Two new artwork installations, ‘On the Wings of Hope’, were unveiled at York and Scarborough Hospitals to recognise the precious gift given by organ donors.

The sculptures were unveiled by Trust Chair Sue Symington at a ceremony prior to National Transplant Week. Staff involved in donation, donor families and transplant recipients were all invited.

Sue said: “On the Wings of Hope are two uniquely beautiful sculptures. They will become a daily reminder for our patients and visitors, for our staff and clinicians, of the miraculous and life changing gift of organ donation and the selflessness of donors and their families, to whom we are all grateful.”

Joanne Brooks, Specialist Nurse Organ Donation, who coordinated the event, said: “The artwork is a beautiful tribute to organ donors and their families who have made the selfless decision to save the lives of others, and also highlights the fragile journey that transplant recipients face. We hope that the artwork encourages people to think about their organ donation decision and to discuss their wishes with their family and friends.”

Metal artist Salina Somalya was commissioned to work on the pieces which represent the artwork.

Joanne Brooks in front of the artwork

Continued on page 2
Uplifting tributes
Continued from page 1

She came up with the idea of wings conveyed through the delicate form of feathers. These are made of aluminium and each one has been hand coloured using dyes and inks.

The new Trust Organ and Tissue Donation Policy has now been published on Staff Room in policies and procedures.

Your chance to have your say

THE 13th annual National NHS Staff Survey will launch at the end of September and will be live until the beginning of December.

This year all staff will be asked to take part in the survey and we really want to hear what you have to say. Based on previous comments, this year the majority of staff will be able to complete the survey electronically. Paper surveys will still be available for staff in areas where this is best.

The survey will include questions covering themes such as team working, job satisfaction, feedback and communications, and your health and wellbeing.

The questionnaire should take no longer than 20 minutes to complete.

Lydia Larcum, Senior HR Lead, said: “The responses to the survey will be used to help improve the working lives of our staff and in turn help us to deliver the best possible care for our patients. Last year’s results really made a difference, let’s make this year’s count too.”

As the administration of the survey is undertaken by an external contractor, responses are anonymous. The invite to complete an electronic survey will be used to help improve the working lives of our staff and in turn help us to deliver the best possible care for our patients. Last year’s results really made a difference, let’s make this year’s count too.”

Liz Ross, Head of Maternity, said: “The wallets are a fantastic idea for women to keep all their antenatal notes together all the way through pregnancy. The information contained on the wallets complements the work of NHS England’s ‘Saving Babies Lives’ care bundle for the reduction of stillbirths and early neonatal deaths, for which we have been chosen to take part.

“Aimed at preventing stillbirths, it highlights reducing smoking in pregnancy, monitoring the growth of the baby, increasing awareness amongst pregnant women of the importance of baby’s movement during pregnancy and monitoring babies throughout labour.

Michala Little, Community Midwife Manager, added: “Community Midwives are a fantastic idea for women to keep all their antenatal notes together all the way through pregnancy. The information contained on the wallets complements the work of NHS England’s ‘Saving Babies Lives’ care bundle for the reduction of stillbirths and early neonatal deaths, for which we have been chosen to take part.

“Aimed at preventing stillbirths, it highlights reducing smoking in pregnancy, monitoring the growth of the baby, increasing awareness amongst pregnant women of the importance of baby’s movement during pregnancy and monitoring babies throughout labour as being key areas.”

Notes are kept protected in a wallet that is colourfully printed with important advice regarding the mother’s health and that of her baby. This ensures that key messages such as monitoring babies’ movements become second nature as mums-to-be carry the wallet with them.

MAMA Academy founder, Heidi Eldridge, who was shortlisted for this year’s Tesco Mum of the Year Awards for her work to promote positive pregnancies, said: “Providing a durable wallet to safely keep antenatal notes in will ensure the wallet will remain with a mum for the duration of her pregnancy, helping her retain primary information. Trying to provide the same information on a leaflet is unlikely to achieve the same results as it is easier for a leaflet to be thrown away or lost.

“These wallets are now well and truly off the ground and I’m so grateful for the support of NHS England to help us reach more mums. The UK has one of the highest stillbirth rates in the developed world and all maternity providers should be working to reduce this. The Wellbeing Wallets offer a cost effective way to give more babies the best chance of arriving safely.”
Visitors and staff at York Hospital were able to go behind the scenes and see some of the hi tech equipment used to help train doctors and nurses and take a tour of the boiler house at this year’s Open Day on Thursday 10 September.

Staff from all areas of the Trust were on hand to explain everything from how the Emergency Department functions on a daily basis to the type of plastic surgery procedures carried out at the hospital.

Bianca Cipriano, who helped organise the event said: “We had a fantastic turn out, the place was really buzzing. It was a great opportunity for staff to talk about what they do and people got the chance to look around areas of the hospital not normally seen by the public. It gave everyone a real sense of how their local NHS cares for people from beginning to end.”

The Trust’s directors and governors were around to answer any questions and for those interested in opportunities and careers in the NHS there were recruitment and specialist staff on hand to offer advice.

The open day was followed by the Annual General Meeting at 3.15pm in the Chapel.
**Renal care expertise shared ‘down under’**

AN INVITATION for York Renal Services to share their expertise of renal shared care with colleagues in Australia saw Melinda Howard, Nurse Manager for Renal Services, presenting at an international renal nursing conference in Perth.

The Trust has been one of the leading advocates of the shared care approach to renal dialysis in Yorkshire over the last three years, with Dr Paul Laboi and Melinda Howard closely involved in developing services in the region.

Melinda said: “Interest in encouraging a shared care approach between health care professionals and patients, where patients choose to be engaged in their own renal dialysis care, has grown regionally and nationally. The shared care programme helps patients become actively engaged with their own care which means they have more independence in dialysis, working with trained staff who support them in their own care.”

Melinda and a colleague from Leeds Teaching Hospitals promoted shared care at the conference explaining the training programme for staff, the successes and challenges of embedding shared care, and nationally. The shared care approach to renal care, has grown regionally and internationally renal nursing services in the region.

**HYMS tutor training event**

THE ANNUAL joint Scarborough and York HYMS tutor training event will take place this year at Castle Howard. This year sees new training, ‘Developing Teaching Skills, which has been developed in Scarborough.

This evening session is for all tutors involved with medical students or those who would like to become involved. It will support tutors in developing teaching skills and will share top tips on preparing to teach, supporting students to meet their learning outcomes and conducting a successful clinical teaching session in both primary and secondary care.

Tutors from across all sites are encouraged to attend on Wednesday 28 October from 6pm-8.30pm. Buffet and drinks will be provided.

The Montagu Clinical Simulation Centre at Scarborough Hospital is also available for all doctors and nurses who would like to get more involved with undergraduate simulation teaching.

The centre has developed a new course for health care professionals wishing to develop their simulation training skills. The course takes place on Friday 16 October, in the Clinical Skills Lab from 9am - 4.30pm.

Both sessions are free, please contact Karen.Pullan@york.nhs.uk or Ellie.Johnston@york.nhs.uk to book or visit Staff Room, Learning Development and Professional Registration, HYMS for more information.

**Flu jab time again**

FLU season is nearly upon us and this year it will be even easier to get your flu jab.

As well as the immunisation drop-in sessions and flu wagon walkabout, there will be staff members trained to give flu jabs to their peers.

Jane Linnish, Senior Occupational Health Advisor, said: “We know some staff still have problems making it to the flu jab sessions so this year we are training staff in procedures to be able to give the vaccination. The sooner people can get their jab, the sooner they are protected along with their patients and families.”

Sessions for front line staff can be found on Q Drive and flu jab information and drop in sessions will be shared on Staff Room from the beginning of October.

**Choir to sing at York Minster**

THE SCARBOROUGH Hospital Choir meets annually during October, November and December to prepare for the York Minster NHS Carol service and the Scarborough Hospital Carol service.

This year practices begin on Wednesday 21 October and continue each Wednesday evening 7.30pm to 9.15pm at the Scarborough Hospital Chapel.

The NHS Carol service at York Minster is on Wednesday 9 December, 7.30pm.

The Scarborough Hospital Carol service is at St. Columba’s Church, Dean Road, Scarborough on Tuesday 15 December, 7.30pm.

We look forward to welcoming back existing members of the choir, and welcome enquiries from those members of staff who would like to join us!

Staff who would like to attend the service at the Minster, can travel by coach from Scarborough Hospital at 5pm on Wednesday 9 December. Coach bookings will open at the beginning of November. Please contact The Revd Martin Doe, Senior Chaplain at York Hospital on 7725579 or email martin.doe@york.nhs.uk if you would like more information, or are interested in joining the choir!
Team helping Ryedale residents stay out of hospital

The Community Response Team Ryedale, launched in January this year, has been given the thumbs up by residents after only a few months.

The service provides assessment, care, treatment and rehabilitation for patients in their own home so people can reduce their stay in hospital, return home and retain their independence.

The team of health and social care professionals includes physiotherapists, occupational therapists, community nurses, support workers and social workers who work together to provide up to six weeks of rehabilitation in people’s own home.

One patient who has seen huge benefits from the service is Doris ‘Bunny’ Hodgkin, 85, and her husband Ken.

Bunny was referred to the team following a fall at home where she damaged her hip. The pain meant that Bunny had severe difficulty getting around the house and both Bunny and Ken were struggling to cope with general activities of daily living.

Bunny said: “I was confined to a wheelchair when the team first came out to me and needed help with everything. They came in three times a day and helped me to walk and become independent again.

They worked with me to get me up and around. Nobody could believe the difference in just six weeks. It was a pleasure to have the team in my home and I miss them all.”

Through the team’s support and her own hard work Bunny is now mobile around her house and the couple have even been out for a trip in their car.

Scott Caul, Physiotherapist with the team, said: “The feedback from patients so far has been fantastic. Most people would prefer to be back in the comfort of their own home environment, with the support of their family, rather than sitting on a hospital ward.

“Rehabilitation provides the basis of the care plan that helps patients recover and prevents them coming back into hospital. It’s a win-win situation and it’s proving very encouraging.

“The service is time limited so we work in partnership with patients to set realistic and achievable goals that will help them do as much as they can for themselves with our support.”

The service follows an independent review of health services in North Yorkshire which recommended a shift to more people being cared for in the community rather than hospitals. The Trust’s Community Response Teams operate out of Malton, Selby and York.

LAST year the Trust received 9,123 compliments in the form of letters and thank you cards – a 33 percent rise in compliments when compared to the previous year. Figures publicised in the Trust’s Annual Report show that compliments from patients and their families continue to rise, and remain far higher than the number of complaints it receives.

In 2014/15 the Trust received 655 complaints in 2014/15, a reduction on last year’s figure of 687.

Beverley Geary, Director of Nursing, said: “We treat and hear from thousands of people every year and it is testament to our staff that the number of compliments we receive far exceeds the number of complaints.

“Last year our Patient Experience Team recorded a total of 9,123 positive feedback responses in the form of letters, cards and emails. This is a 33 percent rise on the previous year which is fantastic.

“Compliments enable us to feedback to staff where they are providing an excellent service and we always make sure that they are passed onto the team or staff members involved in the patient’s care.

“We place a high value on patient feedback as a resource to provide assurance that the care and treatment provided at our hospitals and across community services meets the needs and expectations of patients in terms of quality, outcome and safety.

“We value all feedback and acknowledge that there are occasions when we don’t get it completely right. This feedback, and the learning that arises as a result, can help us focus on the steps we need to take to improve the quality and safety of the services that we deliver.”

The Trust has seen a rise in the number of people using social media sites such as Facebook and Twitter to leave compliments or reviews and it is looking at developing a system to record and share this feedback.
Research awareness event

A FREE event is taking place on Friday 23 October at York Hospital to raise awareness of rheumatology and dermatology research at the Trust.

Talks will be given on the day by key members of staff and patients on subjects such as advances in treatments, safety within research, and why research is important. People can learn about the role of the research team, current studies within rheumatology and dermatology, and the types of studies. Patients will be talking about their experiences of participating in research and how to get involved.

The event takes place between 10am–3pm in the Lecture Theatre and adjoining Common Room, Postgraduate Centre, 5th Floor, Admin Block, York Hospital.

* If you would like to attend please contact the team on 7726295 or email rheumatology.research@york.nhs.uk or dermatologyresearchnurses@york.nhs.uk ext 7721853.

New Ellerby’s booking system

Anyone wanting to hold a meeting at York Hospital can now book a space in Ellerby’s on the Trust’s Outlook system and get an extra 20 percent off their hot drinks.

To book a space just go on to your Outlook calendar and open calendar. From address book type in Ellerby’s in the search area. Click on Ellerby’s shared calendar where it will open with the five booths available. These are labelled with the names of the pictures on the wall.

- Booth 1 – The Shambles
- Booth 2 – Robin Hood’s Bay
- Booth 3 – The Minster
- Booth 4 – Castle Howard
- Booth 5 – Clifford’s Tower

Choose the time required, put in your contact name and number in the subject heading along with the booth number and name and location, before you save and exit.

Friends donate ten new baby scales

COMMUNITY midwives in York were recently presented with ten new sets of baby weighing scales thanks to the generosity of the Friends of York Hospital.

Michala Little, Community Midwife Manager, said: “The new digital scales are much lighter and easy to use which makes a big difference for our midwives as they go from home to home visiting patients. It makes our job that bit easier having some nice new equipment and we’re very grateful.”

The scales were presented by Derek de Vere, Chair of the Friends of York Hospital.

Charity link-up to help homeless

A York charity providing shelter for some of the hospital’s most vulnerable patients has helped around 150 homeless people find a bed when they are discharged from hospital.

A Bed Ahead service based at York Arc Light, one of the city’s resettlement centres for the homeless, helps prevent rough sleepers being discharged from hospital with nowhere to go. The charity provides emergency beds and support to patients as well as being able to offer advice and training to hospital staff working with homeless patients.

Michael Russell, Homelessness Liaison Worker for A Bed Ahead Scheme, explained: “Homeless people attend Emergency Departments six times more often than those with a home, and are many times more likely to be readmitted to hospital with the same condition if they are discharged to return to rough sleeping.

“National statistics indicate that homeless people experience multiple and chronic health problems at a rate significantly above those of the general population, and indeed have an average life expectancy a shocking 30 years below the national average.”

Michael works within the Trust, assessing and providing support to those referred to the service while they are inpatients, or during visits to the Emergency Department. The scheme has operated throughout winter for the past two years and has now secured funding to operate all year round.

Louisa Morley, Lead for the Substance Misuse Liaison Service, said: “Safe secure housing is something that most people take for granted. Unfortunately for some, this is not a reality. Our service sees patients with problematic drug and alcohol use at York Hospital, and often identify homelessness as a contributing factor to their substance misuse.

“The service provided by A Bed Ahead enhances holistic patient care, helps to reduce delays in discharge, and aids the recovery process of those patients with no home, many of whom continue into resettlement programmes.

It is a lifeline for this patient group and staff alike, and the referral process is easy and fast, with patients being seen the same day if needed.

“This service provides hope for those people who need help at a most vulnerable time of their lives.”

Staff are encouraged to contact A Bed Ahead as soon as a need is identified, even if discharge is not imminent, so that the process of addressing housing and support can begin immediately.

To refer a client to this service, or for further information, staff should ring 01904 643999 (24hrs) to discuss availability and suitability.
A special ceremony in aid of The Friends of The New Selby War Memorial Hospital was held in August to celebrate 30 years of support and dedication to the community.

Chief Executive, Patrick Crowley, marked the occasion with a visit to present the Friends with a commemorative plaque.

Patrick said: “We’d like to congratulate The Friends of The New Selby War Memorial Hospital on reaching their 30 year anniversary. The Trust has been very fortunate to have the active support of The Friends, especially through their provision of volunteer support and fundraising efforts in the community for the benefit of our patients. “This is an incredible milestone and one that represents years of hard work and generosity given by their volunteers. On a daily basis the volunteers give their time willingly serving refreshments, spending time chatting with patients or tidying the hospital grounds. Every role they perform assists our staff and makes our patients’ experience that little bit better.”

The Friends have contributed over £200,000 during the last 30 years and most recently donated over £11,000 to enable the Trust to buy eight cots for the Maternity Unit at York Hospital for the benefit of women who have had a Caesarean Section. They have also contributed £25,000 towards the cost of a new Self Care Dialysis Unit at Selby Hospital which gives patients on hospital haemodialysis the opportunity to play a greater part in their own care to fit around their work and home life.

The most recent equipment purchased includes an endoscope for the ENT Department and four 24 hour blood pressure machines, at a total cost of around £16,000.

Carol Robson, Chairperson of The Friends, said: “I’d like to thank all the Friends for their continued commitment and support and also the people of Selby and district for their on-going support and generosity. It’s a fantastic achievement for all involved. The hospital has played an important part in the lives of all those living in the community for over 85 years and it’s been a pleasure to be part of that.”

The Friends celebrated their 30th Anniversary with a joint fundraising event followed by a pie and pea supper. They currently have 56 volunteers on role and are always looking for new candidates. Anyone interested in joining their group can email SWMHFriendsAdmin@york.nhs.uk

THE TRUST was one of the 3274 organisations worldwide to support World Sepsis Day on 13 September. Sepsis is a life threatening condition that arises when the body’s response to an infection injures its own tissues and organs. Sepsis, formerly known as blood poisoning or septicaemia, leads to shock, multiple organ failure and death especially if not recognized early and treated promptly.

Staff at York and Scarborough Hospitals raised awareness with staff and patients, providing information and advice about how to recognise the symptoms of this life threatening condition. Catherine Lunness, Head of Patient Safety, explained: “Sepsis accounts for 37,000 deaths annually in the UK. That’s more than bowel cancer, breast cancer and prostate cancer put together, and if not spotted and treated quickly sepsis can rapidly lead to organ failure and death. It is a medical emergency just the same as a heart attack or stroke.

“It’s vital that staff are able to recognise the signs and know how to get urgent attention for patients. To help staff provide better care for these patients we launched a screening tool which has been rolled out across the Trust with the help of the critical care outreach team. We have seen improvements already as more and more staff are using the tool on hospital wards, particularly on admission and in the emergency departments.”

A new e-learning module is due to launch in October which will further support the sepsis screening tool in early detection.

Catherine added: “The good news is that, caught early the outlook is good for the majority of sepsis patients. Treating a patient even one hour earlier can make the difference between life and death.”

Staff Nurse Karen Brown at Scarborough Hospital and Hayley Manderson at York Hospital
Raising awareness of back care

Back Care Awareness Week 7 – 11 October 2015
The Wellness Team will be raising awareness of back pain and how to avoid it this October with two sessions in The Hub at Ellerby’s at York Hospital.

Back problems are very common and can be caused by staying in one position too long or lifting something awkwardly and some back problems seem to start for no obvious reason. Many adults in the UK spend more than seven hours a day sitting or lying, and this typically increases with age to 10 hours or more.

With 90 percent of the UK population getting back pain at some point, our sedentary lifestyles are being blamed for contributing to potential musculo-skeletal and other health problems. Research suggests that remaining seated for too long is bad for your health no matter how much exercise you do and studies have linked excessive sitting with being overweight and obese, type 2 diabetes, some types of cancer and premature death. Prolonged sitting is thought to slow the metabolism which affects the body’s ability to regulate blood sugar, blood pressure and break down body fat. If the answer is yes to the above – apply now. The Wellness Team will be running the NHS Choices 12 week weight loss programme within the Trust and will be providing workshops to support this. A team of a minimum of six and a maximum of 12 people from the same department can apply to do the challenge which starts in January 2016. Applications must be in by 27 November 2015. Please go to the Staff Benefits pages on the intranet where you will find an information pack and application form.

Weight loss challenge
Do you want to lose weight and improve your lifestyle but have found it difficult to get started? Would you like to do a weight loss challenge with your colleagues? Can you make a commitment to completing a 12 week weight loss programme?

If the answer is yes to the above – apply now. The Wellness Team will be running the NHS Choices 12 week weight loss programme.

Seated massage sessions in Scarborough
NEW on site at Scarborough Hospital are seated massage sessions subsidised by Staff Benefits. Sessions are 20 minutes and will be available between 9am – 5pm on 30 October, 23 November, 21 December, 29 January, 26 February.

Goodbye to the Wellbeing Zone
THE WELLBEING Zone, the online and mobile application that promotes health and wellbeing, will finish at the end of September. NHS Choices website provides a great deal of useful information on health and wellbeing and www.well-online.co.uk which is part of the Trust’s Staff Confidential Care Service and provides a wealth of information on health related issues.

Reward Statements
Don’t forget that your personalised salary and benefit statement (TRS) is available online now! HR are in the Hub in Ellerby’s to provide information and support on Tuesday 6 October.

Winner of the iPad Mini
CLARE WULDER, secretary from the cardiology department York Hospital is the lucky winner of the Staff Benefits website competition. Claire has won an iPad mini.

In the picture, Lydia Larcum, Senior Engagement HR manager, presents the iPad to Claire.

New staff shops opening times
DUE to requests from staff new opening hours will be trialled in the staff shops from November. From 5 November the York staff shop will open at 8am on Thursdays and throughout December and the staff shop at Scarborough Hospital will open from 9am to 4pm instead of 9.30am until 3.15pm. If these new times prove popular we will continue with these opening hours in 2016.

Hula fitness classes soon
NEW hula hoop workout classes are being launched at York Hospital every Thursday from 8 October at 5.15pm to 6.15pm in the Physio gym. Tickets are £3 purchased from the staff shop. More classes coming soon – watch this space!
FROM skiing to singing, photography to rug making, painting, cake decorating and playing a musical instrument, a whole host of talents of employees of the Trust have been revealed for the second year in an art exhibition entitled ‘Your Hospital’s Got Talent.’

Jess Sharp, Arts Coordinator at York Hospital, who organised the exhibition explained: “Once again we’ve been delighted with the number of staff who got in touch with us to have a coffee and a chat and we sometimes have a speaker to help us keep up to date with the latest developments.”

The next Limbgo meeting will be held on Friday 20 November 2015 at York Hospital at 1.30pm. For more information about Limbgo contact Derek Armstrong at Derek.101@btinternet.com

Can you help save just one percent?

EVERY day we have opportunities to make small one percent improvements.

Whether you work on the wards or in support services we can all influence how we use our resources and help deliver one percent improvements to reduce waste or avoid unnecessary costs.

Can you think about the last time you saw an opportunity to make a small improvement that could have reduced waste and saved money?

Below is a great example from the practice learning team of making small one percent improvements to travel expenses:

- Use of pool cars or hire cars – you should not be using your own cars as normal unless an alternative has been researched first or it is a short notice requirement or you have an agreement to do so
- Travelling with others going to the same destination
- Using other means of communication – can you phone or email instead of physically attending the meeting?
- Planning your work to capture several meetings or reasons for attending
- Identifying other methods of doing the same work without travelling.

New blood tubes for Scarborough

A NEW supplier has been appointed to supply blood collection tubes for Scarborough Hospital and communities to bring services in line across the Trust.

This means that blood tubes and ancillaries will change from mid October 2015 onwards. New suppliers Sarstedt will be responsible for providing the training on the use of the new Monovette system.

A chart showing the changes to cap colour can be found on Staff Room in Clinical Information.
Staff Matters

September 2015 10

Round-up of activities

Thinking of raising funds? Think about us!

MEMBERS of staff at the Trust can fundraise for YTHC and the funds can go towards your department, a specific area in one of our hospitals or towards a specific campaign. If you’re interested in doing this, or would like some more guidance regarding fundraising within the Trust, please get in touch!

Will writing campaign

LOCAL solicitors have teamed up with the York Teaching Hospital Charity (YTHC) to offer staff a unique opportunity to have their wills written professionally while raising funds for the charity. Staff can choose to make a donation or pledge to leave a gift to the charity in their will and this can be restricted to any ward or department of their choice or it can be directed to the general fund. The Will Writing Campaign takes place during a two week period between 5 to 16 October.

Burn & Company in York are now full for appointments but there are still appointments available with Ware & Kay in York and Wetherby, Crombie Wilkinson in York, and Pinkney Gruwells in Scarborough, Whitby, Filey and Bridlington.

To take part in the campaign please call 01904 724521 or email charity.fundraising@york.nhs.uk to order your information pack.

Details can also be found at www.york.nhs.uk/willwriting

Fundraising

More information
For more information or to support an appeal please contact the fundraising team at charity.fundraising@york.nhs.uk

York 10K, Great North Run and Yorkshire Marathon

THANK YOU to all of the members of staff who chose to take part in runs this year to raise money for the YTHC, such as the York 10K, Great North Run and the upcoming Yorkshire Marathon on 11 October. Thousands of pounds have already been raised for our hospitals which will help make a huge difference to our patients.

Pictured above: Lucy Wilkinson and friends have raised more than £900 for the Eye Clinic at Scarborough Hospital by taking part in the Great North Run.

Tesco bucket collection

THE YTHC are having a bucket collection at Tadcaster Road Tesco in York on Friday 2 October and are on the lookout for volunteers to help!

If you could spare an hour or two between 10am-4pm and you would like to help us raise funds for the Breast Unit in aid of Breast Cancer Awareness month please email charity.fundraising@york.nhs.uk or call 01904 724521.

Staff Charity Hero of the month

EACH month, YTHC chooses a member of staff to be their ‘Staff Charity Hero’ and we are happy to announce that September’s Charity Hero is Communications Assistant Nicola Taylor who took part in the York 10K and raised £203.00 to help purchase some SIM-BABY training equipment.

Appeal for sale items

THE YTHC needs donations to sell on their stalls in the hospital. Knitted scarves, baby clothes and teddies for example, and other handmade items such as cards and crafts are really popular.

If you have any items you have made or can donate, please get in touch with the charity on 772 4521 or drop them in to the Fundraising Office in the main entrance of York Hospital.

Details can also be found at www.york.nhs.uk/charity
York set for electric vehicle showcase

An event to promote sustainable travel and the latest advances in technology in fuel saving vehicles is set to give staff at York Hospital a head start when it comes to reducing carbon emissions while saving money.

The Transport Department is hosting the electric vehicle showcase to provide staff with the opportunity to see some of the latest electric vehicle and hybrid models up close.

As part of an Ultra Low Electric Vehicle (ULEV) project, York Hospital has been awarded government funding towards the implementation of electric vehicles within the fleet. Initially, the Transport and Estates Department are looking to lead the way by implementing electric vehicles by the start of the new year.

The Trust is also keen to encourage staff with lease cars to consider how electric and hybrid vehicles can benefit them and be a viable alternative mode of transport.

Zara Ridge, Transport Manager, explained: “The event is really aimed at promoting greener travel, or the Trust’s travel and transport plans should visit the contractor car park at York Hospital (behind the multi-story car park) on Tuesday 6 October between 9am -3pm.”

Anyone wanting to find out more about greener travel, or the Trust’s travel and transport plans should visit the contractor car park at York Hospital (behind the multi-story car park) on Tuesday 6 October between 9am -3pm.

Walks of Art

A NEW project launched at the Trust’s Open Day showcases the wonderful pieces of artwork around York Hospital while promoting the benefits of walking to support physical and emotional health.

The Arts Team and the Wellness Team have created the ‘Walks of Art’ map which takes people on a 15 minute walk around the collection of original artworks.

Jess Sharpe, Arts Coordinator, explained: “There are two routes aimed at encouraging staff, patients and visitors to take time out to appreciate the many wonderful pieces of art. It helps support good emotional wellbeing by focusing and calming the mind while inspiring people to build more activity into their daily routine.”

A similar map is planned for Scarborough Hospital.

Ruth cycles 960 miles in 9 days

CONGRATULATIONS to Ruth Griffin, doctor in elderly medicine, who recently joined 800 dedicated riders to cycle from Land’s End to John O’Groats for the Marie Curie charity.

Ruth cycled an average of 108 miles a day, riding a staggering 126 miles on one of the days and climbing twice the height of Everest during the event.

Burning 6000 calories a day, Ruth spent ten hours a day in the saddle and slept in a tent at night.

Ruth recalls: “I rode every last one of the 960 miles, I never got off or walked on any of the multitude of hills we climbed. At times the ride was brutal, 126 miles is a long way and the hills around Glen Coe are steep enough to ski on, but the weather was kind to us as were the other riders. I witnessed great effort, courage, determination and sacrifice and also learnt the importance of bottom maintenance and the value of Sudacrem!”

Anyone wishing to support Ruth can email her direct on ruth.griffin@york.nhs.uk
Pierre Gomez, Catering Manager York Hospital is the Star Award winner for August.

Pierre was nominated by a staff member for making special arrangements for a long term ventilated spinal injury patient to enjoy lunch in the dining room, the first time since his injury in December 2014. Pierre reserved a table near a power point for the ventilator and greeted them personally. He engaged directly with the patient which made the patient feel ‘human again’. The patient said he had ‘felt like royalty’. Pierre is praised for being ‘effortless in his ability to display every element of the trust core values’.

Our Trust on social media

Check out all our latest news by following us on Facebook, Twitter and Instagram. Here’s a sample of our recent posts.