk)

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