Wards sign up to dementia campaign

The Trust has signed up to a national campaign which will help improve the experience of patients with dementia and their families when in hospital.

John’s Campaign was founded after the death of Dr John Gerrard in November 2014, by his daughter Nicci, who believes her father, who suffered from Alzheimer’s, would have benefited greatly if she had been able to stay with him during his time as an inpatient.

Nicci now campaigns nationally for the right of carers of patients with dementia to be able to stay with their loved ones while they are in hospital.

Emma George, Assistant Director

If you have a story for a future edition of Staff Matters, we would love to hear from you! Contact: Elaine Vinter, Media and Communications Officer: elaine.vinter@york.nhs.uk

Or email staffmatters@york.nhs.uk
While our values in the NHS have not changed, the world around us is changing quickly.
We all expect to live much longer, we are better informed about our own health and how to remain healthy, and science and technology are developing at a remarkable pace. Unsurprisingly then, change is a constant feature of life in our Trust and the NHS at large!

Back in October 2014, Sir Simon Stevens, Chief Executive of the NHS, launched a Five Year Plan for the NHS which recognised how these social changes will impact on the way the NHS provides services. How this high level plan can be transformed into practical, local action is described in the recently published Sustainability and Transformation Plans (STP) which cover every part of England.

Our area is called Humber, Coast and Vale and includes Hull and North Lincolnshire and Goole. Our STP was published on 23 November. Have you had chance to look at it? It is on the Trust website in the About Us section.

The plan opens with a commitment to being “a health and care system which has the will and the ability to help its population start well, live well and age well”.

Embracing the changes that working with partners in our STP footprint will bring, is an important New Year resolution for the board of directors of the Trust. This, as well as plans to develop the way the board works together and the ways in which we think and learn together as a board. I am looking forward to discussing these resolutions with the board and putting the best of them into action in 2017. However it’s a whole month (at the time of writing) until we need to tackle our resolutions. In the meantime, on behalf of the board of directors, I wish all of our staff good health and happiness over the festive period - and of course a heartfelt thank you for the work that has, and will, take place to provide safe services of the population we serve throughout December. Oh yes, and … good luck with your resolutions!

Sue Symington

The pledge was first agreed in May as part of activities to promote National Dementia Week across the Trust.
Meet the finalists

Scarborough Hospital Discharge team
The team of HCAs in the discharge lounge were nominated by a staff member for their support towards wards when staff numbers are low by helping with personal care so that individual patients can be discharged. This helps with patient flow through the hospital allowing patients in ED to move to a more suitable location for further treatment. Through their hard work the hospital was able to discharge 42 patients on one particularly busy day. The team is praised for often working extra hours in order to staff wards, and for providing escorts for patients to their homes to make sure they are safe even if this means they will have a late finish. ‘They always have a can do attitude.’

Sylvia Smith, Therapy Assistant, Early Supported Discharge team, Scarborough Hospital
Nominated by a colleague for selflessly sacrificing her own personal time to provide support and assistance to a vulnerable person facing a distressing and difficult situation. Without Sylvia’s efforts the patient would most likely have been in a position of risk as they would have remained at home without the usual support of their partner who had been admitted to hospital. Sylvia acted to ensure that the person’s safety was maintained and that their voice was heard. Sylvia also acted as an advocate for the patient and their family who were in another country at the time. She refused to leave the patient until they had been moved to a place of safety and remained with them for a period of time to help them settle onto the ward.

Lynne Duggan, Midwife, Scarborough Hospital
Lynne is nominated by a patient for her quick action in an obstetric emergency ‘without her my daughter would most likely have been stillborn’. Lynne identified a cord prolapse after the patient’s waters were broken and summoned an emergency C-section. During a cord prolapse the baby pins the cord between the pelvis and the baby’s body. This stops blood and oxygen flowing to the baby. Lynne physically held the baby up inside her off the pelvic bone and more importantly off the cord. She stayed in that position using all of her strength while the patient was rushed down to theatre. Lynne held the baby away from death or damage until the registrar could deliver her. ‘Without a shadow of a doubt without Lynne, my daughter wouldn’t be here and healthy.’

Edwin Morgan-Sellars, Clinical Support Worker, Scarborough ED
Nominated by a colleague for his swift professional actions when dealing with a potentially life threatening situation during a fire within the Emergency Department. Edwin was faced with a fire started by a patient who lit a cigarette with an oxygen mask on. He bravely acted immediately to put out the fire and his quick thinking to turn off the oxygen minimised further damage. He then ensured the patient was safely removed from the area and went on to move the trolley outside to reduce further risk. With the support of others he helped clear the department swiftly and efficiently. Edwin put himself at risk and although he inhaled smoke and needed oxygen therapy he selflessly put the patient’s safety first before his own.
The 38th Annual NHS Regional Carol Service took place on 7 December 2016 at York Minster to give thanks and rejoice. The service of readings and carols signals the official start of the festive season for many, as NHS staff past and present from around the region gathered together in time honoured tradition in the illustrious surroundings of the Minster.

Over 200 singers from local NHS choirs rehearse in the weeks leading up to the service, coming together on the day for this unique annual event. The concert featured a mixture of classical Christmas music, led by conductor Dr Andrew Padmore, with NHS choirs leading the audience in festive carols. Prayers led by Trust Chaplain Reverend Andrew Foster and included readings form Chief Executive Patrick Crowley and Chair Sue Symington.

Dr Andrew Padmore said: “I have conducted this service for over 12 years and it is always a special event in my year. “I conduct many choirs around this country and further afield, but with this choir of about 200 singers in the ambiance of a packed York Minster and a real feeling of Christmas spirit makes this a wonderful occasion. “The choirs from the various regional hospitals come on the afternoon of the service to sing the programme of carols together for the first time. Doctors, nurses and other health professionals quickly have to be moulded into a choir, achieving a balanced and blended account of the fifteen carols in the two-hour rehearsal. They work hard and achieve a very high standard of performance.”

The service was organised and sponsored by the Trust and Yorkshire Ambulance Service NHS Foundation Trust. The 2017 NHS Regional Carol Service will be held in York Minster on 6 December 2017 and is open to all.

Annual NHS carol service

Over 70 volunteers enjoyed a Christmas lunch in Ellerby’s restaurant at York Hospital courtesy of York Teaching Hospital Charity.

The charity’s own volunteers, York Hospital volunteers and those from The Friends of York Hospital were invited to the three-course lunch as a thank you for all their hard work over the last year. Chief Nurse Beverley Geary said: “The work of the volunteers is vital to our organisation and we can’t thank them enough for their dedication. They make life that little bit better for many people in hospital in so many different ways. Whether their role is to welcome visitors, serve beverages on the wards, support patients as a dining companion or visitor, or to help raise funds we are extremely grateful for their help.”

Volunteers given lunch by charity
Christmas is coming...

Loving your job

Christmas caring for children and babies

ONE THING the Staff Matters team has noticed when putting this magazine together is how many people we meet across the Trust who love their job.

Despite the challenges of working for the NHS, so many of you love what you do regardless – and it’s inspiring. Each month we’ll be looking for people who love their job to tell us just why they love it so much.

To kick things off, and as Christmas is traditionally a time for children, we thought the Children’s ward and SCBU were a good place to start.

Meet Lynda Robson, Nursery Nurse in the Play team at York Hospital. She is currently studying a Foundation Degree in Healthcare Play Specialism which she started this year.

Lynda said: “Yes I love my job, I’ve worked on the Children’s ward for over 12 years and have developed some great relationships with long term patients and their families. Every day is different, that’s what keeps it interesting. Working with the children can be very rewarding, following the process of recovery and assisting in their care and treatment.

“The play team help to make a child’s stay in hospital fun and more bearable, by providing a child friendly and welcoming environment that helps bridge the gap between home and hospital. Play boosts a child’s confidence and self-esteem as well as helping children to regain control and express a choice with regards to their treatment.

“Christmas on the Children’s ward can be a very distressing time for families, parents having to split their time between children at home and in hospital. We try and make their stay a more positive experience bringing Christmas to the ward when they are unable to go home. The play team decorate the ward with colourful mobiles, tinsel, Christmas trees and provide exciting Christmas activities for the children to enjoy. We are usually found wrapping a large selection of donated presents or handing out teddies to all the children who are on the ward in the run up to Christmas!

“All children on the ward receive a stocking at the end of their beds on Christmas Eve, Santa comes to the ward on Christmas Day to hand out presents to all the children and their siblings. We try where possible to let some children go home for a little while on Christmas Day, but if not we will allow all family members to visit the child.

“The staff on the ward do an amazing job to make the day the best they can and it continues throughout the Christmas week in the lead up to New Year’s Eve, when we continue to hand out presents to the children who stay on the ward.”

Vikki Smith is the Unit Manager on the Special Care Baby Unit at York Hospital. Vikki recently took over the role and is thrilled to have her dream job.

“I have been very lucky and have always loved my job as a nurse, no matter which area of nursing or which hospital I have worked in. Eventually I have got to where I want to be and I’m still loving it. I have always worked with great teams of nurses and York SCBU is no exception – without a fantastic team I would not be able to do my job.

“I always recommend colleagues to work towards their goals. The path may not always go the way you expect but if you work hard and remain focused you will get there in the end.

“Sometimes the role can be challenging when we have very sick or premature babies to look after. As part of my role I need to support the neonatal nurses in my team and parents, whilst ensuring the best possible care for the babies.

“Christmas is lovely on SCBU. The babies are provided with stockings from Santa and often the parents want them to be dressed in special Christmas outfits, which the nursing staff are always more than happy to help them with!”

“The play team decorate the ward with colourful mobiles, tinsel, Christmas trees and provide exciting Christmas activities for the children to enjoy”
Staff at the Trust have been shortlisted for a prestigious midwifery award, which celebrates and shares outstanding achievement in midwifery across the UK.

Liz Ross, Head of Midwifery, and Jenefer Fraser, RCM Health and Safety Representative, have been shortlisted in the Royal College of Midwives (RCMs) Annual Midwifery Awards 2017, in the category of ‘RCM Caring for You Award’.

The Caring for You Award recognises partnership working between the RCM Health and Safety Representative and the Head of Midwifery to sign up to the Caring for You campaign Charter, demonstrating their commitment to improve the health, safety and wellbeing at work of midwives, student midwives and maternity support workers so they are able to give even better care for women and their families.

Liz explained: “We have introduced several initiatives including proactive support throughout the unit for staff to take rest periods, and positive feedback message boards for staff. Working with Occupational Health we are highlighting the health and wellbeing support for staff such as health checks which are being offered for all midwives. We are also working closely with the RCM and RCOG to raise awareness about undermining behaviours and bullying."

The Trust signed up to the campaign earlier this year, and at the time was the first in Yorkshire to do so and only the second in the UK to sign up.

Jenefer added: “We are absolutely delighted to have been shortlisted for this award. It recognises the work we have done to improve health, safety and wellbeing for staff working in midwifery across the Trust.”

The winners will be announced at an Annual Awards lunch on Tuesday 7 March 2017 at London’s top venue, The Brewery.
**Stunning artwork on show**

**School students have once more helped create ‘Scenes of Bridlington’ artwork for the hospital dining room.**

Students Amy Burgess, Amy Lewis, Jacob Langton, Wassaton Sittijinda and Kiefer Suggitt took part in the project as part of their BTEC Art and Design courses. They worked with Yorkshire textile artist Kat Wood to create pieces of artwork using a variety of methods and techniques including textile, mixed media and acrylic on canvas. A total of seven pieces were unveiled on 15 November, when students, teachers and staff were invited to visit Bridlington Hospital to see the artwork in situ in the hospital’s restaurant.

Student, Kiefer Suggitt, said: “It was a great experience working with an artist on such a fabulous project. It was a great but scary opportunity for us to be able to do work and have it exhibited at the hospital. “Working to brief was a challenge and my ideas changed many times, but I am pleased with my kite picture and I hope that the people who use the restaurant like it too.”

Left: Students and teacher with Andy Betts, Head of Estates and Facilities for Bridlington Hospital

**New artwork brightens chemotherapy unit**

STRIKING new artwork has been installed at the Chemotherapy Unit at Scarborough Hospital. Artists Rachel Welford and Adrian Riley worked together on the project which was created thanks to lottery funding from Awards 4 All.

Text forms the basis of the artwork on windows and the outside panels were created by patients using découpé, or ‘cut-up technique’, with well-known poems.

Artist Rachel Welford explained: “The poems were cut into individual words and re-assembled to form new texts. The idea was used during the ‘dada’ movement in the 1920s and has since been used by many writers, artists and musicians. It plays with light, shadow and reflection, making a collage of the immediate environment in the same way that the cut-up poems are reassembled to give a new perspective on something familiar.”
New stroke study

Staff on Ward 39 stroke unit at York Hospital are taking part in a research study which is the first of its kind to be conducted in stroke services in the UK.

The study is aimed at developing ways to help stroke patients become more independently active by working together with staff, stroke patients and family members. The project is supported by researchers from the University of Leeds and Kingston and St George’s, University of London.

Stroke is the largest cause of adult disability in the UK, costing the NHS £3 billion.

The CREATE study (Collaborative Rehabilitation in Acute Stroke) began in August when four staff from a multi-disciplinary team on the ward were given training using a new approach known as experienced-based co-design. This encourages staff and patients to work together in partnership to co-design services and care pathways.

Ward Sister, Sally Tutill, said: “We are delighted to be part of the CREATE study. Our staff are committed to improving the experiences of patients after stroke. We see this as an excellent opportunity to work with patients and their families to find novel ways to increase patient activity and contribute to ongoing rehabilitation.

“The training takes the approach that each patient intervention is looked at from a rehabilitation perspective. While a patient is on the ward every minute counts in their interaction with staff, creating a much more patient centred approach towards rehabilitation in everything they do.

“Some of our patients can stay in hospital more than 100 days due to the sudden and quite often debilitating symptoms from stroke. It can lead to low mood and chronic fatigue which in turn affects their ability to eat and drink. This can become a vicious cycle thus extending inpatients stay. If less down time and more patient activity can improve mood, a patient will feel more inclined to participate in light activity and intense rehabilitation. It means that, recovery becomes speedier and this will reduce their length of stay.”

Staff on the ward are being encouraged to share their ideas with the researchers to continually improve patient experience.

The study will run for just over twelve months on Ward 39. More detail on the study can be found at www.nets.nihr.ac.uk/projects/hisdr/1311495

Could you lead a clinical research project?

It’s not just doctors, consultants and professors who can develop important research. Many nurses, midwives, dieticians, occupational therapists, physiotherapists and pharmacists throughout the NHS have developed important patient care and service improving clinical research. If you have a good idea for a study and need support on how to develop it and what support is available to you please contact the Research and Development Department on 7726966 or email research.governance@york.nhs.uk

More information on NIHR Fellowships and other research training and career development pathways can be found on the NIHR website, www.nihr.ac.uk

Aids Memorial Quilt hosted by hospitals

YORK and Scarborough hospitals marked World Aids Day on Thursday 1 December by hosting the North Yorkshire Aids Memorial Quilt and book of remembrance.

The North Yorkshire Aids Memorial Quilt was started by a group of bereaved mothers and partners. It is a large free-standing quilt with a white Yorkshire Rose for each of those who has died and is updated each year by North Yorkshire Aids Action (NYAA).

Kath Gallon, Manager at NYAA, said: “Although the rose emblems are anonymous, each one has a story behind it and many have been sewn on by a partner, family member or friend in remembrance of their loved one. Sadly, this year five rose emblems have been added.

“Whenever the quilt is displayed there is the opportunity to write in the book of remembrance and to pick up a red ribbon. People from all over the world have created a moving record of their loved ones lost to AIDS and their loving concern for those who are living with HIV.”

The quilt display follows the recent National HIV Testing Week.
Ward configurations change at York Hospital

After a lengthy planning period, a number of changes have been made to the way wards are configured at York Hospital.

These changes, called Right Time, Right Care, are aimed at improving the way patients are cared for by having the right staff on the right wards with the right skills for those patients.

Jenny Hey, Chief Operating Officer, said: “The work is progressing well, which is a result of great teamwork across the hospital. Presentations to staff are underway to explain the rationale for the ward changes, along with the new staffing arrangements and support available for staff whilst these changes are being delivered.

“We are now in a 30 day consultation period with staff which gives an opportunity for those involved to comment on the model, the shift patterns and any other feedback they would like to give.”

The new models of care focus on ensuring only those patients who need a bed are admitted. It includes looking at acute pathways, the impact on flow through the Emergency Department and GP admissions.

Jenny continued: “A brand new Acute Surgical Assessment Unit has been created on ward 14 which includes refurbishing the ward, and ward 24 will house an Acute Assessment Unit (AAU) for medical and frail elderly patients. Gynaecology patients will be managed through an enhanced service alongside G1.

“Some of these changes, for example the AAU, will be phased as the new pathways are introduced.”

Anyone is welcome to provide feedback directly to Jenny Hey, Deputy Chief Operating Officer or Helen Hey, Deputy Chief Nurse, or by email to wardreconfigurations@york.nhs.uk

Qualifications for support workers

CONGRATULATIONS to therapy assistants Lisa Young and Vicki Parsonage from the Selby Community Therapy Team for achieving the level 3 diploma in Allied Health Profession Support.

They started the qualification in autumn 2014 and completed summer 2016.

Fiona Skelton, Therapy Team Manager, said: “It required a big commitment outside of work by Lisa and Vicki so they should be very proud of their achievement. They provide vital support to the therapy team and the work they have put into this diploma means that they are much more highly skilled.

“A big thank you also to Occupational Therapist Sian Norman and Physiotherapist Allison Bradley for their mentoring roles.”

Ophthalmic Nurses Training Programme

The third Ophthalmic Nurse Development Programme at York has seen six new students qualify this year.

The programme was created in 2012 to ensure consistent, competency based training and assessment for ophthalmic nurses across the Trust.

Katrina Swires, Nurse Manager for Ophthalmology and course leader, said: “As a result of completing the programme, I am confident that our nurses are competent to carry out ophthalmic measurements, investigations and care which supports patients and clinicians in clinics and in theatre.

“In a specialty which is becoming more and more technical, the nurses now have the underpinning theoretical knowledge and understanding so that they can support our patients. This helps them provide the care appropriate to them as individuals, and not just an outpatient.

The course consists of 16 weeks theoretical learning, which includes academic written and presentation assignments, followed by a further 8-10 weeks to achieve practical ophthalmic skills and outcomes.

Sue Kirby from Bridlington eye clinic won a prize for best ophthalmic syndrome presentation, while Ellis from Willow Ward at Scarborough Hospital was awarded the prize for highest academic essay mark. Sally Taylor, from Scarborough Hospital’s eye clinic, won the prize for Most Improved Clinical Practice.

Other students receiving their certificates were Carlo Mendosa, York Hospital eye clinic, Gary Wiblin eye day case unit York Hospital, and Kat Byszewska, eye theatres.
STAFF WELLBEING

A regular section bringing you the latest news and developments from the Wellbeing Team

Meet Lucy Pannett...

Lucy Pannett, the Trust’s mental health nurse, works within the Occupational Health Service to support staff mental health and wellbeing. Staff Matters met Lucy to find out more about her background and her role.

Lucy said: “I have over 20 years’ experience of working with people who have mental health conditions. “I started to work in the Trust’s Occupational Health and Wellbeing Service 18 months ago, and I am delighted to be a member of the team. “Mental ill health is very challenging for those suffering from it and it can also sometimes be difficult for those around them. We have listened to what help staff and managers wanted regarding mental health, and following a pilot project, we are pleased to be able to offer a new service that supports staff and their managers in developing Wellbeing Resilience Action Plans (WRAPs). “A WRAP is a personal action plan that helps people to be aware of the earliest signs of stress or mental ill health. It supports people in taking responsibility for taking action when they notice these signs and also helps them to think about what, in general, they can do to look after their wellbeing. “The WRAP can be shared with a line manager so he or she is also aware of what signs to look out for, and a plan can be agreed for actions the manager can take to support their staff member. These discussions can feel sensitive and difficult so they often don’t happen. “It is supported by a mental health professional who can meet with both staff member and manager to assist with discussing and completing the WRAP document. We also follow this up with further meetings to ensure the plan is working out well for everyone.

Anyone interested in this project or wanting to find out more about the support available to improve staff mental health can email psychologicalwellbeingteam@york.nhs.uk

Don’t become one of the 9 percent of people across the region with Diabetes

Over 40s in the Trust are entitled to a free NHS health check at work. New data from Public Health England (PHE) reveals 379,000 people across Yorkshire and the Humber aged over 16 had diabetes in 2015, nearly 9 percent of the population in this area. Diabetes can lead to serious complications including foot amputation and kidney disease, and is associated with an increased risk of stroke and heart attack. The research shows that ninety per cent of diabetes cases are Type 2, which is largely preventable or manageable by lifestyle changes.

The NHS Health Check provided by the Trust gives health advice to staff over 40 to help prevent conditions such as diabetes or to pick them up early. Anyone wishing to book a health check should contact wellbeingteam@york.nhs.uk

ALMOST eight months after its launch, the Scarborough and Ryedale Clinical Enablement Service has gone from strength to strength and is receiving fantastic feedback from patients.

The team began to come together at the beginning of the year with the appointment of Consultant Counselling Psychologist Ruth Dixon, followed by Senior Clinical Psychologist Amy Spratt and Physiotherapist Andy Stott. An occupational therapist and staff nurse have completed the multi-disciplinary team which is based at the Howarth Unit at Scarborough Hospital but works mostly out in the community.

Ruth Dixon, who leads the service, explained: “We offer one to one assessments for patients referred from their GP to help them self-manage chronic pain. The team offers courses that provide guidance and support which might involve learning relaxation techniques or how to increase activity levels, or other strategies to help improve quality of life. “At the end of these sessions everyone is given a plan to continue and improve self-management tailored to their individual needs. We aim to help people develop the confidence to continue their self-management into the future. “Currently we offer as many appointments as possible out in the community, and meet patients in Scarborough and Filey libraries, and in the First Steps Café in Malton.”

Service helping patients to manage pain
STAFF BENEFITS
A regular section provided directly to you by the Staff Benefits Team where you can read more about the benefits that you are entitled to as an employee and how we support the wellbeing of our staff. For more information go to the staff benefits website www.york.nhs.uk/staffbenefits or call 772 1170 or 771 5262. Follow Staff Benefits: Twitter @YHstaffbenefits StaffBenefitsYHFT

CONGRATULATIONS to the winners of our 2017 calendar competition.
Out of more than 50 entries 12 have made it through to the Staff Benefits calendar. Winners were awarded a framed copy of their photo by Mike Proctor, Deputy Chief Executive who spoke very highly of the standard of entries and congratulated everyone who took part.
Everyone will receive a copy of the desk calendar and there will be a selection of the entries exhibited at York and Scarborough Hospitals early next year.

Presentation for calendar competition winners

TWO members of the capital planning team have recently completed an MSc, both graduating with distinction.
Jen Bennison, Capital Projects Manager, undertook an intensive two-year MSc in Quantity Surveying at the University College of Estate Management. The course included modules in cost management, contract practice and procedures, procurement and building economics.
Becchi Lord, also a Capital Projects Manager, graduated in Strategic Project Management from Leeds Beckett University. The course focused on delivering strategic change through programmes of projects and included modules on project strategy, programme management, leadership and team working and strategy, economics and finance.
Andrew Bennett, Head of Capital Projects, said: “Both Jen and Becchi have worked extremely hard and long hours, juggling work on a number of Trust capital projects and family life, to gain their qualifications with such impressive results and they should be congratulated and feel extremely proud of their achievements.”

MSc awards for capital project team
Merry Christmas from the York Teaching Hospital Charity

Over the last six months, thanks to our supporters and donors, the charity has been able to spend £400,000 in our hospitals on patient care, staff training and research and development. From helping to fund a CT Scanner for the Radiology Service, some iPads for the Speech and Language Therapy Team and helping to refurbish the Discharge Lounge in York Hospital, the YTHC has made a huge difference. For more information on other projects that have been supported see our website page.

On behalf of the YTHC Team, Merry Christmas and Happy New Year to all the staff in the Trust.

Thanks for brightening up our Christmas

Both York and Scarborough hospitals have had festive Christmas tree donations thanks to generous sponsors.

At York Hospital sparkling new Christmas lights were supplied by Mulberry Court Care Home while building contractors Keir sponsored a Christmas tree for Scarborough Hospital.

Lucy Lowthian, Fundraising Manager, said: “We are so grateful for the generous support of our sponsors who help brighten up our hospitals every year. Our Christmas trees are appreciated by patients, visitors and staff.”

Book written for charity aims to raise £10,000

‘Of Soup, Love & Revolution’ is a very moving and personal book written by Andrea Daniel whilst undergoing treatment for breast cancer at York Hospital. Only 1,000 special first edition copies of the novel have been printed which are available in return for a donation of £10 to the York Teaching Hospital Charity (YTHC).

The book is a story of love, set in the Portuguese Revolution in 1974 which takes a young woman called Rebecca through some of Portugal’s most beautiful places at a time when the country was awakening from nearly half a century of dictatorship.

Andrea has already raised £2,000 from donations given in exchange for her book and hopes to reach her £10,000 target by Christmas. The original artwork for the book cover has been gifted by the artist Sharon Snaylam who also had breast cancer.

Andrea said, “Life during treatment was difficult when I was unable to travel or get much enjoyment from eating. I had never written a novel before but I found writing was a distraction, a place of escape. I found that drive and determination were two key things I needed to not only finish the book, but to also overcome the discomfort and the physical side effects of the treatment. Writing was a way to ensure the months of treatment were not defined by discomfort but as a way to give something back to those who cared. “By writing this book, I hope that others might be inspired to know that even in the most difficult times, no one can ever take away from us our right to choose how we react to the adverse situations we may face. I would like to thank everyone who makes a donation and I sincerely hope you enjoy reading the book.”

All costs associated with the book have already been met which means all donations received will go directly to the YTHC. The book is available from the YTHC office in the main entrance of York Hospital and from Tancred Farm Shop in Whixley, York. If you would like to receive a copy by post please email celeiros.press@btinternet.com (the cost of postage and package from the website is £3 for up to three copies). Please call the YTHC on 01904 721737 if you require more information.